

health Connections

SPRING 2021

Seasonal Newsletter of Spencer Hospital

A CLOSER LOOK INTO

2020

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- COVID-19 Pandemic at a Glance
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**RURAL & COMMUNITY
TOP HOSPITAL 2021**
SIX-TIME RECIPIENT



THE CHARTIS GROUP



About the cover...

A mass community vaccination effort takes a great deal of planning, many capable workers, and a lot of heart. Thanks to all the individuals and representatives of healthcare and community entities who have teamed up to launch and implement the Clay County COVID-19 vaccination endeavor!

Colette Rossiter, Clay County Public Health coordinator, and fellow public health nurses Angel Smith and Darcie Follon (pictured at the point of the heart), are shown with just a few of the individuals who have assisted in the vaccination teamwork for the large-scale clinics held at the Clay County Regional Events Center and Spencer High School.

Many thanks to individuals who have come out of retirement to join the Spencer Hospital staff, solely for the purpose of supporting the vaccination project. Appreciation also goes to the many professionals from Avera Medical Group Spencer and from Spencer Hospital who have been regular staff on the vaccination team and also the weekly vaccination appointment call center. Special thanks go out to personnel and leaders from Clay County, City of Spencer and Spencer Community Schools who have also participated with the vaccination crew.

- Photo by Kelsey Morisch, Spencer Hospital marketing specialist

SHE WAS THERE WHEN HER COMMUNITY NEEDED HER MOST

As the primary Clay County Public Health nurse over many years, Colette Rossiter has seen a lot of health situations that have impacted and threatened the well-being of her community. She's managed various public health challenges, ranging from head lice and scabies outbreaks to measles, Ebola and the avian flu. She's given thousands of vaccinations and likely performed an equal number of blood pressure checks.

In addition, Rossiter has led and participated in emergency preparedness drills, anticipating all types of natural or human-created disasters which could impact public health. That training and experience was beneficial when the once-in-a generation COVID-19 pandemic struck, "No one wishes to experience a health crisis, whether it's personal to an individual, community-wide or global," said Bill Bumgarner, Spencer Hospital president. "It's a matter of how we confront circumstances which are out of our control and strive to manage what we can, that help us persevere and succeed."

He continued, "So many people have worked together in our community to address the numerous twists and turns thrown our way by the COVID-19 pandemic. We're grateful for each one. Yet one person who stands out as a dedicated, compassionate local health leader is Colette. She's knowledgeable and caring, which means she leads with both her mind and her heart."

Colette joined Spencer Hospital as a young nurse in 1985 and has worked in numerous roles, including obstetrics, behavioral health, the medical-surgical unit, and staff development. However, for the past 20 years she has been the face of Clay County Public Health. She is passionate about helping her community achieve optimal health, which the past year has been focused on preventing the spread of COVID-19.

"Colette is a respected voice in our community," said Bumgarner. "It's been a rare day over the past 13 months when she has not been contacted by physicians, health care workers, the media, government officials or community members seeking COVID-19 related planning assistance or advice. Colette's knowledge and years of experience served us all in this moment, when her community needed her most."



A Message TO OUR COMMUNITIES

THE LAST YEAR HAS BEEN ABOUT MUCH MORE THAN COVID-19

In nearly 40 years as a healthcare leader, I haven't experienced a period of time as challenging to a medical community as the past 12 months.

COVID-19 pushed a whole lot of buttons. In unprecedented ways, it has tested hospital care processes, public health practices, our sense of personal well-being, and a shared commitment to community welfare.

While Spencer Hospital and hospitals across the country proved resilient while confronting whatever COVID-19 offered, it was not without stress on individuals and institutions. We mourn the loss that COVID-19 inflicted on too many families. Beyond lives lost, others we know and love will be impacted by COVID-19 related health complications long into the future.

Yet now, through the wonders of science, a more hopeful future is clearly attainable. Access to life-changing vaccinations is accelerating both locally and nationally. The way forward, in the coming months, can be relatively simple . . . the more who accept shots in their arms, the sooner and more safely we'll return to the lives we enjoyed prior to COVID-19. I ask everyone reading these words to consider being vaccinated in the interest of the public good.

Of course, the past year at Spencer Hospital has been about much more than COVID-19. Progress has been achieved related to a wide range of initiatives to improve healthcare to the community and region, to include:

- Installation of a new radiation oncology accelerator at the Abben Cancer center to ensure ongoing access to state-of-the-art cancer care.
- The opening of a comprehensive wound care center that will introduce expanded services most typically offered in larger medical communities, eliminating the need to travel for such specialized care.

- A new MRI unit was placed in service and includes updated technology, faster scan times and a wider opening for improved patient comfort.
- The adoption of a new electronic health record will improve care coordination among care providers in the region while offering patients more convenient access to personal health information.
- Engagement with local physician groups to develop new practice and business models to support the retention and recruitment of skilled physicians into the future.
- Planning has also been initiated for a major renovation of the hospital's emergency department and the development of a new five-year strategic plan to provide a framework for Spencer Hospital's continued success.

Also noteworthy was the Chartis Center for Rural Health recognizing Spencer Hospital as a Top 100 Rural & Community Hospital for the sixth consecutive year. Spencer Hospital is the only mid-sized Iowa hospital that has been honored in each of the six years the designation has been offered. That consistency represents sustained excellence in areas encompassing care quality, patient satisfaction and business outcomes.

I'm proud of the commitment and collaboration demonstrated by the physicians and employees who comprise Spencer Hospital's healthcare team. Whether it be completing day-to-day care and service functions or confronting the challenge of a once-in-a-generation pandemic, you can be confident in the skills and perseverance of these special people.

Please also accept my gratitude for the kind words and gestures expressed by so many of our patients and community members over the past 12 months. While we see it as our mission to care for you and your family without reward or praise, your generous spirit helped to uplift and sustain us throughout this most unique year. Thank you.

Enjoy this edition of Health Connections. It offers just a few examples of how Spencer Hospital's talented and dedicated professionals stand together – in common purpose – to meet the healthcare needs of the communities it serves.



Bill Bumgarner, President

2020

SPENCER HOSPITAL OUR YEAR IN NUMBERS

TEAMWORK



HEALTHCARE



259
BABIES BORN



5,778
SURGERIES PERFORMED



7,773
EMERGENCY VISITS



12,482
DIAGNOSTIC IMAGING PROCEDURES



109,891
LABORATORY TESTS



11,739
RADIATION ONCOLOGY TREATMENTS

COMMUNITY

\$35.9M

Annual Payroll and Benefits

\$10.2M

Purchases from Iowa Businesses

\$534K

Charity and Uncompensated Care

Board of Trustees

Steve Lensing, Chair; Julie Christensen, Vice Chair; Amanda Bare; Bruce Nystrom; Dr. Gary Van Hofwegen
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COVID-19 PANDEMIC SHOULD NOT DELAY IMPORTANT HEALTH SCREENINGS



Dr. Amanda Young
Family Physician
Avera Medical Group Spencer



THROUGH THE PAST 12 MONTHS OF THE COVID-19 PANDEMIC, MANY EVENTS OR ACTIVITIES HAVE BEEN POSTPONED. HOWEVER, IMPORTANT HEALTH SCREENINGS, WHICH ARE ESSENTIAL FOR EARLY DETECTION AND TREATMENT OF HEALTH CONCERNS, SHOULD NOT BE AMONG THOSE DELAYED ACTIVITIES.

“Cancer, heart disease, diabetes and other illnesses aren’t taking time off due to COVID-19. Additionally, stress is a factor for many health concerns, which means sticking with routine check-ups is more important than ever,” commented Dr. Amanda Young, family practice physician with Avera Medical Group Spencer and Clay County Medical Staff president.

Dr. Young said a good place to start is in scheduling an annual physical with a family medicine practitioner.

“Regular check-ups with your family practice physician can help identify health concerns and also your physician’s team can schedule important screening exams for you, such as mammograms, colonoscopies and other essential health screenings,” Dr. Young encouraged. “We’ve heard some people have avoided healthcare screenings because they were concerned their medical team was too busy caring for patients with COVID-19. For a few weeks in spring of 2020, some routine wellness exams were postponed, yet since early summer we’ve been actively encouraging our patients to seek care and remain on schedule in getting their important health screenings performed.”

DeeAnn Vaage, Spencer Hospital infection preventionist, added, “We’ve also heard that others may be reluctant to seek clinic or hospital care out of concern they could be exposed to COVID-19 or another virus.

“Hospitals and clinics are among the safest environments. Deep sanitizing is routinely performed, health safety protocols are closely followed, and in addition to staff, patients and visitors are required to wear masks. Universal masking has proven to be highly effective at protecting patients and healthcare workers,” Vaage said.

“Don’t delay scheduling your essential health screenings,” Dr. Young urged. “Let our medical and healthcare teams help you achieve your best health.”

Important exams to schedule:

- *Annual physical* – Your provider will perform important exams based on your age, gender and family medical history.
- *Mammogram* – Spencer Hospital provides 3D mammography in the hospital’s Women’s Health Center, performed by certified mammographers.
- *Prostate exam* – Prostate screenings for most men should begin at age 50; earlier for high-risk individuals.
- *Planet Heart Check* – Spencer Hospital also offers heart health assessments which a calcium score CT, blood pressure check, body mass index, cholesterol and blood sugar tests, education and risk assessment with an expert cardiovascular team, nutrition counseling with a dietitian and, if needed, tobacco cessation information.
- *Planet Heart Vascular Check* – Provides ultrasound screening exams of three areas of the vascular system that often pose risk for stroke: the carotid arteries, peripheral arteries and also abdominal aortic aneurysms.
- *Colonoscopy* – The American Cancer Society recommends people begin colorectal cancer screenings at age 45.
- *Skin checks* – Visit with your provider at your annual exam about suspicious moles or skin lesions.
- *Diabetes* – A fasting blood glucose test can determine your risk for pre-diabetes or diabetes.

COVID-19 Pandemic

MAR 3

The first COVID-19 cases in Iowa confirmed - three individuals from Johnson County who had traveled on a cruise.

MAR 12

Spencer Hospital limited patient visitors to protect patients, families, and staff.



MAR 13

Temporarily closed cardiopulmonary rehab and Athletic Enhancement facilities.

MAR 18

Established a Clay County Community COVID-19 Call Center to answer local questions regarding the SARS-CoV2 virus.

MAR 18

Avera Medical Group Spencer implemented "drive-up" testing for suspected COVID-19 cases.

MAR 26

Avera Medical Group Spencer, Milford Family Care, and Spencer Hospital initiated an option for virtual appointments.

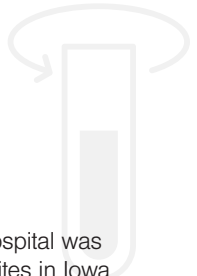
MAR 31

First confirmed positive case of COVID-19 in Clay County.



APR 16

Spencer Hospital was one of 13 sites in Iowa to receive equipment and supplies to conduct rapid COVID-19 tests.



APR 27

Spencer Hospital, which had temporarily suspended non-emergency surgical procedures per state order, began offering limited elective surgical procedures.

JUN 1

Spencer Hospital reopened and expanded several service areas, including cardiac and pulmonary rehab; physical, occupational, and speech therapy; elective diagnostic screening procedures; and home health and wound care services.

AUG 2020

The Spencer Regional Healthcare Foundation hosted a "social distancing" charity golf tournament for Abben Cancer Center, allowing people to participate throughout the month of August rather than holding a single-day event.

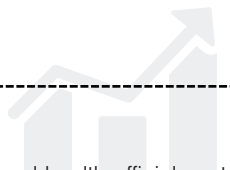


OCT 1

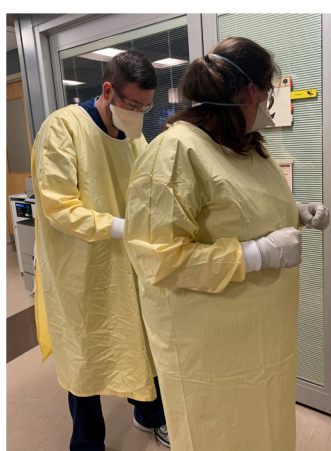
The format of the annual Breast Cancer Awareness Walk was changed to a come-and-go event to allow for social distancing.

OCT 12

Local health officials noted that the 14-day positivity rate for COVID-19 cases had climbed to over 10 percent. During the same time frame, Spencer Hospital noted a sharp increase in the number of patients ill with COVID-19 requiring hospitalization. Between April 15 - August 1, the hospital had treated 10 inpatients with COVID-19. Between September 1 - October 12, the number of inpatients with COVID-19 diagnoses was 12.



a local Timeline of Events



Snapshots of Spencer Hospital staff during the COVID-19 Pandemic.

NOV
24

Clay County Board of Health approved a regulation calling for a county-wide mask mandate.

NOV
25

Spencer Hospital further tightened visitor restrictions as the number of inpatients ill with COVID-19 surged. Inpatient admissions of patients ill with COVID-19 rose to in excess of 20.

DEC
22

Clay County Public Health received its first shipment of Moderna COVID-19 vaccine, designated for use to begin immunizing local healthcare staff.

DEC
18

Spencer Hospital's audit report showed that the hospital ended its fiscal year on June 30, 2020 with a 1.8 percent negative operating margin, attributed to the impact of the mandatory reduction of elective services when the virus initially reached Iowa.

FEB
1

In compliance with the State of Iowa's COVID-19 vaccine order, local public health officials were able to begin immunizing people in the next approved priority category which included people age 65 and older. Vaccine allocations remained extremely limited throughout February.

APR
5

Anyone in Iowa age 16 or older became eligible to be vaccinated against COVID-19, protecting themselves and others.

AVERA MEDICAL GROUP SPENCER WELCOMES GYN SURGEON DR. BRIAN WILSON

LONG-TIME NORTHWEST IOWA GYNECOLOGICAL SURGEON DR. BRIAN WILSON TRANSITIONED HIS ESTABLISHED GYN SURGICAL PRACTICE TO AVERA MEDICAL GROUP SPENCER IN EARLY APRIL.



"I have appreciated working in partnership with Northwest Iowa Surgeons over many years, and will continue to partner with them in caring for patients with multiple health needs," Dr. Wilson commented. "Looking forward, I appreciate the opportunity and operational support provided through the Avera system, allowing me to focus on the care of my patients."

Dr. Wilson accepts referrals for patients who need a gynecological consultation or surgery. He is also available for referrals for patients with infertility issues and for consultation with area family practice physicians who are providing care for high-risk obstetrical patients.

Bill Bumgarner, Spencer Hospital president, said, "The business demands on independent physician practices have been increasing for many years. It's common for physicians today to join hospital-supported practice groups. Dr. Wilson has provided high quality gynecological services in northwest Iowa for almost 17 years. His commitment to the region will continue through this new business relationship."

Prior to Dr. Wilson and his family relocating to northwest Iowa, he served at William Beaumont Army Medical Center in El Paso, Texas as Chief of the OB/GYN department. A native Iowan, Dr. Wilson received his undergraduate degree from the University of Northern Iowa and graduated from the Kirksville College of Osteopathic Medicine, Kirksville, MO. He completed his residency in OB/GYN at Wilford Hall Medical Center on Lackland Air Force Base and Brooke Army Medical Center in San Antonio.

To schedule appointments with Dr. Wilson, patients may work with their primary care physician or call directly: (712) 264-3510.

ONE PATIENT; ONE CHART

SPENCER HOSPITAL ADOPTS NEW ELECTRONIC HEALTH RECORD

Want to look up your lab results from a recent physical with your family practice physician, and see your results from your Spencer Hospital mammogram? Perhaps you wish to review notes from your visit to Northwest Iowa ENT, yet also wish to see records from your recent physical performed at Avera Medical Group Spencer?

Through your AveraChart patient portal, you now can access health information from care received at Spencer Hospital as well as a number of other clinics and specialty groups.

Recently, Spencer Hospital converted to a new electronic health record, Meditech Expanse, in partnership with the Avera health system. Spencer Hospital, Northwest Iowa ENT and an increasing number of Avera Health clinics currently use Meditech Expanse. By fall 2021, all Avera facilities will be using the same electronic health record, enhancing the continuity of patient care in the region.

"Implementation of a new medical record system is a significant change, yet in the long run one that we believe will be beneficial to our patients and our healthcare team," commented Bill Bumgarner, Spencer Hospital president. "Spencer Hospital remains an independent facility; however, understands the opportunity to partner with Avera through a common electronic health record will enhance the continuity of care for our mutual patients."



SPENCER HOSPITAL PARTNERS WITH AVERA@HOME FOR HOSPICE AND HOME CARE SERVICES

SPENCER HOSPITAL'S HOME HEALTH AND HOSPICE TEAMS HAVE PROVIDED VALUABLE SERVICES OVER MANY YEARS, AIDING PEOPLE TO LIVE INDEPENDENTLY IN THEIR HOMES LONGER AND THROUGH HOSPICE, PROVIDING END-OF-LIFE CARE TO INDIVIDUALS AND THEIR FAMILIES.

In early March, the hospital's home health and hospice programs entered into a joint business arrangement with Avera@Home.

"The business and regulatory climate related to hospice and home health services is complex," said Spencer Hospital president Bill Bumgarner. "Collaborating with a larger organization in this instance is a responsible step in that Avera will offer expertise that a small rural hospital cannot match on a stand-alone basis. In addition, Spencer Hospital and Avera share similar cultures related to a commitment to quality care and business integrity."

"Patients will notice a new name while experiencing the same great service from the same skilled, compassionate clinical team they've come to rely on," said Alana Clark, director for Avera@Home of Spencer Hospital. "Joining together will ensure continued quality, compassionate home health and hospice services across the region."

Sandy Dieleman, President and CEO of Avera@Home, added, "Given the choice, most people would prefer to be at home as opposed to a hospital or long-term care facility. It's also a less expensive option. Care in a home environment is familiar, comfortable, safe and easier for the patient's family. Our goal is to use best practices in home care to provide every patient the best care, every time."

To learn more, please go to AveraatHome.org or SpencerHospital.org.

Left to Right: Stacy Yarkosky, Support Specialist; Beth Hopkins, Clinical Coordinator; Emilie Davenport, RN; Tiffini Dunn, RN; Alana Clark, Director; Sharon Murphy, RN; Colleen Hart, RN



HYPERBARIC OXYGEN THERAPY ADDS HEALING OPTION TO WOUND CARE SERVICES



CHRONIC WOUNDS AFFECT 6.7 MILLION PEOPLE IN THE UNITED STATES, OFTEN ATTRIBUTED TO COMPLICATIONS FROM DIABETES, ARTERIAL DISEASE, LATE EFFECTS OF RADIATION THERAPY, AND OTHER CHRONIC CONDITIONS.

To help address such concerns, Spencer Hospital introduced hyperbaric oxygen therapy (HBOT) services in October, offering additional treatment options for patients in the region suffering from chronic wounds.

“As the population ages and rates of chronic diseases such as diabetes increase, the local medical community continues to see a rise in chronic wounds in need of care. Left untreated, chronic wounds can negatively impact a person’s quality of life and could possibly lead to amputation of the affected area,” explained Dr. Patrick Slattery, co-medical director with Dr. Jeffrey Helmink of the hospital’s Wound Healing & Hyperbaric Medicine Center.

Jordan Achterhoff, center director, added, “For many years, Spencer Hospital has provided a strong nursing directed wound care program to expertly treat chronic wounds. Hyperbaric oxygen therapy adds another treatment option for many patients to help heal long-term wounds.”

Spencer Hospital has two HBOT chambers, each delivering 100 percent pure oxygen, enhancing the blood’s ability to carry oxygen to wound tissue.

Benefits of hyperbaric oxygen therapy include:

- Accelerates the wound healing process
- Increase oxygenation to all tissues
- Promotes collagen and new skin development
- Reduces swelling and discomfort
- Promotes new blood vessel formation
- Increases capillary growth
- Activates bactericidal activity killing bacteria

HBOT is approved by Medicare and private insurance companies to treat qualifying patients with a variety of medical conditions. Commonly treated health conditions include diabetic foot ulcers, radiation injuries to tissue and bone, certain types of infections, compromised skin grafts and skin flaps, and blood flow issues.

Kathy Decker, who injured her leg during an accident last fall, qualified for HBOT when her skin graft procedure wasn’t successful.

Kathy colorfully describes the sensations she has felt during therapy. “At first it felt like that first warm day of spring when you lay out in the sun and you have that wonderful toasty feeling all over. Then, the second half-hour I could feel a little tingly sensation in my wound, like an Alka Seltzer bubbling after it’s been poured into a glass. In my third half-hour, I felt almost like I had experienced a nice relaxing massage.”

Kathy said she was comfortable the entire time she was inside the hyperbaric chamber. “I watched TV and did a few yoga stretches,” She added that in addition to the healing effects on her wound, all of her skin felt healthier. “Afterwards, I noticed my lips, which had been so dry when I got here today, softened up and felt much better.”

“HBOT is not painful,” Dr. Helmink explained. “At the beginning of the treatment, a patient may feel pressure in their ears similar to flying in a plane. While in the chamber, patients are able to watch movies or listen to music to help pass the time.”

In addition to medical directors Dr. Helmink and Dr. Slattery, the care team includes nurse practitioner Kayla Vanderhoff, as well as wound care nurses Hope Reinholdt and Kylah Petrich, Crystal Schneider, HBOT tech, Tanya Snarski-Carlson, receptionist; and Jordan Achterhoff, the center’s director.

The care team encourages patients who suffer from chronic wounds to visit with their healthcare provider about treatment options. A practitioner’s referral is required for HBOT and other wound care services.

For more information about Wound Healing and HBOT services, please visit: [SpencerHospital.org/WoundHealing](https://www.spencerhospital.org/WoundHealing)

Dr. Patrick Slattery is a partner at Northwest Iowa Surgeons, PC. A Pocahontas native, Dr. Slattery completed his undergraduate degree at Creighton University and medical school at the University of Iowa. He returned to Creighton to complete a residency in general surgery.

His surgical interests include minimally invasive surgery from both a laparoscopic and robotic approach. He is a member of the American College of Physicians and Society American Gastroenterological Surgeons.



Dr. Jeffrey Helmink, originally from Aurora, Nebraska, is also a partner at Northwest Iowa Surgeons, PC. He completed his undergraduate degree and medical school at the University of Nebraska. His general surgery residency began at the VA in Des Moines and continued at Methodist in Des Moines.

He is a fellow of the American College of Surgeons. Professional interests include endoscopy and minimally invasive abdominal surgery.

Kayla Vanderhoff, ARNP, originally from Fonda, earned her bachelor of science degree in nursing from Morningside College and also obtained her master's degree in nursing from Morningside. Kayla is a certified wound care nurse – advanced practice.

Her special practice interests include hyperbaric oxygen therapy and other advanced wound therapies such as contact casting and ultrasonic mist therapy.



Wound Healing & Hyperbaric Medicine Staff: (Not pictured: Kylah Petrich)
Crystal Schneider, Kayla Vanderhoff, Tanya Snarski-Carlson, Hope Reinholdt, Jordan Achterhoff



DAISY AWARD HONORS OUTSTANDING NURSES

NATIONAL DAISY AWARD DESIGNED TO SPECIFICALLY HONOR NURSES

CONGRATULATIONS TO SPENCER HOSPITAL'S NEWEST DAISY AWARD RECIPIENTS, HOLLY MUELLER AND CHARLIE COLEMAN! TWICE EACH YEAR SPENCER HOSPITAL AWARDS TWO OUTSTANDING NURSES WHO HAVE BEEN NOMINATED BY PATIENTS, FAMILY MEMBERS OR PEERS FOR THEIR INCREDIBLE CARE AND KINDNESS.

Holly is a nurse on the Behavioral Health Unit and was nominated by a patient, who wrote: "Holly is a very kind, caring, big-hearted person. She has met my needs. She treats me as an individual, not just as another patient. Holly takes the time to listen to me. She's energetic and has a bubbly personality. It's always a pleasure to see her smiling face. Holly puts me at ease and fulfills all my needs and goes beyond the normal call of duty. God bless her."

Charlie is a nurse on the inpatient Medical-Surgical Unit. She was also nominated by a patient, who commented in her nomination letter: "When I was admitted, I was very lost and agitated. Charlie had a very warm spirit gorgeous smile and last, but not least, she was very helpful. If I had to choose from everyone, she would be chosen as my #1 nurse. It's an old

saying, 'It's not what you do, but the way you do.' She does everything with grace. Charlie offers compassion and care to me and other peers every day all day."

The Daisy Award was created by the family of Patrick Barnes to honor outstanding nurses in appreciation of the care Patrick received. Spencer Hospital presents Daisy Awards twice annually, two each spring and two each fall. Anyone can nominate a nurse by picking up a form at Spencer Hospital or submitting one from the website: SpencerHospital.org.



Holly Mueller



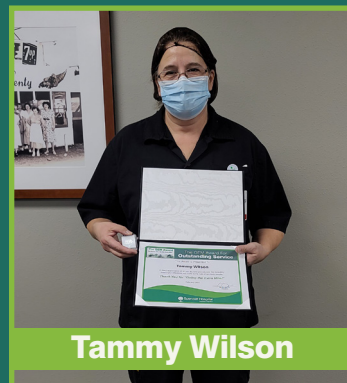
Charlie Coleman

GEM AWARD RECOGNIZES SENSATIONAL STAFF

GOING THE EXTRA MILE TO PROVIDE EXCEPTIONAL SERVICES TO OUR PATIENTS



Laura Wagenaar



Tammy Wilson

CONGRATULATIONS TO SPENCER HOSPITAL'S LATEST GEM AWARD RECIPIENTS, LAURA WAGENAAR AND TAMMY WILSON. GEM AWARDS, WHICH HONORS THOSE WHO "GO THE EXTRA MILE" TO PROVIDE EXCEPTIONAL SERVICE, ARE BESTOWED TO TWO RECIPIENTS SEMI-ANNUALLY TO RECOGNIZE THEIR OUTSTANDING EFFORTS.

Tammy Wilson who works in Nutrition Services, was nominated by a co-worker who noted: "Not only could Tammy

write the book on multi-tasking, she always is kind and seems to enjoy her job here at Spencer Hospital. I NEVER see her standing around. She is constantly wiping, cleaning, filling, serving, and cashiering. It's like there are 10 of her - she does everything. I truly enjoy seeing her friendly face each trip to the cafeteria."

Laura Wagenaar, Diagnostic Imaging, was nominated by a delighted patient, who shared how much she appreciated Laura's kindness when she sensed her apprehension during a mammography appointment. She wrote, "After she learned both my daughters have had breast cancer in the past year, Laura very tenderly said to me, "This is much more than a breast exam for you, isn't it?" While maintaining the highest professionalism, she related to me woman to woman, and then went the extra mile to alleviate any angst...to make this the best experience it could possibly be."

Congratulations, Tammy and Laura! You're true gems.

Nomination forms for both the Gem Award and Daisy Award can be found on Spencer Hospital's website under the Patient & Visitors tab.



Give While You Live

SEVERAL MONTHS AGO, LONGTIME COMMUNITY ACTIVISTS JOHN AND CAROLE LEA COTTON HEARD A CATCHY PHRASE WHICH PARTICULARLY RESONATED WITH THEM: “YOU SHOULD BE GIVIN’ WHILE YOU’RE LIVIN, SO YOU’RE KNOWIN’ WHERE IT’S GOIN’.”

The Cottons are known for their caring and giving spirits. For many years, the Cottons have given their time, talents and resources to local and state endeavors, supporting a wide array of projects to benefit their community and individuals needing a helping hand.

The local healthcare community has particularly reaped the rewards of the couple’s charitable support and through John’s leadership on both the Spencer Hospital and Spencer Regional Healthcare Foundation boards. John was on the fundraising team for the Abben Cancer Center in the mid-1990s and co-chaired the 2014 endowment drive with fellow community supporter John Rahn.

“The endowment campaign was one of my favorite projects I’ve been involved with. When we began, we were uncertain of how well people would support an endowment which has less tangibility than fund-raising for a new building or piece of technology, such as the wonderful success we had when we raised funds for Abben Cancer Center,” John reminisced. “Yet, John Rahn and I found it impressive how generously people gave their support to local healthcare through endowment support.”

During that 2014 campaign, John and Carole Lea made a gift at the time, but also pledged a significant gift through their will to the hospital foundation endowment.

“An endowment fund is a very important part of any institution’s financial development,” John remarked. “Having served on the hospital board of trustees for a number of years impressed upon me the importance of funds to reinvest in new technology, new equipment and to expand medical specialties. In recent years, foundation endowment funds have allowed the hospital to make a number of key investments.”

When the Cottons heard the phrase, “give while you live” and carefully considered that concept, they were inspired to transition their estate gift to an immediate donation to the Spencer Regional Healthcare Foundation.

“We know others who have made that commitment to give sooner rather than later and have found it very satisfying,” John said. “We agree. We’ve been blessed in so many ways and believe in following the biblical saying, ‘To whom much is given, much is expected.’”

The Cottons encourage younger generations who are contemplating a gift to their community to do so. “Over the years, investing in your community will pay you big dividends in terms of personal satisfaction, friendships, and opportunities.”



ABBEN GOLF CLASSIC ON COURSE FOR SUCCESS

FOR THE HEALTH SAFETY OF PARTICIPANTS, A “SOCIALLY DISTANCED” FORMAT WAS DESIGNED FOR THE 2020 ABBEN GOLF CLASSIC, ALLOWING PARTICIPANTS TO ENJOY GOLF ON THEIR OWN TIME.

“Even though COVID-19 limited many events, we heard from our supporters that they recognized the importance of discovering ways to continue to support the wonderful work of Abben Cancer Center,” commented Suzi Harper, Abben Golf Classic volunteer. “Thanks to our wonderful donors and sponsors, the event still raised over \$42,000 making it a very successful event! We always appreciate the generosity of all of those involved!”

The date for the 2021 Abben Golf Classic is set for Sunday, August 29, 2021, with the hope of bringing all the sponsors and participants together!



GARDEN OF LIFE SEEDS OF HOPE

THOUGH 2020 PROVIDED MANY CHALLENGES, ONE OF THE LESSONS OF THE YEAR WAS TO SLOW DOWN AND APPRECIATE THE BEAUTY AND KINDNESS AROUND US.

The 2020 Garden of Life, an annual program sponsored by the Foundation in which flowers are planted in the hospital's Grand Avenue Park in memory of loved ones and in honor of special caregivers, bloomed throughout the summer into the fall months. More than \$6,000 was donated to the 2020 Garden of Life Campaign in honor of numerous caregivers and in memory of over 100 individuals.

“We’re already looking forward to our 2021 Garden of Life campaign and we are hoping we’ll have the opportunity to carefully gather community members together again to plant the beautiful blooming plants in the hospital park,” commented Sara Taylor, Executive Director of the Spencer Regional Healthcare Foundation.

There are several ways to make a donation to the 2021 Garden of Life, 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 whom you’d like your gift to honor or memorialize.
- Make an online gift at 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 follow:” select “Garden of Life.”
- For those who like the convenience of giving through Venmo or PayPal, text “garden” to (202) 858-1233.

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



Generous Donors Working Together.



Donor Statistics

\$425,057 Total Donated



774

Active Donors
in Fiscal Year '20



\$1

Smallest Gift
Pink Walk &
Abben Golf Classic

1,252

Total Gifts

\$100,000

Largest Gift
Endowment

\$241,501 Total Granted

Just a few examples of what your donations made possible:



\$1 Million

towards the Abben Cancer
Center Linear Accelerator



3,200

goodie bags provided to
Women's Health patients



22

MaxAir helmets & 3 storage
carts purchased for staff
to care for patients



35

new stethoscopes provided
to patient rooms



275

diabetes kits for newly
diagnosed patients



\$52,000

raised for the Cardiopulmonary
Rehabilitation Expansion

Spencer Regional Healthcare Foundation Board

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Ben Hollesen, Steve Lensing, John Rahn, Marcia Ramstack, Nate Schmidt, and Kim Upah

Caring During COVID-19

WHILE THE COVID-19 VIRUS TOUCHED MANY PEOPLE IN OUR REGION OVER THE PAST YEAR, A RESPONSE OF THOUGHTFUL GESTURES OF KINDNESS AND SUPPORT ALSO PROVED TO BE CONTAGIOUS DURING THIS TIME PERIOD.

“From kind cards for healthcare workers and patients, to snacks and meals, to contributions of masks and hand sanitizer, the list of thoughtful gestures extended to Spencer Hospital are lengthy,” commented Susan Zulk, VP of Marketing & Fund Development. “It was a stressful time period for our patients and healthcare team, and those acts of kindness made a big impact. We could truly feel the support of our communities and are grateful for their kindness.”

GIVING KINDNESS DOES US AS MUCH GOOD AS RECEIVING IT - Piero Ferrucci

YOUR CARING SUPPORT THANK YOU

GIFTS

By Kevin & Cheryl Ahern	By Patrick & Susan Carr	By Clayton & Dawn Fletcher	By Tom & Katie Howe
By Janice Alger	By Dr. David & Jane Christ	By Dr. Bill & Kathy Follows	By Lorrie Huffman
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By Jill Bobolz	By Anita Early	By Dr. Jeffre & Michele Helmink	By Gary & Marlis Kuiper
By Sandy Boisen	By Emily Elbert	By Larry & Rebecca Hennings	By Craig & Linda Kunzmann
By Bomgaars–Ladies Night Out '20	By Max & Connie Elg	By Angela Hetrick	By Mike & Retha Lenhart
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Gifts listed are those which were made since the October 2020 edition of Health Connections.



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