

health Connections

FALL 2020

Seasonal Newsletter of Spencer Hospital



Spencer Hospital
Healthier Together.



MOST ADVANCED CANCER TREATMENT TECHNOLOGY IN THE REGION

SUPPORTED BY A \$1 MILLION GIFT
FROM THE SPENCER REGIONAL
HEALTHCARE FOUNDATION



**RURAL & COMMUNITY
TOP HOSPITAL 2020**
FIVE-TIME RECIPIENT

THE CHARTIS GROUP
EMPOWERING REAL HEALTH

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HEALTHANALYTICS

Check Out What's Happening at Spencer Hospital!

ABBEN CANCER CENTER INVESTS IN TECHNOLOGY



“The new linear accelerator at Abben Cancer Center is the most advanced in northern Iowa; it was built for precision work,” commented Dr. Michael Marks, radiation oncologist at Abben Cancer Center, in reference to the advanced technology and equipment recently installed at the cancer center.

“Precision and reproducibility are the keys to successful outcomes in radiotherapy,” he shared, noting that when small doses of radiation therapy are administered over several days and even weeks, that precision needs to be exactly replicated.

This advanced technology is combined with the expertise of Abben’s professional cancer care team to plan each patient’s individualized and targeted treatment.

Dr. Marks explained, “With this technology, not only is the image of the tumor captured at every angle as treatment is delivered, so is any movement within the body, including surrounding organs. This allows for a very high dose of radiation

to be delivered to the target volume while protecting healthy tissue.”

The new linear accelerator purchase was a component of a \$4 million project which included the investment in equipment, software and renovation of the vault area where the accelerator is located and radiation therapy is delivered. Spencer Hospital leadership has remained committed to serve the region with highly trained professionals and state-of-the-art technology for cancer care.

“Since 1997, Abben Cancer Center has provided a broad spectrum of cancer care to our region. Over those years, Spencer Hospital has strived to continually upgrade technology to offer patients optimal, state-of-the-art care,” commented Bill Bumgarner, Spencer Hospital president. “This technology upgrade is yet another commitment to further enhance cancer care services.”

'Most Advanced Treatment System in Northern Iowa'

The renovation portion of the project entailed turning the center's resource center into the vault to house the new linear accelerator. While some renovation was needed, this task was relatively easy as the resource center was located in the cancer center's original treatment vault, already constructed with thick, lead-lined concrete walls.

"When the first linear acceleration was replaced in 2009, we made the decision to build a brand new, second vault," explained Mindy Sylvester, Abben Cancer Center director. "At that time, the second vault allowed us to continue treating patients throughout construction and allow patients to complete their radiation therapy on the system in which their treatment plan

was created. For this project, we've been able to do the same thing, except in reverse, now using the original vault area."

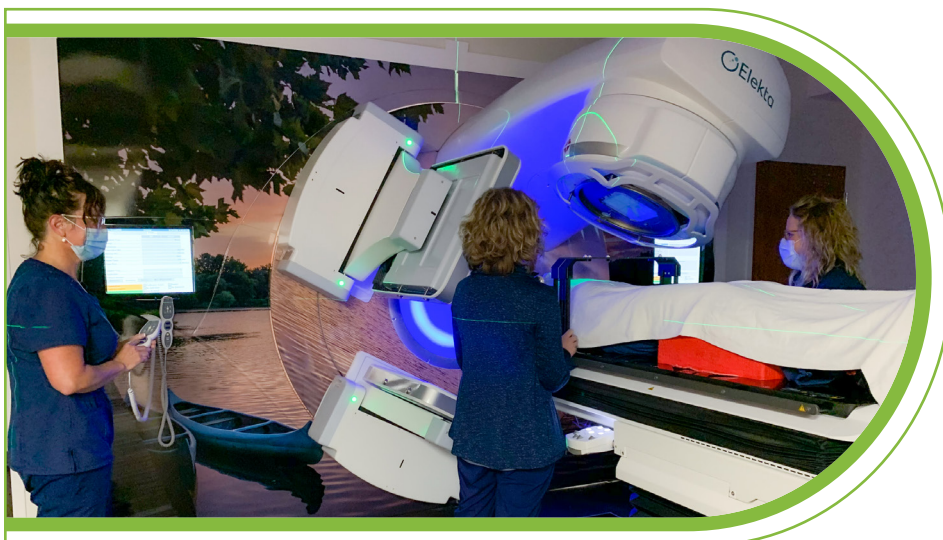
While the treatment room is filled with high-tech equipment, the main wall features a large, lake scene mural, adding beauty and tranquility to the room.

"The mural was a collaborative effort of our team to find just the right image," Sylvester expressed. "We sought an image which would be welcoming, and offer a sense of peacefulness and tranquility. When we came upon this one we all agreed we found it. In particular, we really like the two canoes. They provide a subliminal message to our patients that they are not alone on their cancer journey, we're here with them."

Precision in Planning.

A team of experts is focused on each patient's individualized treatment plan.

Under the guidance of a radiation oncologist, planning begins with radiation therapists who capture images; followed by the physicist and dosimetrist working with the radiation oncologist to develop and fine-tune the treatment plan; and then the radiation therapists who administer the radiation therapy, verifying the plan daily.



Precision in Positioning.

Each day when a patient receives radiation therapy, the radiation therapists carefully align the patient for his or her individualized treatment plan. Many tools help replicate the patient's exact position each day, enabling the radiation dose to be targeted directly at the cancerous cells and sparing healthy tissue.

Your Cancer Care Team



When someone receives cancer care at Abben Cancer Center, they'll meet many members of the professional care team. Some team members work directly with patients while others are working on each patient's treatment planning and services behind the scenes. Each provide exceptional care and services to guide each patient on their cancer journey. As one recent patient noted: "Abben Cancer Center treats the patient as their best friend. I get tears when I think of the kind, caring, patient, loving care from all. Unbelievable!"



Radiation Oncologist:

Dr. Michael Marks directs the care of each patient who is undergoing radiation treatment. The specialized expertise of a radiation oncologist ensures precision treatment for optimal outcomes.



Medical Oncologist:

Dr. Glenn Preston serves as Abben Cancer Center's medical oncologist, providing care at the Spencer center and also conducts an outreach clinic in Spirit Lake. As a medical oncologist, Dr. Preston coordinates a patient's treatment plan, and directs any treatments involving chemotherapy or hematology.



Director:

Abben Cancer Center Director, Mindy Sylvester, oversees daily operations for the cancer center, provides leadership for the team, and works closely with hospital administration in strategic planning for the cancer center.



Radiation Oncology Nurses:

A specially trained registered nurse who helps evaluate the patient before treatment begins; and discusses with each patient what his or her treatment will entail, to include possible side effects and how to manage them.



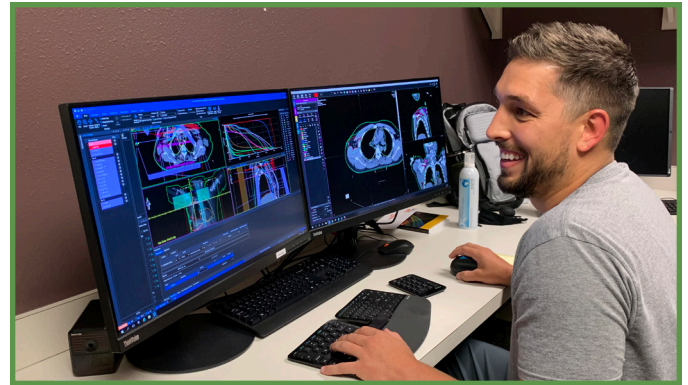
Radiation Therapists:

Administers radiation treatments under the radiation oncologist's prescription and supervision.



Medical Radiation Physicist:

Helps ensure that complex treatments are properly tailored for each patient, and provides quality checks on equipment.



Dosimetrist:

Under the direction of the radiation oncologist, carefully calculates the dose of radiation to make sure the tumor gets the right dose at the precise location.



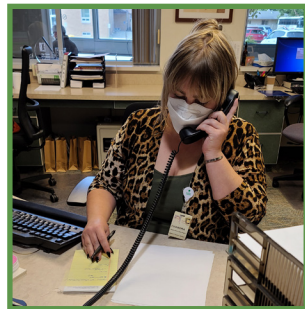
Medical Oncology Nurses:

Registered nurses with training specific to administering chemotherapy and other medical oncology treatments.



Pharmacists & Techs:

Pharmacy professionals oversee the ordering and preparation of complex cancer treatment medications.



Receptionists/Scheduler & More:

A welcoming face is present to greet patients and guests, to answer questions and provide guidance.



Social Worker:

Provides counseling to patients or family members and helps connect people with needed resources, including home health care and other services.



Reimbursement:

Works directly with patients, insurance companies, doctors and staff on a daily basis to manage billing and insurance claims.



Nutritionist:

Educates patients and may offer recipes and nutritional supplements to improve their nutritional status before, during and after treatment.

COMMUNITY GENEROSITY SUPPORTS CANCER CENTER

FOUNDATION DONATES \$1 MILLION TO ADVANCE CANCER CARE TECHNOLOGY



SPENCER REGIONAL HEALTHCARE FOUNDATION BOARD PRESIDENT PAT RENO (LEFT) OF SIOUX RAPIDS EXPRESSED TO MINDY SYLVESTER, ABBEN CANCER CENTER DIRECTOR (RIGHT), THE FOUNDATION'S EXCITEMENT TO HELP FUND THE CANCER CENTER'S CONTINUAL ENHANCEMENT.

The Spencer Regional Healthcare Foundation contributed \$1 million toward Abben Cancer Center's most recent technology enhancement, which includes a new top-of-the-line linear accelerator for cancer treatment.

The generous gift represents contributions from hundreds of donors who have supported the cancer center in recent years, along with proceeds from the annual Abben Cancer Center Golf Classic. The \$1 million gift supported approximately 25 percent of the project costs.

"The foundation board was thrilled to make a substantial contribution to this project, as Spencer Hospital further advances cancer treatment in the region," commented Pat Reno, foundation president. "In the mid-1990s, foundation leadership and community volunteers orchestrated a major fund-raising campaign to build and equip the cancer center. The cancer center is truly a gift for the community, by the community."

Since Abben Cancer Center opened in 1997, Spencer Hospital has continually upgraded technology to offer patients optimal care, often with support from the healthcare foundation and its donors.

Susan Zulk, Vice President of Marketing & Fund Development for Spencer Hospital, added, "We greatly appreciate the support of so many donors from throughout the region, who through their ongoing gifts, recognize the importance of investing in technology to help ensure that Abben Cancer Center continues to offer access to state-of-the-art cancer treatment locally."

PATIENTS SUFFERING CHRONIC PAIN FIND RELIEF

THROUGH PAIN NEUROSCIENCE TREATMENT BY REHABILITATIVE SERVICES



MANDI WARD, SPENCER HOSPITAL PHYSICAL THERAPIST & THERAPEUTIC PAIN SPECIALIST

WHEN SOMEONE SUFFERS FROM CHRONIC PAIN, THE QUESTION OFTEN SURFACES, “WHICH IS WORSE? THE ACTUAL PAIN OR THE FRUSTRATION AND CHALLENGES IN FINDING SOLUTIONS?”

Many patients have found help to address their chronic or complex pain by using pain neuroscience treatment, which is available through Spencer Hospital’s physical therapy services. Therapeutic pain treatment is offered for patients both at the hospital and at Rehab @the Clinic, located on the second floor of the Spencer Medical Arts Building. Physical Therapist Mandi Ward is specially certified through the International Spine and Pain Institute as a therapeutic pain specialist.

“Over my nearly 20-year career as a physical therapist, I found myself many times caring for patients who were suffering from wide-spread pain who had already tried numerous treatments, various medications, already knew all of the exercises and may have had surgeries. For them, the question was ‘What could be offered that someone else hasn’t already tried?’” Ward explained. “Pain neuroscience treatment is the answer.”

Some common diagnoses that may respond to pain neuroscience treatment (PNE) include fibromyalgia, chronic fatigue syndrome, restless leg syndrome, sleep disorders, trigeminal neuralgia, irritable bowel syndrome, and numerous other chronic pain concerns. Neuroscience pain treatment is also beneficial for those who are unable to undergo surgical options or who are looking to reduce or eliminate their reliance on prescription medications to manage their pain.

“Most people believe they have to be in less pain to be able to function,” Ward said. “However, I teach people to function in a way that will decrease their pain. Pain has told them to bury their hobbies, their relationships, their ability to work, their capacity to be a productive family member and friend. When someone deals with chronic pain, they often feel there is no way to escape their pain. I can offer choices. I love being able to provide hope when it wasn’t there before.”

As a holistic approach to pain management, PNE considers not just a patient’s musculoskeletal system of bones, muscles, tendons and joints, but also treats the patient’s nervous response system and addresses behavioral health responses.

Ward joined Spencer Hospital’s Rehabilitative Services team this year, bringing with her an added level of pain management expertise through her training and certification.

“I am excited to be part of the hospital and work closely with area physicians as best practice for complex pain care dictates that a multi-modality treatment approach is absolutely the best care for pain and gives the best chance for return to movement and function,” Ward explained. “Through using the wide range of healthcare support provided from our medical staff and hospital professionals, Spencer Hospital has what people need for the best treatment in pain care.”



NEW ENHANCED MRI UNIT AT SPENCER HOSPITAL

PROVIDES EXCEPTIONAL IMAGES, INCREASED COMFORT FOR PATIENTS



FASTER, MORE COMFORTABLE AND EXCEPTIONAL IMAGES - THOSE ARE THREE PRIMARY FEATURES OF THE SPENCER HOSPITAL'S NEW MRI (MAGNETIC RESONANCE IMAGING TECHNOLOGY) INSTALLED IN EARLY JULY.

The radiologists of Midwest Radiology & Imaging – Dr. Charles Crouch, Dr. Nate Rohling and Dr. John Jackson - agree the most significant difference the new MRI technology offers is higher resolution images in less time. The patients who have experienced previous MRI scans are appreciating the features which offer added comfort.

“The image resolution with the new unit is outstanding,” shared Dr. Crouch. “The time to complete a study has also been reduced significantly, which improves the patient experience.”

Dr. Rohling agreed: “The new MRI also provides the ability to do more specialized exams. Other advantages are that some vascular imaging can be done without the use of contrast, and the faster scan times are more comfortable for patients.”

In addition to shorter scan times, patients will also appreciate the new MRI's larger and shorter bore, which provides a greater feeling of openness, noise reduction features of the machine, and a memory-foam surface, providing enhanced comfort.

“The new MRI offers a wider bore (opening) which helps accommodate larger patients and smaller patients will have noticeably more room,” explained Dr. Jackson. “Also, some MRI studies can be done “feet first” which eliminates the need for a

patient's head and shoulders to enter the MRI bore, providing greater comfort for patients who are claustrophobic.”

Dr. Crouch added: “Physics limit the openness of any MRI magnet. The higher strength MRI units have a round opening and each magnet we've had at Spencer Hospital has been progressively larger than the previous. The image resolution of this MRI is excellent, which greatly aids in diagnostic capabilities.”

The new MRI replaces a scanner, which was installed in 2007. The hospital performs approximately 1,200 MRI scans annually and anticipates volume will grow due to the added studies, which can be performed using the latest technology.

“MRI technology is used to scan soft tissue to aid with diagnosis of numerous health concerns, ranging from stroke to joint pathology to tumors and cardiac or abdominal issues,” explained Mary Brosnahan, Diagnostic Imaging director.

She added that the MRI includes lightweight accessory coils, which can be contoured around a body shape – such as a shoulder or knee – or draped across a patient's abdomen, to help enhance the image obtained through the MRI study.

Spencer Hospital president Bill Bumgarner commented: “The capabilities of the new MRI reflect Spencer Hospital's commitment to improving the patient experience while at the same time, securing technology that leads to enhanced diagnostics and care. It's satisfying when upgrades in technology address both patient comfort and quality outcomes.”

HOSPICE SUPPORTS END-OF-LIFE HEALTHCARE

FOR PEOPLE WITH ALL TYPES OF DIAGNOSES, INCLUDING FORMS OF DEMENTIA

WHEN A LOVED ONE LOSES HIS OR HER MEMORY TO DEMENTIA, YOU THEN REMEMBER FOR HER. That's exactly what Phyllis Schott's five daughters and family members did for her the weekend before she passed away last November. Phyllis was a resident of the Ruthven Care Center and also a patient under the care of the Hospice of Spencer Hospital team.

Hospice nurse Colleen Hart had pulled aside Phyllis' daughter, Barb Rassler, and shared with her that physical cues indicated her mom was close to the end of her life. Barb contacted her four sisters, Phyllis' grandchildren and other family members, who were able to gather and spend the weekend together surrounding Phyllis, sharing stories and memories, likely remembering her fondness for crafting and quilts.

The memory of that weekend is a special one for Phyllis' family. Yet Barb said that as much as they appreciated the heads up from their hospice team, which gave them that bittersweet weekend together, what came next was even more gratifying.

"Just a day or so after the weekend, Mom was still with us – we joked that she was a bit stubborn," Barb said with a smile. "Colleen, the hospice nurse was there, and Chelsea, the social worker stopped by. We stepped out of Mom's room for a few minutes to visit, and when we re-entered, we discovered she had chosen that time to pass away," Barb recalls. "To have two hospice professionals with us at that time was just awesome. They just took over and took care of many of the details for us. It was really comforting that they were there."

A common misconception of hospice is that services are for patients who have a cancer diagnosis and are near their end of their lives. Not everyone realizes that hospice services are advantages to patients with other end-of-life diagnoses, including dementia. This wasn't the case with Phyllis' family. Barb was familiar with hospice and had already served as a volunteer for Hospice of Spencer Hospital for several years, taking volunteer training shortly after her grandmother passed away from Alzheimer's disease.

"I work full-time so I can't devote a lot of time to volunteering, yet it's something I wanted to try and I've enjoyed working with patients and also helping with the annual Service of Remembrance," she shared. "A couple of the patients I've helped with as a volunteer have had dementia, which added to my experiences." Barb said when it was determined her mother needed end-of-life care, the decision to choose Hospice of Spencer Hospital was an easy one.

Alana Kliegl, the nursing director for Hospice of Spencer Hospital, commented, "Caring for a loved one with Alzheimer's disease or other dementias can often become emotional and physically taxing. Hospice provides families and caregivers insight into what to expect as their loved one's disease progresses. Hospice delivers a holistic approach to ensure a loved one's final days are comfortable."

The Hospice of Spencer Hospital team welcomes conversations and questions regarding hospice services and end-of-life care. Contact Hospice at (712) 264-6380 for more information.



DR. COFFIELD WELCOMES PATIENTS OF ALL AGES



DR. YELENA COFFIELD HAS JOINED AVERA MEDICAL GROUP SPENCER TO BEGIN HER FAMILY MEDICINE PRACTICE.

Dr. Coffield earned her Bachelor of Science degree from the University of Colorado and her osteopathic medicine degree from Rocky Vista University College of Osteopathic Medicine in Parker, CO. She completed her residency in family medicine at HealthOne Skyridge Family Medicine.

Dr. Coffield areas of practice are obstetrics, women's health, and family medicine. She has always imagined being "an old-school doctor" that takes care of the whole family, and is excited to be seeing new patients in Spencer.

Welcome, Dr. Coffield!

HONORING COMMITMENT OF OUR HEALTHCARE PROFESSIONALS

DURING NATIONAL HOSPITAL WEEK EACH MAY, SPENCER HOSPITAL RECOGNIZES COWORKERS WHO ACHIEVED FIVE-YEAR SERVICE MILESTONES WITHIN THE PAST YEAR. Congratulations and thank you to the hospital team members for their dedication, skills, and compassion!

5 Years

Tamara Devlaeminck
Jacob Moermond
Ashley Betz-Jones
Meg Buchholtz
Beth Henningsen
Lisa Levisay
Kelly Elsen
Emily Walton
Becky Thielen
April Green
Matthew Lockey
Lori Hall
Erica Wheeler
Ashley Austin
Tamara Johnson
Lisa Nielsen
Alana Kliegl
Sean Johnson
Brittany Kenyon
Melissa Meyer
Stacy Russeff
Darlene Severeid
Marilyn Veflin
Kelsey Hotchkiss

Sara Taylor
Keith Johnson
Juliann Berg
Melissa Merten
Bethany Schiefelbein
Thomas Johnson
Ashley Meyer
Ashley Heebner
Stephanie Newkirk

10 Years

Rebecca Kennedy
Bill Bumgarner
Candace Daniels
Teresa Anderson
Tracey Erb
Molly Sauer
Carol Hartig
Jerry Illg
Brad Dekker
Amber Carlson
Guy Hilgendorf
Laura Johnson
Jamie Poulsen-Schoenherr
Abbey Ruden

15 Years

Joyce Tewes
Ed Meyer
Trish Herrill
Margaret Molitor
Melissa Van Genderen
Chanda Doring
Katie Fullhart
Sondra Brix
Teresa Snyder
Sandra Boisen
Curt Miller
Tanya Snarski-Carlson
Carole Feldhacker
Dina Wintz
Kimberly Hurlburt
Kelly Behrens
Amanda Sanderson
Nancy Crepeau

20 Years

Jeana Stettinichs
Lisa Porter
Laura Manwarren
Mary Faulstich

Christine Binder
Tracy Dyer

25 Years

Kristine Madden

30 Years

John Lyon
Sandra Hoftzyer
Shelly Koedam
Julie Bringle
Mary Brosnahan
Susan Hauswirth

35 Years

Michael Prange
Marleen Norgaard

40 Years

Carolyn Hicks

FIVE SPENCER HOSPITAL NURSES HONORED AMONG IOWA'S 100 GREAT NURSES OF 2020



John Lyon



Margaret Molitor



Dee Hoger



Beth Hopkins



Carol Hartig

SPENCER HOSPITAL NURSES CAROL HARTIG, DEE HOGER, BETH HOPKINS, JOHN LYON AND MARGARET MOLITOR WERE SELECTED AS THREE OF IOWA'S 100 GREAT NURSES FOR 2020.

The 100 Great Iowa Nurses program identifies 100 outstanding nurses every year whose courage, competence, and commitment to patients and the nursing profession stand out above all others. These nurses go above and beyond to contribute significantly to the profession of nursing. Collectively, these five Spencer Hospital nurses have 148 years of experience, yet rather than counting the years, they remember the moments.

Those who were instrumental in nominating these exceptional nurses for the 100 Great Nurses honor, had many glowing comments.

Regarding John Lyon: "I cannot praise John enough for his connectedness that he shows. John never puts himself first and is always eager to do what it takes to help his fellow nurses and all he comes in contact with. He is instrumental in helping humanize the myriad of technology we use in patient care."

In nominating Carol Hartig, it was noted: "Carol has touched so many lives. From providing outstanding bedside nursing care for over 35 years to educating and mentoring new nurses. Carol also has enhanced patient care at the hospital with the emergence of the new emergency department volunteer program she initiated."

In detailing some of Margaret Molitor's acts of kindness her nominator commented: "Margaret is an extraordinary nurse. She stays active with her patients even after discharge. When she cares for a patient, she gives them fun little rubber ducks to brighten their day. She has even helped arrange a tea party

for a patient and her daughter to celebrate her birthday. Many patients go out of their way to express how much they appreciate Margaret."

Beth Hopkin's nominator emphasized the connection Beth has with her home health clients: "Beth is the definition of what all nurses aspire to be. Her kindness, patience, and compassion make her an extraordinary nurse. She works long hours to ensure her patients are able to remain in their homes. She acts as an advocate for her patients, ensuring all of their physical and emotional needs are being met."

In nominating Dee Hoger, it was shared: "Dee is visionary in her thinking as it relates to the future of nursing, especially in the area of informatics and electronic health record development. She is calm amidst chaos and always professional in her approach. Her commitment to her job and attitude motivates others. She is willing to help anyone at any time of the day."

Through their induction into the 100 Great Nurses, these five nurses join several other Spencer Hospital nurses who have been selected for the honor previously:

Marcia Larson – 2006
Linda Casey – 2009
Judy Fox – 2009
Deb Johnson – 2009
Francel Graham – 2010
Mindy Sylvester – 2010
Dee Vaage – 2011
Laura Armstrong – 2016
Colette Rossiter – 2016
Ben Armstrong – 2017
Laura Manwarren – 2017
Brenda Tiefenthaler – 2017
Joyce Tewes - 2018

Jeri Wescott – 2018
Melissa Brent – 2019
Colleen Hart – 2019
Jolie Threlkeld – 2019
Carol Hartig – 2020
Deanne Hoger – 2020
Beth Hopkins – 2020
John Lyon – 2020
Margaret Molitor – 2020

SHINING GEMS AT SPENCER HOSPITAL HONORED

GOING THE EXTRA MILE TO PROVIDE EXCEPTIONAL SERVICE

SPENCER HOSPITAL RECOGNIZES EMPLOYEES WHO “GO THE EXTRA MILE” (GEM) FOR OTHERS. SEMI-ANNUALLY, TWO COWORKERS ARE HONORED AS GEM AWARD RECIPIENTS.

Two GEM awards were presented to outstanding employees in July - congratulations to Carol Peterson, ward clerk and activities coordinator on the Medical-Surgical inpatient unit, and Al-Kathier Ali, Environmental Services, for being the latest GEM award recipients.

Carol Peterson was nominated by a fellow coworker for going that “extra mile” earlier this year. Carol finished her shift and had an opportunity to head home, yet when she learned a coworker had a sick child at home, Carol opted to stay and encouraged her coworker to go home early instead. Her nominator noted: “She did it with a smile on her face and continued to provide professional and competent care for our patients. She is an amazing employee and coworker. Spencer Hospital is lucky to have her!”

Al-Kathier Ali, who generally goes by “Ali,” received two nominations, one from a coworker and the second from a patient. His coworker wrote: “Ali goes above and beyond each time



Carol Peterson & Al-Kathier Ali

I witness him performing his duties. Not only is he extremely thorough in his cleaning tasks, he is also extremely courteous and respectful. He asks permission prior to doing anything that may be disruptive. He addresses coworkers with ‘ma’am and sir,’ showing how respectful this young man is!” In the patient’s nomination, it was noted: “This person treated me as an equal. He smiled as he worked. He is a good man.”

OUTSTANDING NURSES RECEIVE DAISY AWARD

FOR PROVIDING EXCEPTIONAL CARE TO THEIR PATIENTS

THESE TWO EXTRAORDINARY NURSES WENT ABOVE AND BEYOND FOR THEIR PATIENTS - BOTH NURSES WERE NOMINATED BY PATIENTS WHO GREATLY APPRECIATED THEIR CARE AND COMPASSION.



Brianna Wells



Geena Colbert

Brianna Wells, Medical/Surgical Nurse, and Geena Colbert, Same Day Services were selected as Daisy award honorees for spring 2020. Typically, the person who nominated the special nurse for the Daisy award is invited to attend along with

the recipient’s family; however, due to COVID-19 restrictions, a small group of hospital staff surprised each recipient with family and friends joining via video-conferencing.

Brianna’s nominator noted: “Brianna was so attentive to my needs. I was in excruciating pain that could not be controlled. Her calm demeanor and professionalism was such a comfort. I was so thankful that Brianna was my nurse. She explained what was happening and what would be happening next and the next day. Later in the stay, she was my daytime nurse to help me post-op! Truly an incredible nurse with the best smile and fantastic beside manner.”

Geena’s nominator wrote: “I was at the hospital for cataract surgery. Geena assisted me the last time and she did such a good job I requested her when I had my second eye procedure done. I want to nominate Geena because as a young nurse she really was impressive. She was professional, kind, sincere, and very informative as to why she was getting me ready for surgery. Probably the greatest attribute is her kindness, making sure I was relating and knowing what was going to happen next in preparing me for surgery.”

ENHANCING HEALTHCARE IN OUR REGION

NEW FOUNDATION DIRECTOR BRINGS HEALTHCARE EXPERIENCE TO THE ROLE



Making a Difference in Healthcare

SARA TAYLOR IS PASSIONATE ABOUT EXCELLENCE IN HEALTHCARE FOR NORTHWEST IOWANS. As a nurse, meeting patients' needs has always been her priority, which continued in her recent role as patient advocate and women's health coordinator at Spencer Hospital. She will continue that mission of striving to be a part of providing quality health services locally as she transitions into her new role as executive director for the Spencer Regional Healthcare Foundation.

"I'm looking forward to working with the foundation and hospital leadership, and specifically with the many generous donors, who all share that commitment of continuing to enhance healthcare services for the residents our region, along with our many visitors," Taylor said.

"I enjoy people. I like getting to know their story, their interests and how they wish to leave their mark on their community," Taylor added. "For many, their charitable intent is to benefit family, friends and others in our region now and for future generations. A wonderful way to do so is through supporting local healthcare through contributing to the Spencer Regional Healthcare Foundation."

Taylor grew up on a farm near Spirit Lake, and as a youth was involved in 4H and music, and worked with the Lakes Chamber of Commerce as a teen and college student. She

graduated from Wartburg College in Waverly with a bachelor's degree in biology and earned her nursing degree from Allen College in Waterloo. She's continued her community involvement, teaching Sunday school, helping with community blood pressure checks, and singing for many events.

Taylor joined the Spencer Hospital team over five years ago, beginning her hospital career as a registered nurse. She's served in numerous roles, including charge nurse, hospitalist team nurse, a nursing council member, and most recently as patient advocate and women's health coordinator.

"Over the years, Sara has been asked to serve in a variety of roles as leaders in our organization have recognized her many skills and talents," commented Susan Zulk, Vice President of Marketing & Fund Development. "She is an exceptional caregiver, problem-solver and excellent communicator, who possesses a strong work ethic and natural talent for genuinely relating with others. Sara's healthcare knowledge and experience will bring a unique perspective to her role of foundation director."

Taylor and her husband Spenser have two children, Cal, age four, two-year-old Ada, and are eagerly expecting baby number three around Christmas time. Spenser farms and is also part of his family's business, Waffle Chix.

ABBEN GOLF CLASSIC 2020 STYLE FORMAT

SPONSORS, GOLFERS TEAM UP FOR A SUCCESSFUL EVENT

How does an entity dedicated to good health conscientiously organize an event that draws a crowd of 150 or more during a worldwide pandemic? With a stroke of creativity and support from great friends.

“Earlier this spring, we were seriously contemplating canceling the 2020 Abben Cancer Center Golf Classic,” explained Susan Zulk, spokesperson for the cancer center and representative of the Spencer Regional Healthcare Foundation. “Yet, the cancer center was as busy as ever treating people from our region who were coping with a cancer diagnosis. Also, we were in the midst of a multi-million dollar technology upgrade to the cancer center. We visited with our longtime presenting sponsors, the Shine family and the team at Farmers Trust & Savings Bank, and they remained committed and agreed that continued support of the Abben Cancer Center remained important, even during these uncertain times caused by the COVID-19 virus.”

To address concerns of people gathering for a traditional one-day event, instead the 2020 Socially Distancing Abben Golf Classic was developed.

All of the sponsors and golfers who wished to participate were able to schedule tee-times that fit their schedules at Emerald Hills throughout the month of August. Typically participants would receive lunch courtesy of Subway and dinner provided by HyVee, yet instead their gift bags included certificates from both businesses, in addition to other gifts and treats.

“Our sponsors received all the same marketing they have enjoyed in years past, and more,” said Randy Rohlfson, Emerald Hills golf pro. “Instead of a sponsor sign or banner being placed on the golf course the day of the event, we displayed the signs or banners at Emerald Hills or in Spencer Hospital’s Grand Avenue Park. We believe this allowed even more community members to see and appreciate the generosity of our sponsors.”



ABBEN GOLF CLASSIC

The date of the 2021 Abben Golf Classic is already set, planned for Sunday, Aug. 29, 2021, with the hope of bringing all the sponsors and participants together. Many thanks to the numerous sponsors and donors who helped make the 2020 Abben Golf Classic a success!

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Dr. John Jackson & Dr. Nathan Rohling
Subway - P.J. Miller of Milford

Oasis Sponsor

Kozy Heat

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Gifts listed are those which were made since the February 2020 edition of Health Connections.

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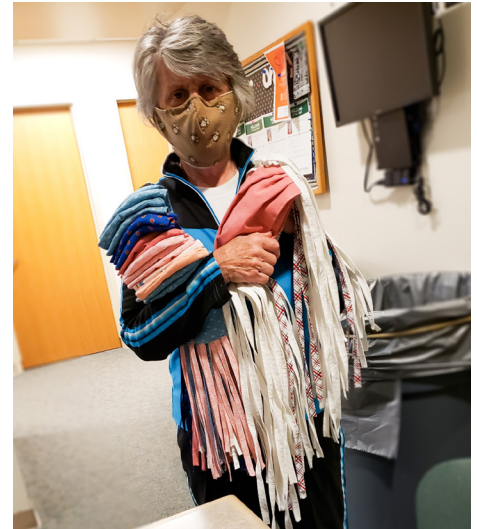
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DONATIONS FROM OUR COMMUNITY DURING THE COVID-19 PANDEMIC

When the COVID-19 virus initially reached northwest Iowa in March, community members and businesses did what they've always have done in a crisis - they asked how they could help. The Spencer Hospital medical community is grateful for the outpouring of support received over these past several months. Donations of personal protective items poured in when the usual allocation of supplies declined. Donations of bottled beverages, coffee, pizza and snacks were delivered. Also, many wonderful people made cloth masks, to help protect employees and patients.

We apologize that the accompanying list of donors is not all inclusive of all gifts. Some gave anonymously. Others gave through a third party, such as the many generous businesses or individuals that provided coffee through the coffee shop located within the hospital.



To all, we sincerely say "Thank you."

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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!

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

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NOT JUST A TASTY AUTUMN SIDE DISH! NUTRITIONAL BENEFITS OF THE SWEET POTATO

Although sold year round, sweet potatoes are a fall staple! Often mislabeled “yams” at the grocery store, there is a difference. Yams are starchier and drier than sweet potatoes with a thick and fibrous skin. Chances are if you live the United States, true yams are rare to find.

This starchy tuber can be prepared in a dish, or enjoyed simply by itself. My favorite way is to clean, peel, and dice the sweet potato, toss in olive oil (which actually helps absorption of beta-carotene), add salt and pepper, and roast in the oven at 425°F for 25-30 minutes. Make sure to toss the sweet potatoes every 10 minutes to achieve the caramelized look and taste.

In addition to being versatile, sweet potatoes are a nutritional powerhouse, loaded with iron, calcium, selenium, vitamin C, and majority of B vitamins. The key nutritional benefit to sweet potatoes is they are high in an antioxidant known as beta-carotene. Beta-carotene converts to vitamin A in the body, which helps to form and maintain healthy teeth and skin. It can also help with your eyesight! Sweet potatoes are low in calories, and high in fiber, which may help with heart health, weight management, and digestion.



Did you know? These complex carbohydrates have more potassium per serving than a banana. Think of this the next time you experience a muscle cramp!



JENNA WALSH
REGISTERED
DIETITIAN