

health Connections

SPRING 2022

Seasonal Newsletter of Spencer Hospital



20'21'22

**A NATIONAL
TOP 20 RURAL
& COMMUNITY
HOSPITAL**

IN NUMBERS

LOOKING AHEAD

INSIDE THIS ISSUE

- Warner Dialysis Centers Offer At-Home Care
- New CT Scanner Provides Enhanced Technology & Comfort
- Total Knee Replacement with or without Robotics Technology
- Dr. Joseph Hart Joins Northwest Iowa Ear, Nose & Throat

A Message TO OUR COMMUNITIES

PROVIDING THE VERY BEST IN QUALITY HEALTHCARE SERVICES

Over the past two years we've lived through an unprecedented time in world history.

The COVID-19 pandemic in many ways marked a defining moment in American life, much like The Great Depression, World War II and 9/11. These were and are all momentous events that leaves no one unchanged.

In an oddly contradictory manner, the pandemic has fostered both unity and division; togetherness and seclusion; heartwarming moments and heartbreak.

Yet, we continue with hope and determination. That's what we do. But more challenges remain.

Far-reaching effects of the pandemic have left families and businesses to manage through inflationary pressures, supply chain disruptions and labor market shortages. The global community now also faces additional uncertainties caused by reckless Russian aggression in Ukraine.

In times like these, our mission must be to advance progress as best we can. To identify opportunities to move forward and manage circumstances more fully within our reach. At Spencer Hospital that has included:

- Serving our patients as hospital service volumes incrementally return to pre-pandemic levels, by encouraging the public to fully resume their preventive healthcare activities.
- Progressing on a comprehensive technology update and facility refresh of the region's most prolific surgical center, to include the recent introduction of an orthopedic robotics program.
- Advancing the introduction of the hospital's new regional service – wound care and hyperbaric medicine – which is serving patients beyond expectations.

- Welcoming several new physicians who have initiated practice over the past year, to include orthopedist Dr. Michael Dirx, psychiatrist Dr. Sergio Plucker-Billups and ear, nose and throat specialist Dr. Joseph Hart.
- Initiating a new five-year strategic plan, that's focusing on opportunities so more patients can receive care in the Spencer medical community.
- Continuing preparations for a new, patient-centered emergency department, with construction activities anticipated to begin later this year.

Of course, beyond planning for a successful future, Spencer Hospital has been providing the very best in quality healthcare services each day . . . at 12 service locations in three counties. And you don't have to take my word for it.

In February, the Chartis Center for Rural Health recognized Spencer Hospital as a Top 100 Rural & Community Hospital in the United States for the seventh consecutive year. Spencer Hospital is the only mid-sized Iowa hospital to have earned this distinction every year it has been awarded . . . and one of just 18 mid-sized hospitals nationally – out of about 900 – that is a seven-time Top 100 honoree. That performance represents a remarkable showing of consistency in quality, service and business outcomes.

Then in March, The National Rural Health Association honored Spencer Hospital as one of the Top 20 Rural & Community Hospitals in America. Both organizations base their designations on an analysis of 36 service and outcome variables across eight pillars of performance. Areas in which top hospitals particularly distinguish themselves include quality and outcomes; patient satisfaction; costs and charges; market

share; and financial stability.

Put more simply . . . these honors indicate that Spencer Hospital does many things well. I'm immensely proud of our skilled employees, talented medical staff and committed volunteers whose work and dedication make these outcomes happen.

I hope this outstanding performance also informs the communities we serve that their care – and the care of their loved ones – can confidently be placed in the trusted hands of the fine people of Spencer Hospital.

Please enjoy this edition of Health Connections. I offer my blessings for your good health and all the best to those you hold dear.



Bill Bumgarner, President

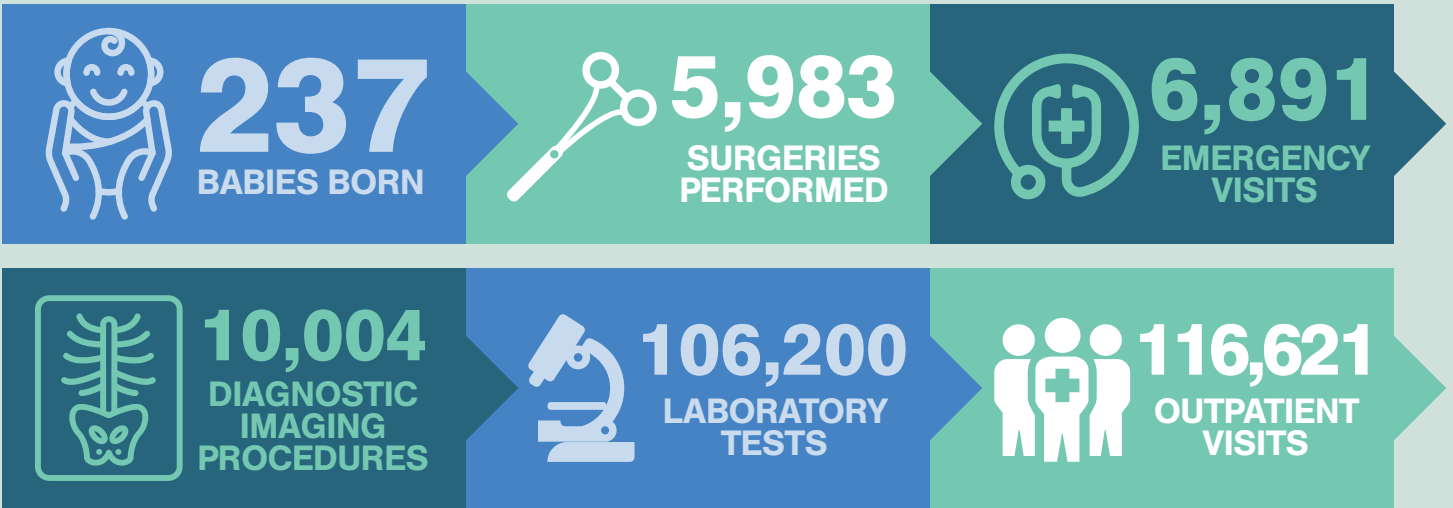
2021

SPENCER HOSPITAL OUR 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
ADVISORY MEMBERS: Bridget Bailey, Dr. Casey Baker, Neal Conover, John Cotton, Larry Harden, John Vander Haag

More Stats & Facts

Healthier Together



325+

Hyperbaric Medicine
Treatments Annually



8,010

Cardiac & Pulmonary
Rehab Visits Annually



134

New Radiation
Oncology Patients
Treated Annually



6,275

Childhood
Immunizations
Given Annually



9,011

COVID-19 Vaccines Given
by Clay County Public
Health Since Dec. 2020



450

Admissions to
Inpatient Behavioral
Health Unit Annually

Recent Milestones



Enhanced MRI Provides
Exceptional Images &
Increased Comfort



Healthcare Foundation
Invests \$1 Million to Advance
Cancer Center Technology



Hospital's Wound Care
Center Begins Hyperbaric
Oxygen Therapy

A TALE OF TWO KNEES . . . AND TWO SUCCESSFUL SURGERIES

SHIRLEY SORENSON HAS TWO NEW KNEES AND ONE GREAT BIG SMILE.

For several years, Shirley suspected her troublesome left knee would eventually require surgery. But, after injuring her right knee while attempting to assist her husband who had fallen, delaying surgery was no longer an option. Now her injured right knee took precedence over her aching left knee.

In August of 2021, Dr. Andrew Pick, orthopedic surgeon with NW Iowa Bone, Joint & Sports Medicine of Spencer Hospital, performed a total knee replacement of Shirley's right knee. A few months later, in January 2022, Dr. Pick replaced Shirley's left knee.

Both surgeries were successful, with Shirley up and walking right after each procedure and experiencing great hospital stays. The only difference between right and left knee was that the second procedure was performed using robotic assistance technology.

"The orthopedic robot is a great addition to the Spencer Hospital Surgery Center," Dr. Pick commented. "This tool offers our surgeons another option when determining the best procedure for our individual patients. As surgeons we carefully evaluate each patient's condition and needs to determine which type of joint replacement procedure is the best fit for that patient."

Shirley was delighted with the results of both procedures. She encourages others who have experienced joint concerns, yet may be hesitant to take the next step, to consider scheduling a consultation with a specialist from NW Iowa Bone, Joint & Sports Surgeons. "I feel great!" she exclaimed. "I was up walking the next day after both procedures, and driving a car soon after, possibly even a bit before it was recommended," she added with a mischievous smile.

In addition, to Dr. Pick, Dr. Jason Hough, Dr. Michael Dirkx and Dr. Christopher Rierson also offer joint replacement and a wide range of other orthopedic care and surgical services at Spencer Hospital. If you'd like a consultation, contact NW Iowa Bone, Joint & Surgeons of Spencer Hospital at (712) 262-7511.



Warner Dialysis Centers

NOW OFFERING AT-HOME CARE IN ADDITION TO TREATMENT CENTERS IN SPENCER & SPIRIT LAKE

For nearly 30 years, people in northwest Iowa in need of dialysis care could receive treatments close to home at Warner Dialysis Centers of Spencer Hospital, with centers located in Spencer and Spirit Lake. More recently, some dialysis patients have been able to obtain care in their homes, by opting for in-home dialysis treatments.

“It’s wonderful that we’re able to offer both options by providing dialysis treatments at our centers and also supporting patients who choose to undergo home dialysis,” commented Danette Forbes, director of dialysis services. “We’re partnering with Avera home dialysis services to offer this option to our patients locally. There are advantages to both services. An individual’s health and personal preferences are big factors in determining the best option for each patient.”

First, the similarities. The care and support team is the same whether a person receiving dialysis treatment is undergoing care within one of the Warner Dialysis Centers or at home. All patients have regular consultations with nephrologist Dr. Kevin Marquez and have care coordinated by the center’s social worker, register dietitian and nursing team. In addition to monthly checks, the care team is a phone call away for at-home patients when questions arise or assistance is needed. This same care team works closely with people who come

to either of the local centers for dialysis treatment three times each week.

Forbes explained that people who undergo home dialysis have greater flexibility in deciding when to do their treatments. Also, those undergoing at-home care usually have fewer dietary restrictions as they are undergoing dialysis each day, rather than three times each week. At the Warner Dialysis Centers, a person’s kidneys and blood supply are cleansed using hemodialysis, which is a process that uses an artificial kidney machine. For home dialysis, a person can use hemodialysis, yet most choose the peritoneal dialysis method, which uses a person’s peritoneal cavity, which lines the abdomen inside the body, to help with the purification process.

“A patient who chooses home peritoneal dialysis typically run their treatments each day, at a minimum of eight hours and sometimes up to 12 hours,” explained Lisa Wade, an Avera home dialysis nurse. She explained that many patients are able to do the home process overnight, sleeping and resting during that time-frame.

She added, “At home you have more control over when and where you will be doing your treatments. Patient autonomy is one big advantage, as home dialysis gives you back a



Serving the Region with High Quality Dialysis Care & Support

little control, allowing you to set your schedule and also, since you're dialyzing daily, you can enjoy a more liberal diet. However, some people appreciate the routine of in-center treatments and having the professional staff there to provide treatments and be accessible if complications arise.” Fanny Maher of Spirit Lake really appreciates the home dialysis option.

“It is very convenient to be at home and choose my own schedule,” Fanny said. Fanny does a dialysis treatment daily for a 12-hour period; however, she has flexibility in starting her treatment time.

“I can connect to the machine at 7 pm and spend time watching TV or playing games on my tablet. Then, I can go to sleep around 10 at night and shortly after I wake up the next morning, I can be done and have the whole day to do whatever we wish. Or, if we go to a party and get home late, I can start my treatment at 10 or 11 pm, and just go longer the next morning.”

Fanny has experienced both types of treatment, starting her care approximately two years ago at Warner Dialysis Center in Spirit Lake, then switching to home dialysis approximately a year ago. She prefers the home treatments, yet continues to appreciate the support of the Warner Dialysis team through monthly check-ups. Also, she has a great care partner at home to help her with her care.

“I have a wonderful husband who does all the hooking up



on the machine, reading the numbers and helping with the supplies,” she fondly said of her spouse Paulo, who tracks all her daily vitals and manages the inventory of supplies. The Mahers are very pleased with the support they receive from their healthcare team.

For more information regarding at-home or in-center dialysis care, contact Warner Dialysis Centers of Spencer Hospital. The Spencer center is located at 1721 W. 18th Street and the phone number is (712) 264-6464. The Spirit Lake address is 3150 18th Street, and primary phone number is (712) 336-2910.



NEW CT SCANNER OFFERS ENHANCED TECHNOLOGY AND PATIENT COMFORT

BIGGER, BETTER, FASTER.

Spencer Hospital's new CT (computed tomography) scanner offers several advances in functionality, such as quicker scan times and higher resolution of images for greater clarity than the high-quality images produced by the previous scanner. The lateral slide table allows for easy repositioning of a patient. However, what many patients like best is that the opening to the scanner is larger, offering greater comfort for those receiving care.

"This CT scanner is the current top-of-the-line option," said Dr. Nathan Rohling of Midwest Radiology & Imaging. "As a radiologist, I appreciate the investment made in quality imaging equipment. I also value the training and skills of our technologists who capture excellent images," said Dr. Nathan Rohling of Midwest Radiology & Imaging.

Over 5,000 CT scans are performed annually at Spencer Hospital. Studies include scans of the brain, abdomen, pelvis, chest, lungs and extremities as well as procedures related to pain management and cardiac screening.

Spencer Hospital's diagnostic imaging services are accredited by the American College of Radiology in numerous modalities, including CT and CT Lung Cancer Screening. Additionally, Spencer's diagnostic imaging services are accredited in breast ultrasound, 3D mammography, stereotactic breast biopsy, ultrasound, MRI, nuclear medicine and PET (positron emission tomography) scanning. The imaging department is also recognized as a Breast Imaging Center of Excellence.

"We're proud to be the only imaging center in the region to be accredited in all of these modalities," expressed Mary Brosnahan, Diagnostic Imaging Services director. "Such accreditation means the hospital's imaging professionals and our protocols meet the highest levels of care and outcomes for our patients."

The new CT scanner, installation and room upgrades cost approximately \$680,000. A \$50,000 grant was awarded by USDA Rural Development, which was coordinated by the Spencer Regional Healthcare Foundation.



Amy Tanner • Ashley Peterson • Erin Peterson • Tayler Watts
Not Pictured: Jeanette Mace and Justin Baker

SIoux RAPIDS FAMILY CARE PROVIDES PERSONALIZED, CONVENIENT HEALTHCARE

WE CHOOSE OUR HEALTHCARE PROVIDERS BASED ON THEIR EXPERTISE, RANGE OF SKILLS AND RELATABILITY. WE ALSO OFTEN SELECT OUR CARE PROVIDERS BY PROXIMITY TO HOME. CONVENIENCE IS AN IMPORTANT COMPONENT TO SAVE TIME AND TRAVEL WHILE ENABLING US TO ENGAGE WITH PEOPLE WHO ARE FELLOW COMMUNITY MEMBERS.

Convenient access to quality healthcare can also be lifesaving.

"I came into the clinic with severe chest pains. I was having a hard time talking and breathing. I knew I wouldn't make it to the hospital. Everybody there helped me an immense amount – they really made a difference." This comment came from a grateful patient after a recent visit to Sioux Rapids Family Care. He prefers not to share his name and draw attention to himself, yet he is so appreciative of his care. "Tell them thank you! Someday, when I'm feeling better, I'll walk down and tell them in person. I appreciate everything!"

The healthcare professionals at Sioux Rapids Family Care provide a wide range of primary care services, including treatment for injuries and illnesses, chronic health management, occupational health care, and preventative care.

Advanced registered nurse practitioner Kathi Heckert serves as the primary provider and is assisted by nurse Tracey Biedenfeld and ancillary service techs Cathy Whalen and Erin Rusk. Physical therapist Sara Goodchild cares for patients two to three days

weekly, and occupational therapy services are arranged as needed.

"I appreciate getting to know my patients and feel like I can treat them more on a personal level," Heckert said. "I enjoy helping them improve their health and having a positive impact on their lives."

Heckert has served as an advanced registered nurse practitioner for 13 years, starting her career in Aberdeen, SD. In addition to primary clinic care, she's worked in collaboration with physicians specializing in occupational health, neurosurgery, and internal medicine.

Heckert explained that the clinic works closely with the healthcare professionals of Avera Medical Group Spencer and Spencer Hospital. "I usually refer patients to the specialists in Spencer, such as ear, nose and throat; orthopedics, gynecology, general surgery and urology. I also will refer to outreach specialists who travel to the area, such as cardiology, pulmonary and such, so patients don't have to travel far."

Specimens for lab tests are conveniently drawn in the clinic, and either analyzed locally or sent to the hospital laboratory for analysis. General imaging, such as lung scans or ankle x-rays, are also performed right at the clinic.

The benefits of a local clinic are many, including familiar faces, flexible scheduling and quick appointment scheduling, often with the ability to be seen the same day. Craig Cadman, who has been a patient at the clinic, commented: "I appreciate the fact that I got in so quickly. I called on one day and got an appointment for the next, which was awesome and, it fit my schedule. The staff was very friendly, very helpful and I appreciate that they listen."



Tracey Biedenfeld • Kathi Heckert • Cathy Whalen • Erin Rusk

MILFORD FAMILY CARE: DELIVERING TIMELY, EXCEPTIONAL HEALTHCARE SERVICES

WHEN SOMEONE HAS A HEALTH CONCERN THAT'S NOT AN EMERGENCY, THEY STILL HOPE TO FIND CARE QUICKLY TO START FEELING BETTER SOON. THE HEALTHCARE TEAM AT MILFORD FAMILY CARE STRIVES TO SERVE PEOPLE PROMPTLY TO ADDRESS THEIR CONCERNS.

Patrick Fusaro of the Des Moines area recently experienced such just-in-time assistance.

"Jamie Billings and her staff were second to none," Fusaro commented. "Being up in Milford for the weekend from Des Moines and not getting response from my doctor in Des Moines, Jamie and her staff squeezed me into a busy schedule to take wonderful care of an infection. I take my hat off to them all."

Danette Forbes, director for Milford Family Care, said that while many routine health checks can be scheduled, when someone calls because of an unanticipated health concern, the clinic aims to fit them in for a same-day or next-day appointment.

Jamie Billings, nurse practitioner who serves the family care clinic, commented, "We want the people of Milford and surrounding communities to know we are here as a health resource for them and are proud to serve the area."

Billings has over 17 years of experience in family medicine. She enjoys chronic health management, preventative care and acute care medicine. "As a family nurse practitioner, I believe in treating the whole person and working closely in context with their families," Billings commented. "Our office works and cares for people of all ages and backgrounds."

Billings said she and her staff work closely with the Avera Medical Group Spencer and Spencer Hospital medical teams to care for each patient's complete needs. When needed, Billings refers patients to specialists on the medical staff.

"We work closely with area medical professionals as a team to treat the whole person in providing whatever the patient needs for their best care," Billings stated. "We believe every person deserves to be treated with respect and be given high-quality care, and work together to identify each individual's health needs."

Rita Layman of Cherokee appreciated receiving care from Billings when Jamie was part of a Cherokee family medicine clinic prior to joining Milford Family Care in 2018. So when Jamie relocated her practice to Milford, Layman followed. She explained, "Jamie is knowledgeable; she's a great listener. She never rushes you and is an excellent health care provider. That is why I will drive 35 miles to see her. Her support staff is also excellent."

Milford Family Care also offers laboratory, x-ray and physical therapy services with physical therapist Craig Cantrall. The clinic is open four days each week on Mondays, Tuesdays, Thursdays and Fridays. Call (712) 338-2461 for an appointment.



Nicole White • Jacklyn Wendt • Jamie Billings • Marlene Kass

EAR, NOSE & THROAT SPECIALIST DR. JOSEPH HART RETURNS TO SPENCER

IT'S A HOMECOMING FOR DR. JOSEPH HART, A NORTHWEST IOWA NATIVE WHO BEGAN HIS MEDICAL CAREER AS PART OF NORTHWEST IOWA EAR, NOSE & THROAT SPECIALISTS AND RECENTLY RETURNED TO THOSE ROOTS.



"I always thought that the timing may someday be right for me to come back," Dr. Hart said.

Last fall, Dr. Greg DeSautel concluded his practice with NW Iowa ENT, creating a need for an additional specialist to join Dr. Daniel Jorgensen and nurse practitioner Samantha Sheffield.

Dr. Hart treats a wide array of ages and health concerns, ranging from caring for babies and toddlers with chronic ear infections to adults coping with sinus or other ear, nose and throat conditions.

Dr. Hart received his medical degree from the University of Iowa Carver College of Medicine and completed his residency at the University of Minnesota. He is certified by the American Board of Otolaryngology. He also is a Fellow in the American Academy of Otolaryngology and American College of Surgeons. Prior to returning to Spencer, Dr. Hart practiced for many years in the Waterloo area.

Dr. Hart is a northwest Iowa native who was born in Estherville while his family was living in Graettinger. His wife, Barbara, is originally from Milford.

To make an appointment at Northwest Iowa Ear, Nose & Throat Specialists you can call (712) 262-8120.

HELPING PATIENTS PUT THEIR BEST FEET FORWARD

TOE NAIL CARE CLINIC OFFERS NAIL CARE AND FOOT HEALTH REASSURANCE

LAST FALL SPENCER HOSPITAL'S WOUND HEALING & HYPERBARIC MEDICINE CENTER BEGAN OFFERING A MONTHLY TOE NAIL CARE CLINIC TO HELP TREAT AND PREVENT TOE NAIL ISSUES FOR THOSE IN NEED OF AN EXTRA HAND. THE TEAM INCLUDES TWO REGISTERED WOUND, OSTOMY AND CONTINENCE NURSES WHO PROVIDE SPECIALIZED TOE NAIL SERVICES.

Some conditions that require a specialist to trim toe nails include diabetes, ingrown toe nails, and toe nail fungus. For others, the service is beneficial if they have difficulty bending or seeing clearly. Spencer Hospital's Wound Care Toe Nail Clinic offers effective toenail treatments to help heal their nails and provide greater comfort.

Spencer resident Teresa Kopel recently tried the services of the Toe Nail Clinic for her first time and says she'll be back and plans to bring her husband next time too. "It's difficult to do my own toe nail care as it's harder to bend over after I had surgery," she said. "It doesn't hurt and it doesn't tickle. It's actually relaxing."

The Toe Nail Clinic is available on the second Thursday of each month from 8 AM – 4:30 PM. Cost is \$50 for an appointment. Payment is required at time of service as insurance is not accepted.

For additional information or to schedule an appointment, please call (712) 264-6392.



PATIENTS & PEERS RECOGNIZE OUTSTANDING EMPLOYEES

TWICE EACH YEAR, SPENCER HOSPITAL RECOGNIZES TWO OUTSTANDING NURSES WHO ARE SELECTED AS DAISY AWARD RECIPIENTS. LIKewise, TWO NON-NURSING STAFF MEMBERS ARE HONORED WITH GEM (GOING THE EXTRA MILE) AWARDS.

Nurses Honored with Daisy Awards

In November two Spencer Hospital Birth Center nurses, Katie Fullhart and Mallory Galvin, were recognized for their outstanding care.

The patient who nominated Katie shared that during her pregnancy she experienced back pain and sought care at the birth center. Katie was her nurse and the patient was delighted with her care. "I remember thinking I hope I have her when I give birth and lucky enough I got her" the patient wrote in her nomination letter. "I am a first timer and I was so scared and she helped me so much. She encouraged and comforted me and helped me get through my contractions. I also could not have done it without her. She will always be special to us. She also has helped me so much with my breastfeeding journey, she is the best lactation consultant ever. Everything she taught me helped so much. Katie is a super star!"

Mallory was also nominated for a Daisy Award by a very grateful patient. She was so impressed with Mallory's comforting skills and calmness. When an urgent C-section was needed, Mallory acted quickly in aiding the delivering physician while reassuring the patient. Her nominator wrote: "After I woke up, I found out Mallory used to be a surgical tech and had everything lined up for our doctor. She saved so much time and relieved some stress for the doctor. In our eyes, Mallory saved our daughter in a very scary situation. We will forever be grateful for her we cannot thank her enough for such great care and for going above and beyond for our care. Whoever gets Mallory as a nurse during their hospital stay is very lucky."



Katie Fullhart



Mallory Galvin

Staff 'Go the Extra Mile' for Others

In January, the hospital's two most recent GEM Award honorees were recognized, Kellie Perry and Sharon Fredericks.

Kellie, a physical therapist, who was nominated by a coworker who wrote, "Kellie always goes the extra mile to ensure her patients are taken care of. She is an amazing physical therapist who is always advocating for her patients. Kellie provides great education and always makes sure patients understand. I have never seen her without a smile on her face or without a positive attitude. Kellie is always helpful and willing to lend a helping hand if needed. She is also great about checking with nursing about dietary restrictions. Kellie truly deserves the GEM Award. We appreciate her!"

Sharon Frederick works in Nutrition Services and also was also nominated by a coworker, who noted: "We had a patient in the hospital for a long-term stay. The patient told Sharon how much they were craving potato salad. We don't normally keep potato salad in stock so Sharon made a small batch from scratch using her own special recipe. The next time the patient ordered, Nutrition Services informed the patient that we had potato salad for them. The patient was so delighted and ordered some with their meal. When we picked up the patient's tray, they had written a special message and told Sharon that it was the best potato salad they had ever had! Thank you, Sharon, for going the extra mile to ensure our patients are treated with such excellent hospitality!"



Kellie Perry



Sharon Frederick

Many thanks to these four outstanding Spencer Hospital employees!

Generous Donors Working Together.



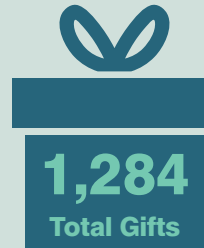
2021 Donor Facts

\$863,863 Donated



669

Active Donors
in 2021



\$1 Smallest Gift
Greatest Need

\$325,000 Largest Gift
Julie & Alex Fund for Behavioral
Health Enhancement

\$610,879 Invested in Services

Just a few examples of what your donations made possible:



\$500,000
Toward surgical updates & the
orthopedics robotic system



83
Activity items for hospitalized
Alzheimer's & dementia patients



75
New clocks for Dialysis patients



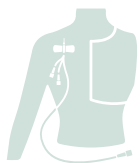
70
Eating Well Through Cancer
cookbooks for patients



32
Vermeer Glass remembrance
cardinals for Hospice families



\$550
Toward fine-motor toys
for CAMPS kids



4
Training devices for emergency
and surgical care teams



\$16,410
For workout equipment purchased
for Cardiac Rehab & Athletic
Enhancement expansion

Spencer Regional Healthcare Foundation Board

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Also, many thanks to our Foundation board members who concluded their service in August:

Sid Fitch, John Cotton, Linda Kunzmann, Dr. Charlie Crouch, John Rahm

POWER IN LEARNING: FOUNDATION SUPPORTS DIABETES EDUCATION INITIATIVES

KNOWLEDGE IS A POWERFUL TOOL TOWARDS ACHIEVING YOUR OPTIMAL HEALTH. THE SPENCER REGIONAL HEALTHCARE FOUNDATION IS PLEASED TO HELP SUPPORT SPENCER HOSPITAL'S DIABETES EDUCATION TEAM BY FUNDING IMPORTANT EDUCATIONAL RESOURCES THAT PATIENTS CAN USE TO HELP MANAGE THEIR DIABETES.

Over 37 million Americans have diabetes, which can lead to a number of health complications, including cardiovascular disease, nerve damage, kidney failure, vision problems, and difficulty healing wounds.

The Foundation recently funded the purchase of a Dexcom G6 Pro, continuous glucose monitor which can be offered to patients who are interested in tracking their blood sugars more frequently. This device continuously monitors glucose levels through a small catheter inserted just underneath the skin, rather than poking one's finger multiple times per day.

This continuous glucose monitoring device allows patients to have readings of their blood sugar levels as often as every five minutes. This information can assist in making adjustments to their diet and activity to better manage their diabetes. Additionally, patients can share the results electronically with their health care provider so together they can see the trends and make decisions as to how to best manage care.

"It is so helpful for patients to see how their blood sugar reacts after eating specific foods or right after activity," commented Jeannette Hasley, director for Diabetes Education. "This type of information enables patients better

understand what they can do in the future and make adjustments to what their body needs."

The foundation also supports the Diabetes Education team by funding education kits for patients that have been diagnosed with diabetes. These kits contain several items, including:

- Glucose tablets, which are a quick way for someone with diabetes to increase low blood sugar levels;
- A mirror for individuals to use to check the soles of their feet for cuts or other injuries since nerve damage may cause numbness, making it harder to feel pain or discomfort from minor wounds;
- A portion plate, which provides a visual of how much of different types of food an individual should have at meal time;
- A "Calorie King" book, which is full of great information on references to calories, fats and carbohydrates;
- Lotion for healthy skin;
- Resistance bands for light exercise.

"Our diabetes education team teaches patients how to utilize each of these items so they can be actively engaged in their own health," Hasley said. "The tools we provide assist patients in learning how to actively monitor their diabetes and strive to prevent complications. The items in the kits are valuable in teaching healthy tips for self-care."

Hasley shared a recent comment from one of the team's patients, "I just wanted to let you know I have started the New Year out with success. You have no idea how much your phone call uplifted and supported me when I felt alone and abandoned. I have lowered my weight and blood sugar by eating proper portions, not eating between meals and not eating sugar. I know I have a long road ahead of me, yet my goals are important to me and I will work hard on them."

For more information, visit with your provider or call the Spencer Hospital Diabetes Education office at (712) 264-8421.



Spencer Hospital's Diabetes Education team works closely with each patient's primary care provider in furnishing health management education. Pictured are (seated, left to right) registered dietitians Darlene DeWitt, and Jenna Jacobsen; director Jeannette Hasley; (standing) Robin Glander, scheduler; and certified diabetes nurse educators Holly Berends and Brenda Dolan.

GIFTS OF GRAIN GROWING SUPPORT FOR LOCAL HEALTHCARE SERVICES

IMAGINE THAT YOUR CROP COULD CONTINUE TO PRODUCE BENEFITS EVEN AFTER HARVEST. THROUGH THE GIFTS OF GRAIN PROGRAM, A DONATION FROM YOUR HARVEST TO THE SPENCER REGIONAL HEALTHCARE FOUNDATION CAN HELP FARMERS FULFILL THEIR CHARITABLE INTENTIONS IN A UNIQUE WAY.

When grain producers deliver their crops to market and transfer ownership of one or more bushels to the Spencer Regional Healthcare Foundation, the donor qualifies for greater charitable tax savings than if they were to sell the commodity and then write a check from the proceeds.

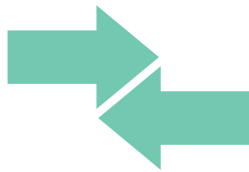
“We have already visited with many of the local elevators, co-ops and ethanol plants and have an account set up for acceptance of grain donations,” commented Sara Taylor, Foundation director. “We understand that each year of farming is different. Any gift amount, big or small can help produce big yields for local healthcare.”

For more information on Gifts of Grain or other giving opportunities, contact Sara Taylor, Spencer Regional Healthcare Foundation, at (712) 264-6226 by phone or email giving@spencerhospital.org.

How to Give Grain



Deliver the grain to your local elevator or co-op with Spencer Regional Healthcare Foundation's name on the grain at the time of delivery.



Transfer grain to the Foundation account at the elevator or co-op.



Ask for a grain settlement receipt showing the Foundation as the owner.



Contact the Foundation at 712-264-6226 and tell us about your gift.



The Foundation will sell the grain and receive the sale proceeds.



Make a gift that costs nothing during your lifetime - please consider a gift in your will.

GARDEN OF LIFE REMEMBERING LOVED ONES

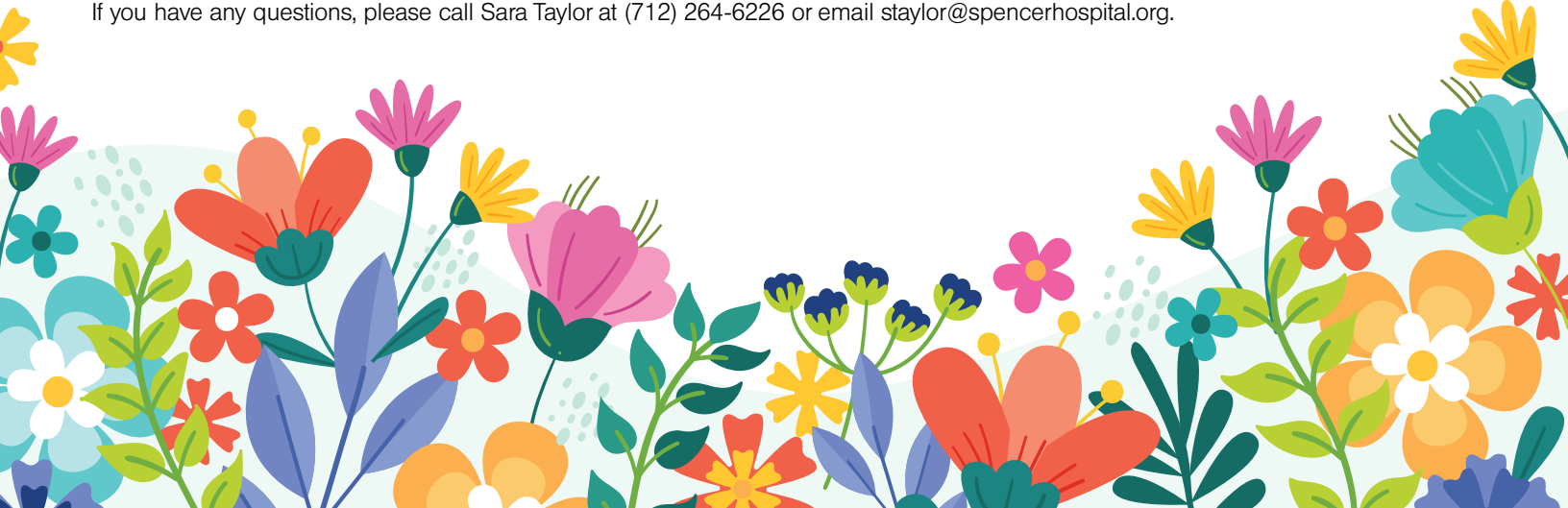
SIGNS OF SPRING ARE IN THE AIR AND SOON WILL INCLUDE GROWING FLOWERS AND OTHER PLANTS. ONE OF THE FAVORITE ACTIVITIES OF THE SPENCER REGIONAL HEALTHCARE FOUNDATION IS THE ANNUAL GARDEN OF LIFE CAMPAIGN. GIFTS GIVEN IN MEMORY OF OR TO HONOR INDIVIDUALS ARE REPRESENTED BY BLOOMING PLANTS IN SPENCER HOSPITAL'S GRAND AVENUE PARK.

Last spring many community members gathered for the 2021 Garden of Life Campaign to plant beautiful flowers, which bloomed into the fall months and represented nearly \$6,000 in support of healthcare programs. "The flowers last year were beautiful! It was so special to see some new faces, as well as some who have been coming for several years to plant flowers together. We look forward to the 2022 planting," commented Sara Taylor, Executive Director of the Spencer Regional Healthcare Foundation.

There are several ways to make a donation to the 2022 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. 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.



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 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!

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 By Heather Baier
 By Ryan & Amanda Bare
 By Kurt & Karen Bauermeister
 By Ron & Marlyce Bauermeister
 By Black Knights Car Club
 By Kerin Blair
 By Jill Bobolz
 By Marilyn Bock
 By Sandy Boisen
 By Bomgaars-Ladies Night
 By Steve & Marti Bomgaars
 By Elizabeth Borth
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 By Dr. & Mrs. David Christ
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 By Arvin & Kathy Druvenga
 By Douglas & Kathy Duncan
 By Emily Elbert
 By Max & Connie Elg

By Mandy Erdman
 By Amy Essick
 By Farmers Trust & Savings Bank
 By Makayla Fassler
 By Kasey Fear
 By Carole Feldhacker
 By First Lutheran Church-Milford
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 By Dr. & Mrs. Bill Follows
 By Martha Ferguson
 By Scot & Brenda Francis
 By Lonelle Franker
 By Sharon Frederick
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 By Clara Graesing
 By Brenda Harders
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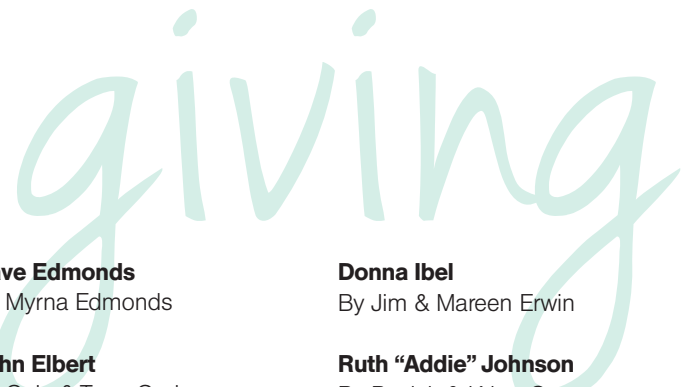
Lynese Isom
 By Marietta Smith-Johnson

Shannon Magner
 By Marietta Smith-Johnson

Gifts listed are those which were made since the November 2021 edition of Health Connections.



Spencer Regional
**Healthcare
Foundation**



Med/Surg Nursing Staff

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By Melvin & Mary Meyers
By Roberta Paquin

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