

# health Connections

SPRING 2023

Seasonal Newsletter of Spencer Hospital

## ANNUAL REPORT 2022



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- Trouble Sleeping? Check Into a Home Sleep Study
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100

RURAL & COMMUNITY  
TOP HOSPITAL 2023  
8-TIME RECIPIENT

CHARTIS



# A Message TO OUR COMMUNITIES

## STATE PROTECTIONS FOR RURAL HEALTHCARE AT RISK

Through its commitment to excellence and the support of a trusting community, Spencer Hospital is recognized locally, regionally and nationally for the breadth and quality of its healthcare services.

This was validated again in February when Spencer Hospital was selected as a Top 100 Rural & Community Hospital by the Chartis Center for Rural Health for the eighth consecutive year. Only 16 other mid-sized hospitals in the United States – out of about 900 – have achieved such consistent and outstanding performance in service to its community.

As a result, individuals and families throughout northwest Iowa have come to depend on Spencer Hospital for a wide range of important healthcare services, some of which are uncommon in most rural communities in Iowa. This includes highly specialized care such as cancer treatment, dialysis and inpatient behavioral health as well as advanced surgical and medical imaging services.

These important and locally accessible services should not be taken for granted.

For decades the State of Iowa recognized that the unnecessary duplication of certain services in rural areas could impact established healthcare providers ability to serve in small markets. If allowed, it reasoned, the ability of rural hospitals to financially support a host of services their communities depend on would be negatively impacted. From a regulatory framework it's referred to as Certificate of Need; meaning that in certain instances the State must approve a new service and should do so only if there's clearly an unmet need for that service.

Currently, there are efforts by some in State government in Des Moines to weaken these crucial protections.

Such proponents have a profound misunderstanding about the economics of rural healthcare. Rural community hospitals

are paid fixed amounts for the services they provide to a patient, regardless of what it costs the hospital to provide the service. Medicare, Medicaid and private insurance companies like Wellmark determine those fixed amounts. All hospital services are important, yet the payment system that support them is not logical and does not reflect that. Hospitals lose money on most services they provide with those losses covered through more generous reimbursement for a few outpatient services to include surgery, medical imaging and laboratory.

Without meaningful Certificate of Need oversight, for-profit businesses are free to establish a healthcare company that focuses solely on the most profitable services . . . with no responsibility for the overall health and well-being of its community. A new imaging center that recently opened in Spencer is such an example. These companies engage in "cherry-picking" by narrowly targeting only profitable services. These are the very services that hospitals rely on to support a wide range of other critical, but non-profitable healthcare services that local patients depend on.

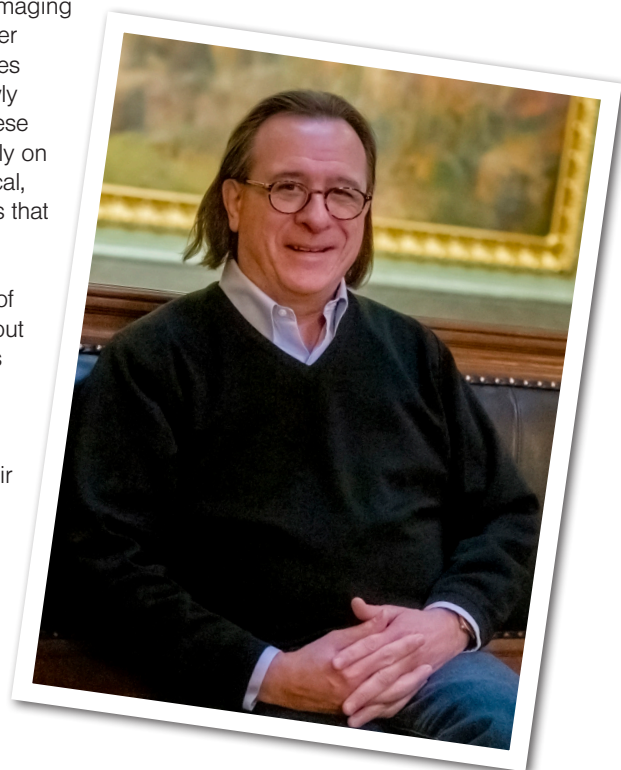
Proponents of weakening Certificate of Need protections will claim it's all about supporting open competition. But it's not real competition. These private, for-profit companies typically don't serve patients after daytime business hours, on weekends or holidays. Their unspoken message to patients at these times is . . . go to the hospital. It's part of their business plan to allow the local hospital to bear full responsibility, and the associated expenses, to meet community need when it's not profitable or convenient for them to do so.

Rural healthcare markets are too small for hospitals to meet their broad healthcare mission if unnecessary duplication of services is allowed when community need is already being met. If such a trend is allowed

to proliferate in rural communities like Spencer, something has to give.

Spencer Hospital has served Clay County and the northwest Iowa region for over a century by offering access and compassionate care to all. Yet, as has been the case throughout the hospital's distinguished history, the support of the whole of the community is critical to ensure it can maintain the full breadth of services we've all come to value.

When you choose Spencer Hospital, you're not just receiving high quality services. You're also choosing to support a diverse, wide-ranging system of local healthcare – that's always there – when you and your family need it most.



A handwritten signature in blue ink that reads "Bill Bumgarner".

**Bill Bumgarner, President**

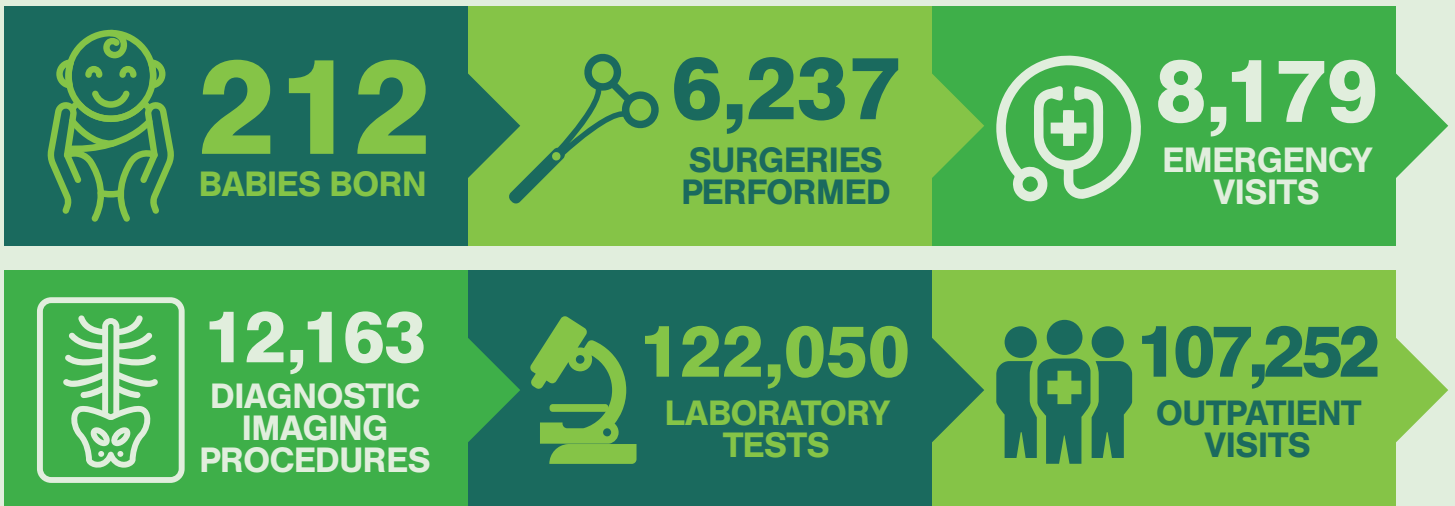
# 2022

# SPENCER HOSPITAL THE YEAR IN NUMBERS

## TEAMWORK



## HEALTHCARE



## COMMUNITY



### Board of Trustees & Advisory Members

Julie Christensen, Chair; Amanda Bare, Vice Chair; Bruce Nystrom, Secretary/Treasurer; Steve Lensing; Dr. Gary Van Hofwegen  
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# HOSPITAL MRI PROVIDES SUPERIOR IMAGES, INCREASED COMFORT FOR BETTER OUTCOMES

*“Image quality is crucial for proper diagnosis from a medical imaging study.”  
- American College of Radiology*

The mission of Spencer Hospital's diagnostic imaging professionals is to provide its medical staff with exceptional, crisp images to assist in diagnosing health concerns.

“Our goal isn't simply to complete a scan and be done,” commented Amanda Schany, the hospital's diagnostic imaging department director. “Our mission is to utilize our training and experience to help our patients achieve an accurate diagnosis. A quality image enables a patient's healthcare team to achieve an accurate diagnosis and develop a successful treatment plan.”

To consistently achieve such exceptional images, the hospital focuses on three major components: 1) maintaining medical imaging equipment that exceeds the standards for quality imaging; 2) employing highly skilled and board certified technologists; and 3) developing and maintaining a quality control process to ensure excellence.

“It's essential to meet all three components to produce and interpret quality images to support a successful diagnosis and treatment,” Schany said. “All three components are equally important to meet. When investing in new medical imaging equipment, extensive research is conducted to examine the equipment that will best meet our patient's needs. Our MRI equipment is a great example of this process.”

When the hospital's most recent MRI was installed

in 2020, all of these factors were taken into consideration along with patient comfort and experience.

“The image quality and resolution with the hospital unit is outstanding,” shared Dr. Nate Rohling, a radiologist with Midwest Radiology & Imaging, which serves Spencer Hospital patients. “Obtaining a quality image is such an important step in the diagnostic process. We are fortunate that the MRI technologists at Spencer Hospital are very skilled and to have technology that provides such high resolution images to aid in diagnosing health concerns.”

Schany shared that magnetic strength – which drives MRI technology – is an essential component in achieving a high-quality MRI image.

MRI uses the body's natural magnetic properties and radio waves to produce detailed images from any part





of the body. The stronger the magnet, the sharper the images are and the quicker an MRI scan can be accomplished, easing both patient comfort and peace of mind.

“Most medical centers use a 1.5 T – or Tesla – magnet, which is what our MRI scanner at Spencer Hospital has,” Schany explained. “The strength of our MRI magnet allows for excellent image quality and also shorter scan times.”

In addition to shorter scan times and high-quality images, Spencer Hospital’s wide-bore MRI has a large opening for patient comfort.

“The wider bore of this MRI helps accommodate larger patients. All patients will have noticeably more room,” explained Schany. Also, some MRI studies can be done “feet first” which eliminates the need for a patient’s head and shoulders to enter the MRI scanner, providing greater comfort for patients who are claustrophobic.” She added that some patients prefer an open MRI due to spatial anxiety, but notes that open units typically have significantly less powerful magnets, which can impact image quality.

Dr. Rohling added that sometimes patients will mention nervousness about having an MRI scan. “If someone has had previous MRI experience, they may not realize that the wide-bore MRI utilized at Spencer Hospital is much larger, more comfortable and quieter than previous units, while providing better images than older machines,” he said. “Also, the technologists are exceptional in helping ease patients’ concerns.”

Schany encourages patients to contact her or her MRI team to learn more about Spencer Hospital’s MRI services. “We welcome patients to come see the equipment for themselves and learn more about the many benefits provided by a wide-bore scanner and the importance of having their scans performed on an MRI scanner with appropriate magnetic strength. A successful treatment plan relies on quality imaging – the quality that you will receive at Spencer Hospital.”

## WHAT OUR PATIENTS ARE SAYING...

**Sarah is an excellent tech. She made sure I was warm enough, had music I could relax to & informed me of everything happening so I didn’t even have any questions. I would recommend her to anyone needing an MRI!**  
– Michelle

**The staff at the check in and in the MRI were patient and thorough. They worked with my claustrophobia so I could keep it under control with the MRI. Very impressed and satisfied with the experience.**  
– Kimberly

**Sheila, the MRI technician, was a ray of sunshine. She’s bright, kind, professional, and efficient. Ten out of 10, I would definitely recommend her.**  
– Renee

**The staff was friendly, respectful and caring. She took her time to explain the procedure and made sure I was comfortable and offered a blanket. She offered earphones with the music of my choice.**  
– Susan

**Nicest people there....the gal who did my MRI IS SO SWEET. She let me listen to Willie Nelson and treated me very nicely.**  
– Sue

**Sarah, the young lady that performed my MRI, was very professional. She went above and beyond her duties and it was very much appreciated.**  
– Brad

**The lady who helped me with my brain MRI was lovely! Super nice to talk to and made me feel at ease.**  
– Mackenzie

# SPENCER HOSPITAL STANDS ALONE IN IMAGING SERVICES QUALITY ACCREDITATION

**ACCREDITATION FROM THE AMERICAN COLLEGE OF RADIOLOGY (ACR) IS RECOGNIZED NATIONALLY AS THE GOLD STANDARD IN MEDICAL IMAGING.**

Spencer Hospital's Diagnostic Imaging Department has earned eight individual accreditations from the ACR along with two prestigious designations. No other imaging center in northwest Iowa can match that record for excellence.

Accreditation means that the ACR has independently certified that a facility meets specific requirements and high standards for equipment performance, medical personnel training and quality assurance.

"Our commitment to imaging quality is demonstrated by maintaining accreditation and recognition through the American College of Radiology," explained Amanda Schany, Spencer Hospital's director of diagnostic imaging services. "ACR accreditations informs consumers that a hospital meets high standards to ensure image quality and safe practices."

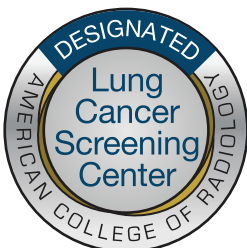
Modalities accredited at Spencer Hospital includes:

- Magnetic Resonance Imaging (MRI)
- Computed Tomography (CT)
- Breast Ultrasound
- Mammography / 3D Mammography
- Nuclear Medicine
- Positron Emission Tomography (PET)
- Stereotactic Breast Biopsy
- Ultrasound

In addition, Spencer Hospital has been acknowledged by the ACR as a Breast Imaging Center of Excellence and a certified Lung Cancer Screening Center.

"Three factors set our imaging services apart from others," said Schany. "First, Spencer Hospital invests in advanced imaging technology which provides the highest quality of scans for enhanced diagnostic capabilities. Second, our highly skilled imaging professionals are committed to excellence in patient care, image quality and patient safety. Third, Spencer Hospital imaging services are supported by local radiologists. They are not only experts in their field, but their communication and collaboration with other area medical professionals ensures the most optimal interpretation of images for treatment planning."

For more information about specific diagnostic imaging exams or procedures, please contact the Diagnostic Imaging Department at 712-264-6500 for information and assistance.



# REST EASY, A SLEEP STUDY CAN BE THE FIRST STEP TOWARD IMPROVING QUALITY OF LIFE



**HAS YOUR SPOUSE USE DESCRIPTIVE TERMS SUCH AS “LOUD AS A FREIGHT TRAIN” OR “SOUNDS LIKE A BULLHORN” WHEN DISCUSSING YOUR SLEEP HABITS?**

**DO YOU EVER FIND YOURSELF NODDING OFF IN THE MIDDLE OF THE DAY?**

**DO YOU FEEL RESTED WHEN YOUR ALARM GOES OFF IN THE MORNING OR IN NEED OF MORE SLEEP?**

If you experience any of these situations, chances are you may have sleep apnea. Sleep disorders can affect a person's quality of life and lead to poor school or work performance, and take a toll on a person's mental and physical health.

For many years, Spencer Hospital's sleep center has provided in-hospital, over-night testing, which can effectively diagnose and lead to treatment of sleep disorders. While many people have undergone sleep studies at Spencer Hospital, others are hesitant to do so. For those reluctant to seek a hospital-based study, an at-home sleep study is also an option.

Spencer Hospital is accredited in both home sleep apnea tests (HSAT) and polysomnogram studies, which occur at the hospital.

“A home sleep apnea test is a great alternative to in-house sleep studies,” commented Dr. Amanda Young, family physician with Avera Medical Group Spencer. “Many patients prefer a home study as they may be anxious about attempting to sleep in an unfamiliar place. Also, many

insurance companies are requiring an at-home study first to determine if a more comprehensive, polysomnogram test done at the hospital is needed to gain treatment information.”

Mandy Fine, the hospital's respiratory care director, explained that a home sleep study is a simple process. If a patient receives an order for a home study, that person comes to the hospital to pick up the necessary equipment and also receives instructions from respiratory care professionals. They return the equipment the following day and the information from the equipment is downloaded.

“We send the information to a board certified sleep medicine physician at Avera McKennan who interprets the study and sends their findings and recommendations to the ordering physician,” Mandy explained. “A home study can diagnose sleep disorders and indicate needs for supplemental oxygen and/or CPAP (continuous positive airway pressure) equipment.”

Formal, in-hospital sleep studies are conducted at Spencer Hospital when more comprehensive information is needed than what can be obtained through an at-home sleep study.

“Polysomnogram tests continuously record heart rates, blood oxygen levels, breathing rates and patterns, body positioning, brain waves, sleep stages, snoring, and eye and leg movements,” Fine said. The in-hospital tests are conducted by registered polysomnographic technicians or registered respiratory therapists under the supervision of a board certified sleep medicine physician.

A third testing option is a Multiple Sleep Latency Test, which checks for excessive daytime sleepiness by measuring how quickly you fall asleep in a quiet environment during the day. This daytime sleep study is used to diagnose narcolepsy and idiopathic hypersomnia.

Potential candidates for sleep studies may have a range of symptoms, including loud snoring, gasping during sleep, experiencing daytime sleepiness, teeth-grinding, restless legs, or morning headaches, among others. If you think you may need a sleep study, visit with your primary care physician. A provider's assessment and subsequent referral is required for a sleep study.



# AVERA HOME MEDICAL EQUIPMENT OF SPENCER HOSPITAL PROVIDES CUSTOMIZED SLEEP SUPPORT



## YOU'VE COMPLETED YOUR SLEEP STUDY AND RECEIVED YOUR RESULTS, SO WHAT'S NEXT?

Depending on your sleep study results, your doctor may recommend you be custom-fitted for sleep aid equipment. Avera Home Medical Equipment of Spencer Hospital has the expertise and supplies you need to sleep better.

Avera HME is conveniently located in the Spencer Medical Arts Building adjacent to Avera Medical Group Spencer, across the street from Spencer Hospital. The professional staff assists patients to obtain the optimal equipment for their sleep health. In addition, expertise is offered to select the right type of mask, obtaining proper fit and adjusting equipment pressure settings.

Patients in need of sleep-aid equipment are typically prescribed one of three types of machines. A CPAP – which stands for “continuous positive airway pressure” – uses mild air pressure to keep breathing airways open. Two other equipment options are BiPAP (bilevel positive airway pressure) and APAP (adjusting positive airway pressure).

In addition to the equipment needed to treat sleep-related breathing disorders, the HME store has accessories available, including disinfecting supplies and special sleep pillows.



**Avera HME of Spencer Hospital is open  
Mondays through Fridays from 9 AM to 5 PM.  
During that time the professional staff can  
be contacted at (712) 580-3923.**

# SPRING BRINGS SIGNS OF CAMPUS EXPANSION

## SPRING IS AROUND THE CORNER AND PLANS ARE UNDERWAY FOR SITE WORK FOR SPENCER HOSPITAL'S EMERGENCY DEPARTMENT CONSTRUCTION PROJECT ON THE SOUTH SIDE OF THE HOSPITAL.

On May 1, approximately two blocks of East 11th Street in Spencer will permanently close to through traffic to accommodate the hospital's campus expansion project.

Joel Wassom, hospital plant operations director, explained that initial work will entail removal of four vacant hospital-owned houses along the south side of E. 11th Street to gain parking for the new emergency department. Early spring site work will also include raising the street elevation where the new structure will be built between the hospital and Spencer Medical Arts Building.

Once weather permits, contractors are also slated to complete construction of a new auxiliary ambulance garage on the east side of the hospital campus. Over the winter months, interior work has been underway, including an update to an underground tunnel that runs between the hospital's power plant and the main hospital building.

The new emergency department will feature patient-centered improvements to include additional and larger treatment rooms; two trauma bays; and two rooms specifically designed for the care of behavioral health patients. Patient privacy will be enhanced by using an "on-stage, off-stage" design model through which a center core work area is dedicated for use by healthcare providers to reduce background sound and activity near patients receiving care. Project completion is anticipated in late 2024.



## SPECIALIST INITIATES ORTHOPEDIC CLINIC AT HARTLEY FAMILY CARE



Dr. Michael Dirx, orthopedic surgeon and specialist with Northwest Iowa Bone, Joint & Sports Surgeons of Spencer Hospital, will initiate a regular orthopedic clinic at Hartley Family Care this spring.

"Spencer Hospital's new Hartley Family Care clinic provides a wonderful space and opportunity for me to travel to the O'Brien County region, offering more convenient care for patients in need of initial orthopedic assessments and for follow-up care," Dr. Dirx commented.

"Spencer Hospital has just installed

an updated x-ray unit within Hartley Community Memorial Health Center, enabling us to capture many of the images needed for orthopedic evaluations," he added. "I'm looking forward to working with the team at Hartley Family Care to provide services to area patients in need of orthopedic care."

Dr. Dirx specializes in general orthopedic care and robot-assisted total joint replacement. To schedule an appointment with Dr. Dirx at the Hartley or Spencer locations, call (712) 262-7511 or toll-free at 1-800-248-4049.

# FOUR SPENCER HOSPITAL NURSES HONORED AMONG “GREAT IOWA NURSES”

**FOUR SPENCER HOSPITAL NURSES WERE AMONG THE 78 NURSES ACROSS THE STATE WHO WERE RECOGNIZED AS 2023 GREAT IOWA NURSES.**

“We’re very excited to congratulate Roxanne Warburton, Lindsey Kelleher, Kylee Zinn and Jessica Dirks who have been honored by the Great Iowa Nurses Program as Great Iowa Nurses,” said Brenda Tiefenthaler, Senior Vice President of Patient Care and Operations at Spencer Hospital. “Each of these nurses are outstanding clinicians, exceptional caregivers, and also serve as leaders and mentors within our organization. I’m so proud of each of them and grateful for their many contributions.”

The program, formerly called 100 Great Iowa Nurses, annually honors Iowa nurses for their contributions to the nursing profession. Great Iowa Nurses are chosen on the basis of demonstrated service to patients, leadership, and mentoring or serving as a role model.

Roxanne Warburton is a labor and delivery nurse at Spencer Hospital’s Birth Center. Her nominator noted, “Roxanne is the most fun loving, energetic OB nurse that you could ever meet. Roxanne always has a smile on her face and has the most contagious personality. She can turn a bad day into a good day just by her presence in a room. Roxanne is always willing to work extra and help staff, even if that means floating to other departments within the hospital. She remembers every detail about every patient and patients remember her as well.”

Lindsey Kelleher provides excellent care for inpatients on the Medical/Surgical Unit. In the letter nominating Lindsey, it was shared: “Lindsey goes above and beyond for her patients by making each one of them feel special. For example, she makes her patients a personalized birthday card if it is their birthday. She is willing to stay late, even after a night shift, to help the oncoming staff.”

Clinical Educator Kylee Zinn has wonderful critical care experience from working as a nurse in the emergency department and intensive care unit. Her nominator commented, “Kylee loves to take new staff under her wing to make sure they are knowledgeable and succeed in the nursing profession. She strives to keep up to date with healthcare changes, which helps ensure the patients at the hospital have the best care possible.”

Jessica Dirks currently serves as a Clinical Informaticist, and also have experience as an ER nurse. Her nominated wrote, in part: “Jessica demonstrates teamwork and collaboration by always willing to help or pick up extra shifts when departments are short staffed. Her past experiences of critical care nursing makes her a great team leader in stressful situations. Jessica has taken many leadership roles at the hospital, including being certified and serving as a SANE (Sexual Assault Nurse Examiner) nurse. Being a SANE nurse takes a special person and she takes this role very seriously, even if it means responding to a call in the middle of the night.”

Congratulations to these four exceptional nurses for their statewide recognition.



Roxanne Warburton



Lindsey Kelleher



Kylee Zinn



Jessica Dirks



# DAISY AWARD HONORS EXTRAORDINARY NURSES

## TWO NURSES RECEIVE DAISY AWARDS FOR PROVIDING EXCEPTIONAL CARE



Last fall, two Spencer Hospital nurses earned Daisy Awards, an honor bestowed upon nurses who make extra efforts to provide outstanding care. Congratulations to Tiffini Lariviere and Hope Reinholdt for earning this distinction.

Tiffini is a hospice nurse with Avera@Home of Spencer Hospital. Families who have experienced hospice care can find so much comfort in knowing that caring, skilled professionals are on hand to provide support. Members of the Oviatt family were so appreciative of the care their loved one received from hospice nurse Tiffini that they nominated her for a Daisy Award.

In nominating Tiffini, it was noted: "My grandpa has one request – to be home in his own bed. Tiffini was already at the house when my Grandpa arrived from the hospital, via ambulance and she immediately stepped into action. She spent time with us, explaining hospice, care needs, medication, and being a support for our family. Her goal was to make him as comfortable as possible, even if she needed to move mountains. As a family, we could not have asked for a better hospice nurse to care for our loved one."

Hope Reinholdt was also honored as a Fall 2022 Daisy Award recipient. Hope provides care to patients treated in Spencer Hospital's Wound Healing & Hyperbaric Medicine Center.

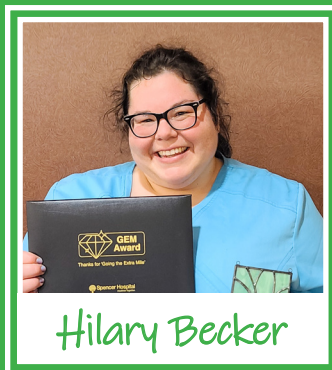
Hope's nominator noted: "Hope is an amazing nurse who always puts her patients first. She is very empathetic and comes to work every day with a smile on her face. She not only works in the wound care clinic, but also provides an outreach clinic in Emmetsburg each week. Many compliments are given by her patients who appreciate the care she provides and the time she spends with them."

# GEM AWARD RECOGNIZES TWO EMPLOYEES WHO "GO THE EXTRA MILE" IN PROVIDING SERVICES

Similar to the Daisy Award which honors nurses, twice each year two outstanding hospital employees are chosen for GEM Awards, bestowed upon team members who "go the extra mile" in providing service. The newest GEM Award recipients are Hilary Becker, certified nursing assistant on the medical/surgical inpatient unit, and Kelsey Morisch, marketing specialist.

As a certified nursing assistant, Hilary provides great care to inpatients on the medical-surgical unit during their hospital stay. She was nominated for a particular moment when she went above and beyond to help a patient who lost consciousness upon getting out of bed. Hilary provided calming assistance to the patient while alerting the nurse and rapid response team.

Kelsey serves as marketing specialist at Spencer Hospital and routinely goes the extra mile to help various healthcare departments share valuable information regarding services and patient education. She was nominated for a specific incident in which she received a last-minute request to create a special holiday card for hospice patients. She quickly did so, designing a touching message for the season.



## Nominate Someone Terrific!

Anyone - a coworker, manager, patient, family member or physician - can complete a nomination form for either a GEM or DAISY nominee. You can nominate anyone who works at Spencer Hospital or any of the Spencer Hospital clinics - including the two off-site dialysis centers, Northwest Iowa ENT, Hartley Family Care, Milford Family Care or Sioux Rapids Family Care. The online nomination form can be found at [www.SpencerHospital.org](http://www.SpencerHospital.org) under the "Patients & Visitors" tab and then clicking on "Recognizing Our Finest."

# Kindness & Teamwork!

A new recognition award has been created to celebrate a group of employees who “go the extra mile” to assist others. The very first Team GEM Award was presented last fall to a group of Spencer Hospital personnel who responded with great kindness to assist a co-worker after an accident. Known as “Team Chuck,” these co-workers went out of their way to respond with helpful gestures for Chuck, one of the hospital’s Nutrition Services professionals.

Those honored as part of “Team Chuck” hail from a number of different departments, including his own nutrition services teammates to human resources, physical therapy, home health and the birth center. Many thanks and congrats to our “Team Chuck” members – Tracey Erb, Laila Wolterman, Jeannette Hasley, Beth Hopkins, Kaylee Hopkins, Patty Schulz, Michael Schauer, Mari Howard, Lisa Porter, Tatum Geerdes, Sharon Frederick, Roxanne Maeyaert, and Rachel Hoffman!



## THREE LONG-TIME NURSES HONORED FOR LIFETIME ACCOMPLISHMENTS

In the past year, three long-time Spencer Hospital nurses were honored as recipients of Lifetime Achievement Awards through the Daisy Foundation. The lifetime award was created to recognize nurses who have devoted their life’s work to the compassionate care of others.

Congratulations to exceptional nurses Judy Fox, Deb Brodersen and Margaret Molitor. All three of these nurses retired in 2022, following lengthy service and rewarding careers at Spencer Hospital.



Judy Fox



Deb Brodersen



Margaret Molitor



# EDUCATION HAS NO BOUNDARIES AS STUDENTS COLLABORATE WITH HOSPITAL

**CONSULTING, PLANNING, BUDGETING, PROJECT MANAGEMENT AND HANDS-ON LABOR. THE NO BOUNDARIES STUDENTS DO IT ALL AS THEY TACKLE EACH SEGMENT OF A PROJECT TO SEE IT THROUGH FROM START TO FINISH.**

Three northwest Iowa school districts – Graettinger-Ruthven-Ayrshire-Terril, Okoboji and Spencer – offer the No Boundaries experience to upper classmen, providing an opportunity to work with area businesses or non-profit organizations in project management and execution.

Spencer Hospital and Clay County Public Health are collaborating with the No Boundaries organization during the 2022-23 school year on two projects, with one student team assisting with “Fresh Eyes” projects within the hospital facilities and another team creating and executing activities to serve as “Healthy Role Models” for elementary-age students.

“Working in healthcare is all about making a difference, and these students are doing just that through their planning and execution of projects,” commented Susan Zulk, vice president of marketing & fund development for Spencer Hospital.

The Healthy Role Models team has worked with students at Clay Central-Everyly Elementary and Johnson Elementary in Spencer. “Most recently, the team went to Johnson where they provided a dental lesson, hosted a dance party and provided a healthy snack to every preschool and Kindergarten student,” said Colette Rossiter, Clay County Public Health director. “As role models, they’re helping kids form healthy habits, setting the stage for a lifetime of good health.”

At the hospital, another team has focused on refreshing various areas of the hospital. One of their current projects is to enhance the pediatric therapy suite with murals in the treatment rooms and waiting area. Another project has been to assist in creating new labels for the hospital’s display of local historic photography and linking those photos to a web page containing more information.

“Education occurs in so many ways and our No Boundaries program provides so many opportunities to learn outside of school house walls,” commented Ayn Thoreson, who serves as the Spencer facilitator for No Boundaries. “These two healthcare projects have been especially rewarding as the students have been able to collaborate with hospital personnel and see their ideas turn into reality.”





# JUST WHAT THE DOCTOR ORDERED

## LOCAL SURGEON DR. DEFFER DONATES FUNDS FOR THE WOUND CARE CENTER

**WHEN ORTHOPEDIC SURGEON DR. PHIL DEFFER RECENTLY EXPERIENCED THE PATIENT-SIDE OF HIS PROFESSION, HE TOOK THE OPPORTUNITY TO OBSERVE WHAT COULD MAKE HIS EXPERIENCE BETTER.**

"I had wonderful care at Spencer Hospital when I was recovering from surgery last fall," Dr. Deffer commented, "I wanted to show my appreciation with a gift to Spencer Hospital through The Spencer Regional Healthcare Foundation, yet also had some ideas of how those funds could be used."

As a patient at the Wound Healing & Hyperbaric Medicine Center, Dr. Deffer noted that when it came time to change the dressing on his wound, the saline solution used to soften the foam was not warmed. He also felt that a warm blanket would be nice to have during wound care treatments.

"I was familiar with the warmer available in the surgery center so thought it could be beneficial to have one in the wound center as well. It was great to know that I could use my gift towards a specific item that I knew could benefit patients in a variety of ways," he said.

Jordan Achterhoff, director of the Wound Healing & Hyperbaric Medicine Center, welcomed that suggestion and took it a step further. She worked with foundation director Sara Taylor to research and purchase a dual warmer – one that features an upper compartment to keep saline and other fluids at an appropriate temperature while having a separate section on the bottom to serve as a blanket warmer.

"Now, thanks to the generous donation and warm heart of Dr. and Mrs. Deffer, the wound care center can offer both warm blankets and warm saline to help enhance patient care," expressed Taylor.

In a separate donation by Dr. Deffer to the hospital's Intensive Care Unit, a state-of-the-art Doppler unit was purchased to upgrade the previous unit used in the department. Taylor added that while gifts designated for the "greatest need" are beneficial in fulfilling identified necessities to enhance local healthcare, there are specific needs for each department in which targeted gifts are always welcomed as well.

If you have any questions about making a contribution to the Spencer Regional Healthcare Foundation, contact executive director Sara Taylor. She can be reached via email at [giving@spencerhospital.org](mailto:giving@spencerhospital.org) or by phone, (712) 264-6226.



## AVERACHART ALLOWS EASY ACCESS TO YOUR HEALTH INFORMATION

Spencer Hospital offers an easy way to access your health-care information through a secure, online patient portal. Partnering with Avera, Spencer Hospital patient information is available through AveraChart, right at your fingertips whenever you need it.

Your AveraChart access provides a common patient portal for healthcare services obtained at Spencer Hospital and other locations, including:

- Northwest Iowa Ear, Nose & Throat
- Avera Medical Group Spencer

- Hartley Family Care
- Milford Family Care
- Sioux Rapids Family Care
- Avera McKennan
- Other Avera specialty clinics & facilities in the region

Spencer Hospital's registration staff can help you enroll in AveraChart during your next visit to the hospital. You may also enroll by calling the AveraChart help desk at 1-855-667-9704 weekdays between 7:30 AM – 6:30 PM, or use the link below for AveraChart New Users.

# Generous Donors Working Together.



## 2022 Donor Facts

# \$634,167 Donated



# 765

**Active Donors**  
in 2022



Total Gifts

# 1,209

**\$2.50** Smallest Gift  
Greatest Need

**\$300,000** Largest Gift  
Greatest Need

# \$586,936 Invested in Services

Just a few examples of what your donations made possible:



## \$100,000

For the Cardiac Rehab & Athletic Enhancement Expansion



## 275

Diabetes Education Kits to Help Newly Diagnosed Patients



## \$16,730

To Purchase Sterilization System for Ultrasound Accessories



## 4

Memorial Visits by The Nightingales' Nurse Honor Guard



## \$4,700

Toward Patient Needs  
Clothing, Transportation, Gas, Meals, Medical Equipment, and Other Individualized Needs



## 3

New Blood Pressure Kits for Community Use & Access at Public Libraries

## Spencer Regional Healthcare Foundation Board

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# GARDEN OF LIFE REMEMBERING LOVED ONES

IT'S BEEN A LONG, COLD WINTER YET SIGNS OF SPRING ARE BEGINNING TO EMERGE. ONE OF THE FAVORITE SPRING ACTIVITIES SPONSORED BY THE SPENCER REGIONAL HEALTHCARE FOUNDATION IS THE ANNUAL GARDEN OF LIFE EVENT. THIS ACTIVITY OFFERS AN OPPORTUNITY TO MAKE A GIFT IN MEMORY OF A LOVED ONE OR TO HONOR SPECIAL INDIVIDUALS OR CAREGIVERS. EACH GIFT TO THE GARDEN OF LIFE IS REPRESENTED BY BLOOMING PLANTS IN SPENCER HOSPITAL'S GRAND AVENUE PARK.

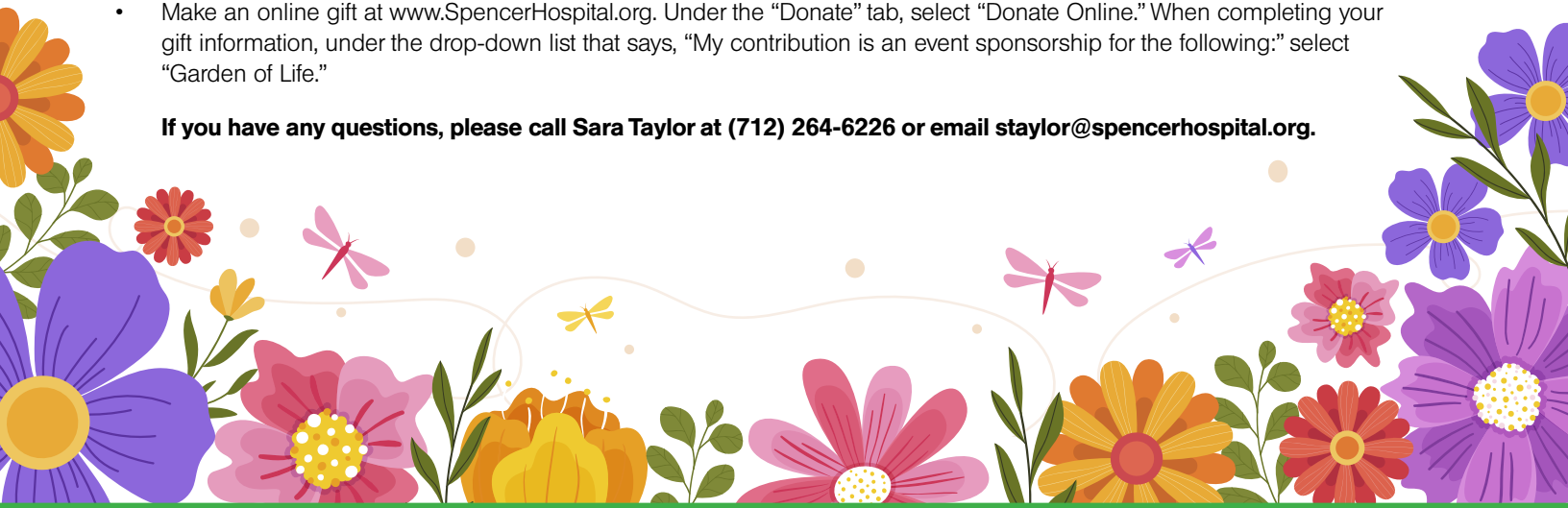
"Last year it was special to gather for our annual Garden of Life planting ceremony," commented Sara Taylor, Executive Director of the Spencer Regional Healthcare Foundation. "We enjoyed seeing some new faces, as well as see those who have been coming for several years. We planted some beautiful magenta flowers last year which were gorgeous."

Taylor added, "It's a special time to get together and not only plant flowers, but to remember and honor those special people who have touched our lives. We look forward to the 2023 planting. It's a special activity to pay tribute to some amazing people while at the same time giving to support local healthcare services."

There are several ways to make a donation to the 2023 Garden of Life event, including the following:

- Mail a gift to the Spencer Regional Healthcare Foundation, 1200 First Ave E, Spencer, IA 51301. With your gift, include a note that your donation is for the Garden of Life and also note for whom you'd like your gift to honor or memorialize.
- Make an online gift at [www.SpencerHospital.org](http://www.SpencerHospital.org). Under the "Donate" tab, select "Donate Online." When completing your gift information, under the drop-down list that says, "My contribution is an event sponsorship for the following:" select "Garden of Life."

**If you have any questions, please call Sara Taylor at (712) 264-6226 or email [staylor@spencerhospital.org](mailto:staylor@spencerhospital.org).**



## Make a Difference. Make a Gift Towards Healthcare.

Name \_\_\_\_\_ E-mail \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

I would like my gift to remain anonymous. **Give a gift online at: [www.spencerhospital.org](http://www.spencerhospital.org) and click on Donate!**

I am enclosing payment to Spencer Regional Healthcare Foundation in the amount of

\$1,000    \$500    \$250    \$100    \$50    I prefer to give \$ \_\_\_\_\_

**We couldn't provide these lifesaving technologies and programs without you. Thank you!**

I would like my gift designated  Area of Greatest Need    Endowment   OR

My Passion (Specific Department) \_\_\_\_\_

**Please designate my gift**    In Memory/Honor Of (Please circle) \_\_\_\_\_

If this is a memorial or honor gift, whom can we notify of your gift? Name \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_





# Spencer Regional Healthcare Foundation YOUR CARING SUPPORT

# Thank you!

## - GIFTS -

By Ethan & Jordan Achterhoff	By Dr. Michael & Rachael Dirkx	By Myron Hesebeck	By Janell Martini
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By Ryan & Amanda Bare	By Jamie Elbert	By Renee & Terry Hott	By Bill & Kelly Minion
By Kurt & Karen Bauermeister	By Myron & Connie Elg	By Mari Howard	By Val Moermond
By Rose Beaulieu	By Jason & Sarah Ellis	By Kimberly Hurlburt	By Ken & Stacy Mol
By John Bjornstad	By Mandy Erdman	By Iowa Lakes Electric Cooperative	By Mel & Margaret Molitor
By Jill Bobolz	By Heather Essex	By Lori Jennings	By Angie Moore
By Ruth Bock	By Amy Essick	By Laura & Tyler Johnson	By Kayla Morfitt
By Sandra Boisen	By Farmers Trust & Savings Bank	By Mark & Deb Johnson	By Kelsey Morisch
By Bomgaars Ladies' Night Out	By Makayla Fassler	By Sandra Johnson	By Joseph Mueiting
By Steve & Marti Bomgaars	By Mary Faulstich	By Sean Johnson	By Ali Muilenburg
By Trisha Booth	By Kasey Fear	By Meredith & Linda Johnston	By George & Betty Mundus
By Elizabeth Borth	By Carole Feldhacker	By Brad & Ashley Jones	By MWI Components, L.C.
By Mitch & Kathy Brandt	By Mandy Fine	By Clinton & Patty Jones	By Rachel Neeman
By Tess Brant	By First Lutheran Church	By Stanley & Jodene Jongma	By Polly Nelson
By Gerry & Jodie Bredlow	By Dawn & Clayton Fletcher	By Daniel & Barb Jorgensen	By Roger & Mary Nelson
By Del Brockshus	By Dr. Bill & Kathy Follows	By Ken & Karen Kahley	By Don & Marlene Nielsen
By Brian & Deb Brodersen	By Danette & Nathan Forbes	By Dr. David & Julie Keith	By Dr. D. B. Nguyen
By Jamie & Mary Brosnahan	By Sharon Frederick	By William Kersting	By Bruce & Holly Nystrom
By Renita Brown	By Garfield-Herdland Community Drive	By Kathryn Kidd	By Gary Ogburn
By Shelley Bruning	By John & Tatum Geerdes	By Herb & Arla Kintigh	By Shirley Ohrtman
By Marlene Bruns	By Tom & Janey Goodlaxson	By Bonnie Knight	By Ron & Carol Olberding
By Michael & Jackie Bryan	By Grace Congregational Church of Greenville	By Gary & Becky Koenig	By Judith Olson
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		By Tom & Donna Malmgren	By Dr. Nathan & Nina Rohling
		By Laura Manwarren	By Troy & Anne Rosendahl
			By Leo & Colette Rossiter

**Gifts listed are those which were made since the October 2022 edition of Health Connections.**



Spencer Regional  
Healthcare  
Foundation

By Amanda Sanderson  
By Somer Saxton  
By Amanda Schary  
By Michael & Angie Schauer  
By Maurice & Kay Scherb  
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School-Volleyball Pink Out Night  
By Siouxland Economic  
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By Marisa Zweifel

**- IN HONOR OF -**

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By Marcia Taylor

**Lowell & Rose Anderson**

By Denise Anderson

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By Mary Weaver

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**Becky Vander Tuig**

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**Alice Wagner**

By Dennis Wagner

**Vernon Whittenburg**

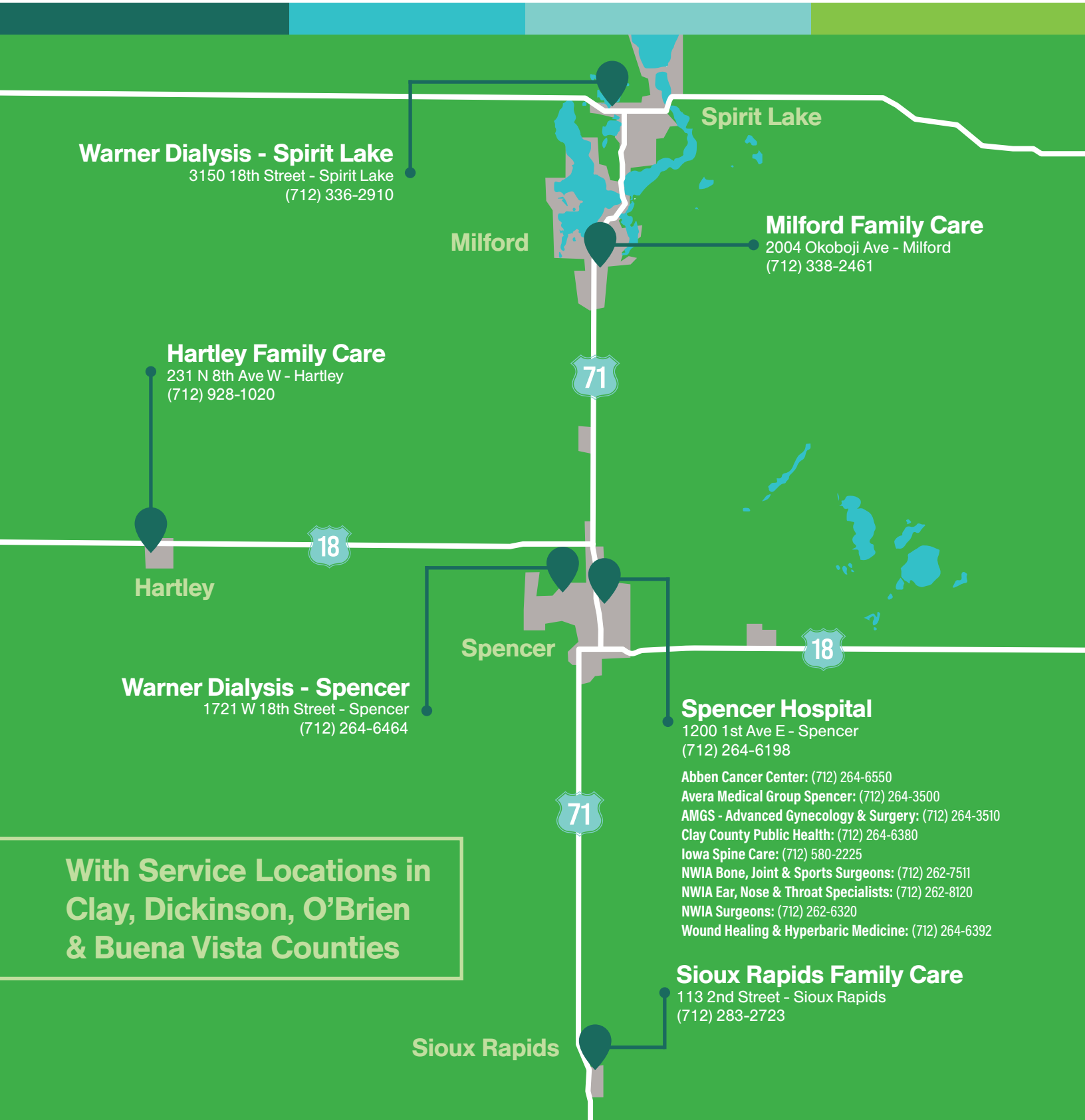
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