



CARING FOR OUR STAFF & THEIR FAMILIES

CANDACE DANIELS
HR GENERALIST

CDANIELS@SPENCERHOSPITAL.ORG
712-264-6643



Know Your Wellness Benefits

2026 Spencer Hospital Wellness Benefits



Spencer Hospital

ELIGIBILITY	YOUR COST	DESCRIPTION
Comprehensive Wellness Screening including Preventive Blood Work		Contact Employee Health at 264-6636
Employees on Health Plan January	FREE Value: \$50/each \$25/Thyroid \$40/PSA	Includes: Height, Weight, & Waist Circumference, Resting Blood Pressure & Heart Rate, Complete Blood Count (CBC), Lipid Panel (HDL, LDL, Triglycerides & Cholesterol), Comprehensive Chemistry Panel, Prostate Specific Antigen (PSA) – Optional by request- Males over 50, Thyroid (TSH) – All age 35+.
Employees NOT on Health Plan & Spouses	\$10 (See value above)	
Naturally Slim (Wondr)		Contact Employee Health at 264-6636
Employees & Spouses on Health Insurance w/ Qualifying Biometrics	FREE Value: \$385	New and improved program taught by Marcia Upson, ARNP, this 10-week online course is geared towards slowing the progression of disease by reducing Metabolic Syndrome factors, including diabetes, obesity, and cardiac health. Apply at www.naturallyslim.com/spencerhospital
Quit Line Iowa Tobacco Cessation		Contact Employee Health at 264-6636
All Employees & Spouses	FREE Value: \$350	Series of five, smoking cessation calls through Quit Line Iowa.
Athletic Enhancement Discount		Contact Tim or Jason in Athletic Enhancement at 264-6633
All Employees and their Spouses	FREE** *Tax implications may apply. Value: \$528 yr. / each	AE is accessible 24/7 and personal training programs are available. *Enrollment fee/each & free thereafter
Miscellaneous Wellness Extras		Contact Candace in HR at 264-6643
All Employees	FREE	Indoor and outdoor walking paths. We occasionally offer different walking challenges in our walking paths and stairwells.
CT Cardiac Score or Ultrasound Stroke Screening		Contact Diagnostic Imaging at 264-6500
All Employees & Spouses Men 40+ years Women 45+ years	\$10 for 1, \$75 other Value: \$75/each	A cardiovascular risk identification and reduction program operated by Spencer Hospital. Must meet appropriate age and other criteria.
Flu Vaccine		Contact Employee Health at 264-6636
All Employees	FREE Value: \$35	It is highly recommended that all Spencer Hospital employees receive the influenza vaccine annually through the Employee Health, especially employees who provide direct patient care.
Ongoing Wellness Contests		Contact Candace in HR at 264-6643
All Employees Ongoing	FREE	Participate in various wellness challenges set by our Wellness Committee. We strive to offer one wellness-related item each month. Previous things include: Aging Backwards challenges, water consumption, financial wellness education classes, lunch n' learns, giving back opportunities and more! Check your emails and participate in as many fun things as possible....often with great prizes!

Questions? Please contact HR @ 712.264.6643 or email hr@spencerhospital.org



Preventative Service	Completion Date	Provider Signature
Wellness Screening Contact Employee Health @ 264-6636		
Annual Physical		
Dental Cleaning / Evaluation		
Eye Exam		
Extra Credit: Mammogram		
Extra Credit: Colonoscopy		



Spencer Hospital
Healthier Together.

EMPLOYEE RELAX PASS

YOU HELP TAKE CARE OF OTHERS, SO NOW IT'S TIME TO TAKE CARE OF YOU.



**SCAN THE QR CODE TO
VIEW THE LIST OF
EMPLOYEE DISCOUNTS.**



SPENCER HOSPITAL CARES PROGRAM

SIGN UP TO PAYROLL DEDUCT &
DONATE TO GIVE BACK.
NOMINATE 3 LOCAL CHARITIES.
11 CHARITIES. 11 CHECKS.

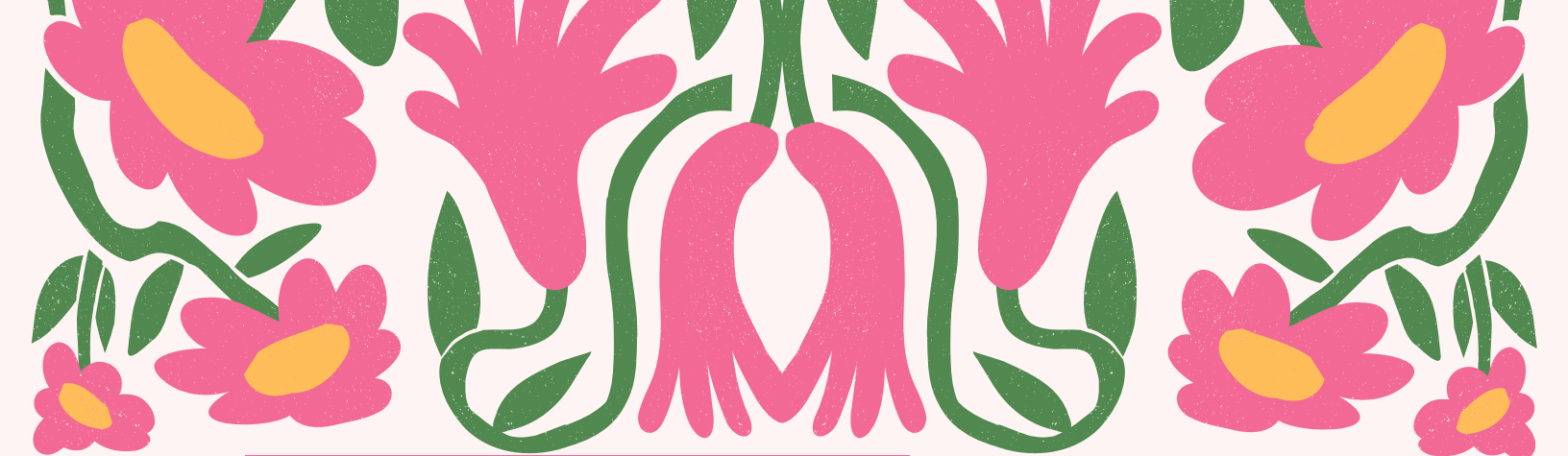
SIGN UP TODAY:



WE MAKE A BIG IMPACT WITHIN THESE WALLS...SO LET'S MAKE A BIG
IMPACT OUTSIDE OF THEM. SIGN UP TODAY TO BE PART OF
SOMETHING **BIG** TOGETHER.

MINIMUM
COMMITMENT:
\$2/PP FOR 2026





BOOK THE

CARING CART

HEALTHCARE CAN BE
STRESSFUL.

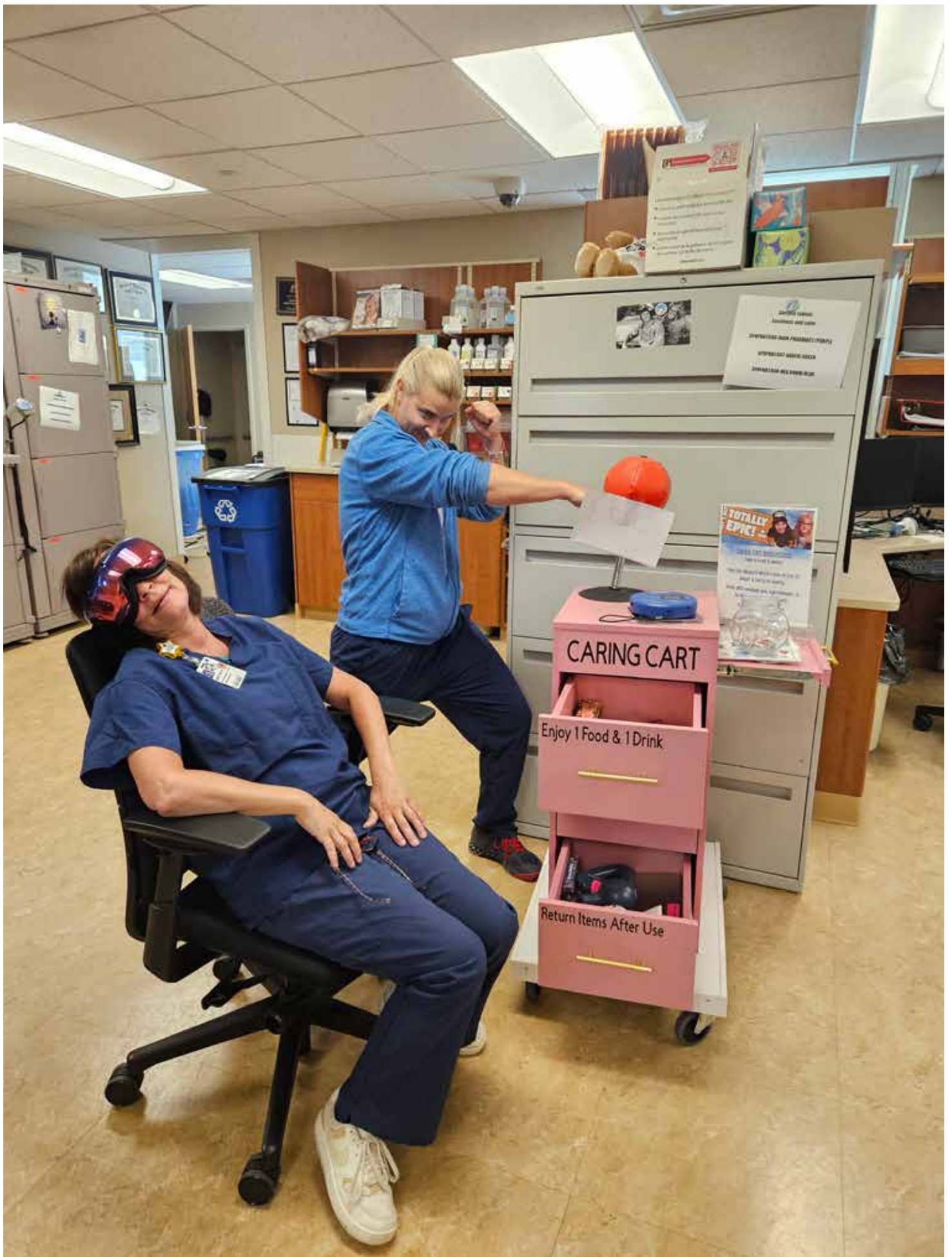
EACH DIRECTOR CAN
REQUEST THE CART 2X/YEAR
TO VISIT YOUR AREA.



Bringing a little stress relief and smiles,
rolling down the halls.

DIRECTORS REQUEST
YOUR TIME BY
SCANNING THIS QR
CODE OR VISITING
THE INTRANET:







Spencer Hospital
Healthier Together.

FREE!

LOGOWEAR!

Two free soft-style Spencer Hospital T-Shirts
- one green and one gray!



Name (Printed): _____

Size: ☐ XS ☐ Small ☐ Medium ☐ Large ☐ XL ☐ 2XL ☐ 3XL ☐ 4XL

Option to Purchase Additional Items (additional items will go through payroll deduction)

I'd like to purchase a T-Shirt (\$10 each), Long Sleeve (\$15 each)

T-Shirt Colors: Kelly, Turquoise, Berry and Black

Long Sleeve Colors: Navy, Wine, and Black





CLEAR THE CLUTTER

Clean Up Challenge

Join us for our monthly cleaning & purging challenges in 2026!

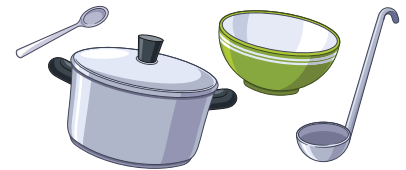
January
**LINEN
REFRESH**



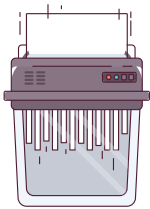
February
**PANTRY +
CONDIMENTS**



March
**KITCHEN
CHOP**



April
**PAPER
PURGE**



May
**GARAGE
GLOW-UP**



June
**SHOES
SHUFFLE**



July
**CAR CARE
PROJECTILES**



August
**CLOTHING
CLEAN-UP**



September
**BATHROOM +
PERSONAL ITEMS**



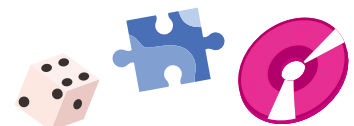
October
**SAFETY CHECK
+ FIRE PREP**



November
**HOLIDAY
DECOR DETOX**



December
**FUN STUFF
FILTER**



CLEAR OUT THE CLUTTER CHALLENGE

Win a vacumm seal
pack or a blanket
ladder!

SIMPLIFY AND GIVE BACK

January: Linens



Towels
Blankets
Sheets
Comforters
Tablecloths
Curtains

Drop off laundered items to valets
the month of January.

Count # of items and receive an
entry for each item donated.

We'll donate items to local charities
like People for Pets, Humane
Society & Fresh Start Market...and
you clear out the clutter!

2026 Spencer Hospital Employee/Spouse Wellness Screens



Wed. 1/7 & Thurs. 1/8

5:30-8:30 AM

Tues. 1/13:6:30-8:30 AM

@ Human Resources

FREE to all employees and spouses on our health plan.

\$10 for any employee/spouse not on the health plan.

To signup:

Factor 4: HDL Good Cholesterol

Your cholesterol levels are an important measure of heart health. For HDL cholesterol, also known as your "good" cholesterol, the higher the better.

Although your doctor may have told you to lower your total cholesterol, it's important to raise your high-density lipoprotein (HDL) cholesterol, which is known as the "good" cholesterol. It might sound like a mixed message, but reducing "bad" low-density lipoprotein (LDL) cholesterol and increasing HDL cholesterol may lower your risk of heart disease.

Spencer Hospital offers low cost Planet Heart and Stroke Checks, both for \$100, or one for \$50. Please call (712) 264-6500 to see if you qualify or refer to the flyer enclosed.

Your lifestyle has the single greatest impact on your HDL cholesterol. Even small changes to your daily habits can help you meet your HDL target.

- 1. Don't smoke
- 2. Lose weight
- 3. Get more physical activity
- 4. Choose healthier fats
- 5. Drink alcohol only in moderation

Some foods may have a healthy effect on blood cholesterol levels. Some options include: Whole grains, such as oatmeal, oat bran and whole-wheat products; Nuts, such as walnuts, almonds and Brazil nuts; Omega-3 fatty acids, such as fatty fish, fish oil supplements, flaxseeds and flaxseed oil.

HDL Levels for Men	
Higher than 60 mg/dl	Desirable range
Lower than 40 mg/dl	At Risk

HDL Levels for Women	
Higher than 60 mg/dl	Desirable range
Lower than 50 mg/dl	At Risk

If you had a low HDL result on your MetS Screening, please talk with your physician about monitoring and treating your low HDL cholesterol levels.

Factor 5: Waist Circumference

Your waist size is a clue to whether or not you're at high risk for type 2 diabetes, high blood pressure, high cholesterol, and heart disease.

What is it about abdominal fat that makes it strong marker of disease risk? The fat surrounding the liver and other abdominal organs, so-called visceral fat, is very metabolically active. It releases fatty acids, inflammatory agents, and hormones that ultimately lead to higher LDL cholesterol, triglycerides, blood glucose, and blood pressure.

Spencer Hospital has a fitness center open to public memberships with certified physical trainers. Call (712) 264-6633 to sign up with a MetS Check discount applied (save \$10/month).

Consider following these six strategies for weight-loss success.

- 1. Make a commitment
- 2. Find your inner motivation
- 3. Set realistic goals
- 4. Enjoy healthier foods
- 5. Get active, stay active
- 6. Change your perspective

You likely will have an occasional setback. But instead of giving up entirely after a setback, simply start fresh the next day. Remember you're planning to change your life. It won't happen all at once. Stick to your healthy lifestyle and the results will be worth it.

Waist Circumference for Men	
Smaller than 40 in.	Desirable range
40 in. or larger	At Risk

Waist Circumference for Women	
Smaller than 35 in.	Desirable range
35 in. or larger	At Risk

If you are in the at risk range with your waist circumference, please talk with your physician about monitoring and improving your waist circumference.

Spencer Hospital Wellness Resources

Candace Daniels, Wellness Coordinator
Laura Manwarren, Employee Health
Angel Smith, Clay County Public Health
Jason Trienweiler, Athletic Enhancement Fitness Center
KC Kidd, Women's Health
Darlene DeWitt, Nutrition Education
Taylor Britton, Diabetes Educator

(712) 264-6643
(712) 264-6636
(712) 264-6382
(712) 264-6633
(712) 264-6649
(712) 264-6505
(712) 264-6234

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kathryn.kidd@spencerhospital.org
darlene.dewitt@spencerhospital.org
taylor.britton@spencerhospital.org

Learn more about Metabolic Syndrome

How can I learn more? Talk to your healthcare provider. If you have heart disease or have had a stroke, members of your family also may be at higher risk. It's very important for them to make changes now to lower their risk.

Metabolic syndrome is a serious health condition which exists when an individual has three or more metabolic risk factors. These risk factors include:

- High blood pressure
- High blood sugar
- High triglyceride levels
- Lower than recommended HDL (good) cholesterol
- Large waist circumference

Underlying causes of metabolic syndrome include being overweight, having insulin resistance, being physically inactive and genetic factors.

People with it have a higher risk of diseases related to fatty buildups in arteries walls. Coronary heart disease, which can lead to heart attack, is an example. Stroke and peripheral vascular disease are other examples. People with metabolic syndrome are also more likely to develop type 2 diabetes.

How is metabolic syndrome diagnosed?

The most current and widely used criteria identify this syndrome by the presence of three or more of these metabolic risk factors:

- 1. **Elevated blood pressure**
 - 130/85 mm/Hg or higher or taking medicine for high blood pressure.
- 2. **Fasting glucose (blood sugar)**
 - 100 mg/dL or more or taking medicine for high blood glucose.
- 3. **Fasting blood triglycerides**
 - 150 mg/dL or more or taking medicine for high triglycerides.
- 4. **Low HDL cholesterol levels or taking medicine for low HDL cholesterol:**
 - Men – Less than 40 mg/dL
 - Women – Less than 50 mg/dL
- 5. **Waist circumference:**
 - 40 inches or larger for men.
 - 35 inches or larger for women.

How is metabolic syndrome treated?

People who have metabolic syndrome can reduce their risk for cardiovascular disease and type 2 diabetes by controlling risk factors. The best way is for them to lose weight and increase their physical activity.

Here are some important steps for patients and their doctors in managing the metabolic syndrome:

- Routinely monitor body weight (especially the index for central obesity). Also monitor blood glucose, lipoproteins and blood pressure.
- Treat individual risk factors (hyperlipidemia, high blood pressure and high blood glucose) according to established guidelines.
- Carefully choose anti-hypertensive drugs because different drugs have different effects on insulin sensitivity.

It's important to focus on the five components of this syndrome to properly manage it.



Factor 1: Blood Pressure Numbers

If you've been diagnosed with an elevated blood pressure (a systolic pressure – the top number – of 130 or above or a diastolic pressure – the bottom number – of 85 or above), you might be worried about taking medication to bring your numbers down.

Lifestyle plays an important role in treating your high blood pressure. If you successfully control your blood pressure with a healthy lifestyle, you may avoid, delay or reduce the need for medication.

Spencer Hospital offers a free Blood pressure screening every Monday from 1-2 PM at Spencer Hospital Athletic Enhancement on the Lower Level.

Here are 10 lifestyle changes you can make to lower your blood pressure and keep it down:

- 1. Lose extra pounds & watch waistline
- 2. Exercise regularly
- 3. Eat a healthy diet
- 4. Reduce sodium in your diet
- 5. Limit the amount of alcohol you drink
- 6. Avoid tobacco products and secondhand smoke
- 7. Cut back on caffeine
- 8. Reduce your stress
- 9. Monitor your blood pressure at home and make regular doctor appointments
- 10. Get support from family and friends

Systolic		Diastolic		Your Group
<120	&	<80		Normal
120-139	or	80-90		Pre-hypertension
140-150	or	90-99		Stage 1 Hypertension
160 +	or	100 +		Stage 2 Hypertension

If you had an elevated blood pressure reading on your MetS Screening results, please refer to the enclosed blood pressure brochure to learn more about this risk factor. Talk with your physician about monitoring and treating your elevated blood pressure.



Factor 2: Fasting Blood Glucose

This blood test measures the amount of sugar (glucose) in your blood. Fasting blood glucose measures blood sugar after you have not eaten for at least 8 hours. It is often the first test done to check for pre-diabetes and diabetes.

Normally, your blood glucose levels increase slightly after you eat. This increase causes your pancreas to release insulin so that your blood glucose levels do not get too high. Blood glucose levels that remain high over time can damage your eyes, kidneys, nerves, and blood vessels.

You can reverse pre-diabetes, and delay or prevent type 2 diabetes/heart disease, by eating fewer calories and less fat, being more active, and losing weight.

A study of people at high risk for type 2 diabetes found that people could lower their risk for diabetes. They ate less than usual, increased their daily activity, and lost weight. They did this by:

- Eating fewer calories
- Cutting down on foods high in saturated fat
- Exercising about 30 minutes a day, 5 days a week, usually by walking quickly
- Losing weight – an average of 15 pounds in the first year of the study

Blood Glucose	Your Group
Less than 100 mg/dl	Normal
100-125 mg/dl	Pre-diabetes
126 mg/dl or higher	Diabetes

If you had a high blood glucose result on your MetS Screening, please refer to the enclosed A1C flyer to learn more about this risk factor. Talk with your physician about monitoring and treating your high blood glucose levels.

Factor 3: Triglyceride Levels

Triglycerides are a type of fat (lipid) found in your blood. When you eat, your body converts any calories it doesn't need to use right away into triglycerides. Triglycerides are stored in your fat cells. Later, hormones release triglycerides for energy between meals. If you regularly eat more calories than you burn, particularly "easy" calories like carbs/fats, you may have high triglycerides. Having a high level of triglycerides, a type of fat (lipid) in your blood, can increase your risk of heart disease.

Spencer Hospital offers low cost Planet Heart and Stroke Checks, both for \$125, or one for \$75. Please call (712) 264-6500 to see if you qualify or refer to the flyer enclosed.

Here are the best ways to lower triglycerides:

- 1. Lose weight
- 2. Cut back on calories
- 3. Avoid sugary and refined foods
- 4. Limit the cholesterol in your diet
- 5. Choose healthier fats
- 6. Eliminate trans fat
- 7. Limit how much alcohol you drink
- 8. Exercise regularly

And remember the significance of the healthy lifestyle changes. Medications can help – but lifestyle changes matter, too.

Triglyceride Levels	Your Group
Less than 150 mg/dl	Normal
150-199 mg/dl	Borderline High
200-499 mg/dl	High
500 mg/dl or higher	Very High

If you had high triglyceride levels on your MetS Screening results, please talk with your physician about monitoring and treating your triglyceride level.

2026 AGING BACKWARDS SLIM DOWN 2 MONTH CHALLENGE

\$20 TO PARTICIPATE (CASH ONLY)

Initial Weigh-In

Mon. Feb 2nd & Tues. Feb 3rd | 7:30 - 10:30 AM in HR w/ Employee Health RN, Laura Manwarren.

(Weigh out 3/30 & 3/31)

You'll Receive - Tanita biometric scale printout with: Weight, Fat %, Fat Mass, Fat Free Mass, Muscle Mass, Total Body Water (TBW), TBW %, Bone Mass, Basal Metabolic Rate (BMR), Visceral Fat Rating, Body Mass Index (BMI), Ideal Body Weight, Degree of Obesity, Health Indicators Range, & your Metabolic Age.

- Your Metabolic Age - Evaluates your active tissue & basal metabolic rate compared to standard rate.***

SCAN THE CODE TO REGISTER NOW
MONEY POT PAYOUT:



25% - For every pound you lose, receive an entry.

25% - For every year your Metabolic age is AT OR UNDER your actual age, receive an entry.

25% - For every year you age backwards from your Metabolic Age, receive an entry.

25% - Receive an entry if you weigh out for participation.



JANUARY EXERCISE CHALLENGE



It's Easy to Participate!

Click Here [January Exercise Challenge](#) to enter the number of minutes of INTENTIONAL exercise for the month of January.

Anyone that logs at least 3 days/ week will go into a drawing for a chance to win a Ninja Immersion Blender valued at \$109!



CLEAR THE CLUTTER FEBRUARY

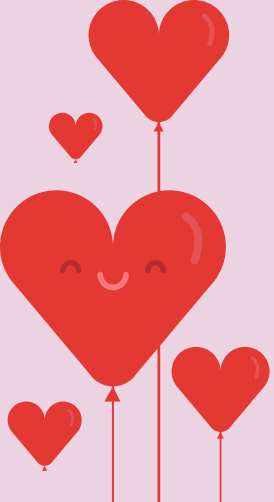
PANTRY & CONDIMENTS

COUNT THE ITEMS YOU THROW AWAY, TAKE A
PICTURE OF YOUR OLDEST ITEM, AND
SEND COUNT & PICTURE TO
HR@SPENCERHOSPITAL.ORG

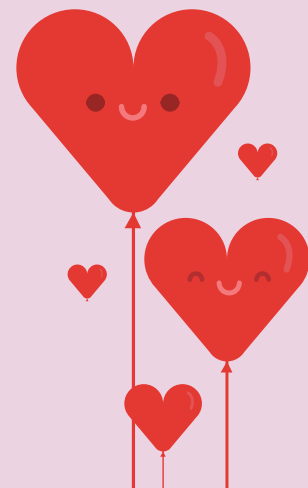
MULTIPLE
WINNERS!!!



BROUGHT TO YOU BY THE SPENCER HOSPITAL WELLNESS & FUN COMMITTEE



SPREAD SOME LOVE TO YOUR COWORKERS FOR *Valentine's Day!*



Lower Level

1. AE/Cardiac Rehab
2. HR
3. Supply Chain
4. IT/Clinical Informaticists/BioMed

First Floor

5. Abben
6. Emergency Department/Ambulance
7. Central Sterilization
8. Home Health and Hospice
9. Admin/Marketing/Foundation
10. Resource/Float
11. Patient Accounts/HIMS
12. Recovery
13. Surgery
14. Birth Center
15. Rehab
16. Respiratory Therapy
17. Lab
18. Diagnostic Imaging
19. Coffee Shop
20. Nutrition Services
21. Diabetic Ed
22. Environmental Services

Second Floor

23. Med/Surg
24. Pharmacy
25. Quality/Hospitalist

Third Floor

26. Wound Care
27. ICU/Infusion/Telehealth

Location

Cardiac Rehab Desk
HR
Inside Supply Chain to the Left
IT Front Desk

Location

Radiation Nurse's Desk
Main Lobby
Main Lobby
Main Lobby
Main Lobby
Main Lobby - Welcome Desk
Recovery Front Desk
Surgery Front Desk
Birth Center Desk
Rehab Waiting Area
Respiratory Therapy Office
Check In
Front Office
Coffee Shop
Cafeteria
Diabetic Ed Front Room Table
Laundry

Location

Med/Surg Welcome Desk
Pharmacy Window
Old Nurses Station Outside Elevator B

Location

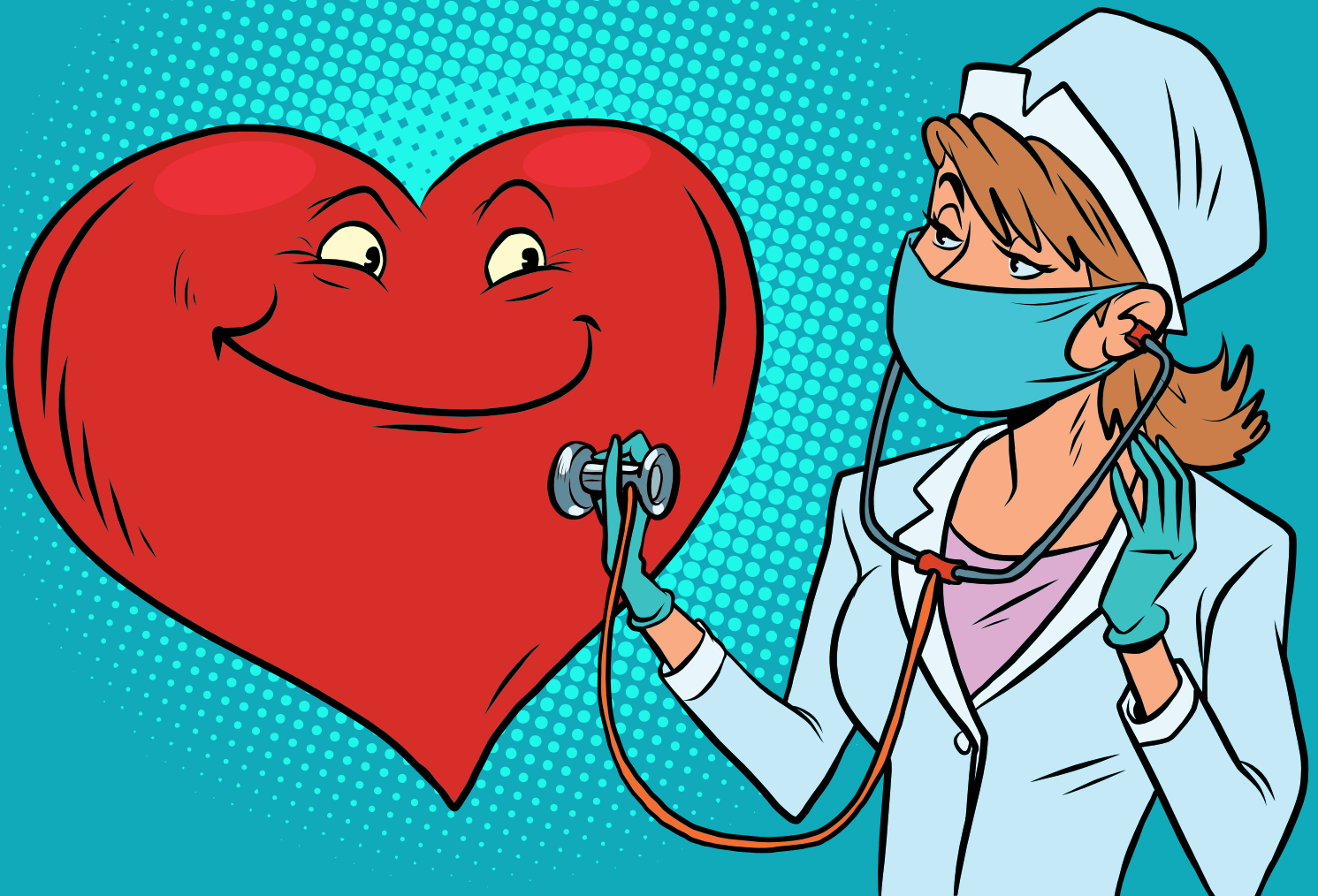
Wound Care Front Desk
Infusion Front Desk





CONNECTED
CARING & COMMUNICATING

**Of loving me don't be afraid -
Here I am to give first aid!**





Spencer Hospital
Healthier Together.

Fun Club Opportunity:
**Spencer Hospital Family
Ice Skating Event**

Sunday, Feb. 8th | 12-2 PM
Lakes Ice Arena
3800 Sunner Ave. Spirit Lake, IA
51360

This event is **FREE** for all employees and immediate family members. To register for this event, please follow the link or scan the QR code

<https://forms.office.com/r/yvYvJD0nBr>





DROP OFF



MARCH: CLEAR THE KITCHEN CLUTTER CHALLENGE

**CLEAR OUT YOUR DISHES, POTS,
PANS, UTENSILS, ETC.**

**BRING TO THE OLD WOLFE EYE CLINIC
(USE SIDE DOOR IN THE ABBEN HALLWAY)**

Record # of items on log & go into drawing.

**Items will go to: CAASA, Fresh Start
Market, & The Cherish Center.**

Spencer
Hospital

FAMILY ROLLER SKATING



Sunday, March 22
4:30 PM to 6:30 PM

Experience the closest thing to the 80s around.
Skating provided. Glow sticks and concessions
available for purchase.

SIGN UP TODAY!



SKATELAND of ESTHERVILLE
1698 3rd Ave S



Spencer Hospital
Healthier Together.



St. Patty's Splash Family Fun Day!

Sunday | March 16 | 6-8 PM

REFRESHMENTS PROVIDED

FREE for all employees & their extended families!

AVAILABLE ACTIVITIES & AMENITIES:

Inflatables • Pickleball • Walking Tacos

St. Patty's Splash - Pool Dye Fun • Zumba Gold @ 6:30!

To Register for the St. Patty's Splash:
<https://forms.office.com/r/7kSsBPD8NZ>



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



SPENCER STRONG 5K



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

April 25

7:30 am | Check - In

8:00 am | 5K Run/Walk

9:00 am | 1K Kid's Run (10 & under)



Start/Finish: West Leach Park

Out and back race on the Little
Sioux River Trail.

ENTRY FEE:

5K Run/Walk: \$30 (Shirt deadline March 29th)

1K Kid's Run: \$5 (Shirt deadline March 29th)

REGISTRATION:

→ At the Y – cash, check, VISA, Mastercard, DISCOVER

→ Online @ spencerymca.org/programs/59/spencer-strong-5k/?locations=-1

2026 Spencer Family YMCA Spencer Strong 5K Road Race

Name: _____

Male ☐ Female ☐

Mailing Address: _____

City, ST ZIP _____

Email Address: _____

Birthdate ____/____/____ Age: _____

Day Phone: _____

Adult Shirt Size (circle one): S M L XL XXL

I knowingly enter the 2025 Spencer Family YMCA Spencer Strong 5K Walk/Run. I do so at my own risk and personally assume responsibility for any injuries or other damages I may incur as a direct or indirect result of my participation. I further agree that neither my heirs or assignees will hold liable any representative of the Spencer Family YMCA or its sponsors as a result of injuries or damages sustained from any participation of any of these events. I further, hereby, certify that I am physically fit to run the race for which I am entered on April 25, 2026.

I, the undersigned, do hereby consent and agree that the Spencer Family YMCA, its employees, or agents have the right to take photographs to use in any and all media, now and hereafter known. Signature (parent if minor).

Signature

April Paper Purge

Spencer Hospital Employee Shred Event



Spring cleaning starts now!

How It Works

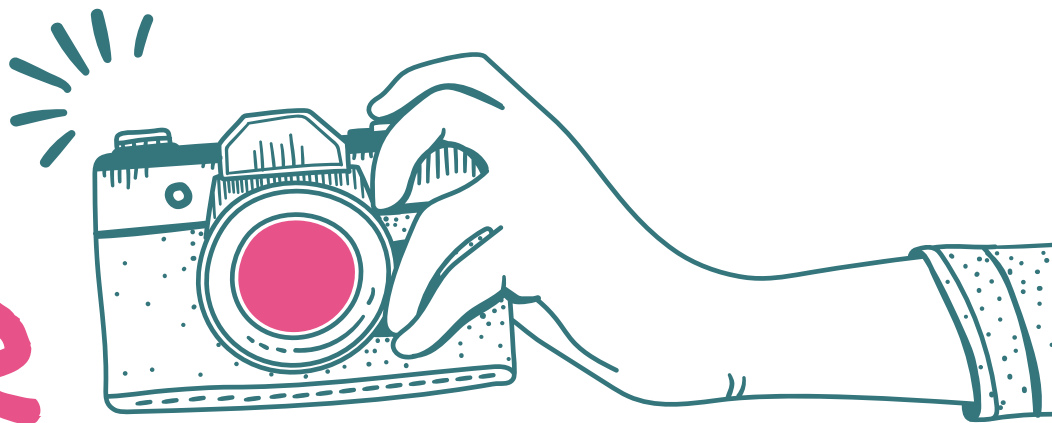
- Bring up to TWO boxes of personal paper items
- Drop them off in HR anytime during April
- Our on-site shredding partner will securely destroy all documents for you

What You Can Shred:

- Old bills
 - Financial statements
 - Medical paperwork
 - Personal records
- Anything with
confidential
information!

PLUS... WIN PRIZES!

GET YOUR



GLAMOUR SHOT!



30 Minute Mammos for Spencer Hospital Employees & Spouses

April 17th & 22nd

12:30 - 4 PM

Spencer Hospital Women's Center

Who Is Eligible

- Women age 35 and older are eligible for a mammogram on our insurance.

Why It's Important

- 1 in 8 women will be diagnosed with breast cancer in their lifetime.
- Early detection saves lives - caught early, the 5-year survival rate is 99%.

Call to Schedule Your Mammogram:
712-264-6500



Spencer Hospital
Women's Health Services

Office Ergonomics Lunch n' Learn

Improve Your Workspace

Learn how to enhance your workplace comfort and productivity with expert insights from Karin Hogge during this engaging Lunch n' Learn event designed for all office staff.



To sign up
scan this
QR Code:



Tuesday, April 14th
12-12:30 PM
Maple Conference Room

Better posture

Posture Improvement

Sign up today to secure your spot and gain valuable insights on creating a healthier work environment!

Guest Presenter:

Karin Hogge, OTR/L, CHT, CLT
Certified Hand Therapist & Lymphodema
Specialist

Lunch provided!

SPENCER MAIN STREET EVENTS

Get your Fun Pass punched by Dawn Fletcher
@ each event you attend prior to Sept....to
possibly win 2 FRONT ROW Tickets to Trace
Adkins (9/8) or the Blues Traveler (9/13).



**SAT.
APRIL 13**

Masters on Main
FREE 12-5PM
Make sure to
pre-register

Century Farms Distillery
Sneakers
Weasy's
Hen House
Kings Steakhouse
5:13
Silver Hammer
Iowa Project-FINISH 5 PM

**THURS.
MAY 2**

Roc n' Quac
5-7 PM

Pre-registered Spencer
Hospital employees
pay only \$5 payroll
deduct



**FRI.
JUNE 7**

**FREE CONCERT &
APPETIZERS**

5-7 PM

FAMILY FRIENDLY@
Kings Steakhouse:
Sponsored by Spencer
Hospital

**THURS.
OCT. 10**

Wine Stroll
5-7 PM

Pre-registered Spencer
Hospital employees
pay only \$5 payroll
deduct.



USE THE QR CODE TO REGISTER.

Clear The Clutter
Challenge

GARAGE GLOW-UP

Take a before and after pic of your garage
glow-up and submit to
hr@spencerhospital.org for voting.



ALL OF MAY

Win prizes!



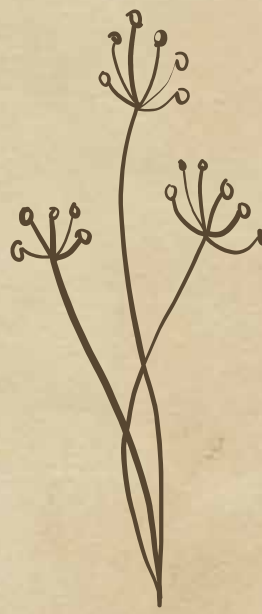
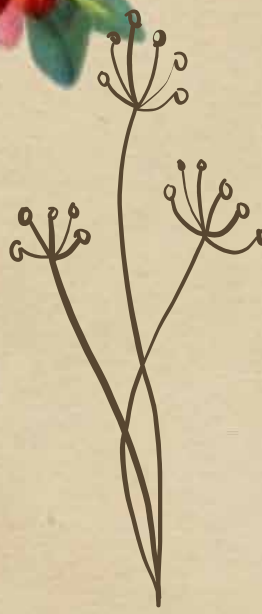
CLEAN OUT THAT GARAGE, GET IT ORGANIZED
AND DONATE THE EXCESS





Patient May Day Baskets Campaign

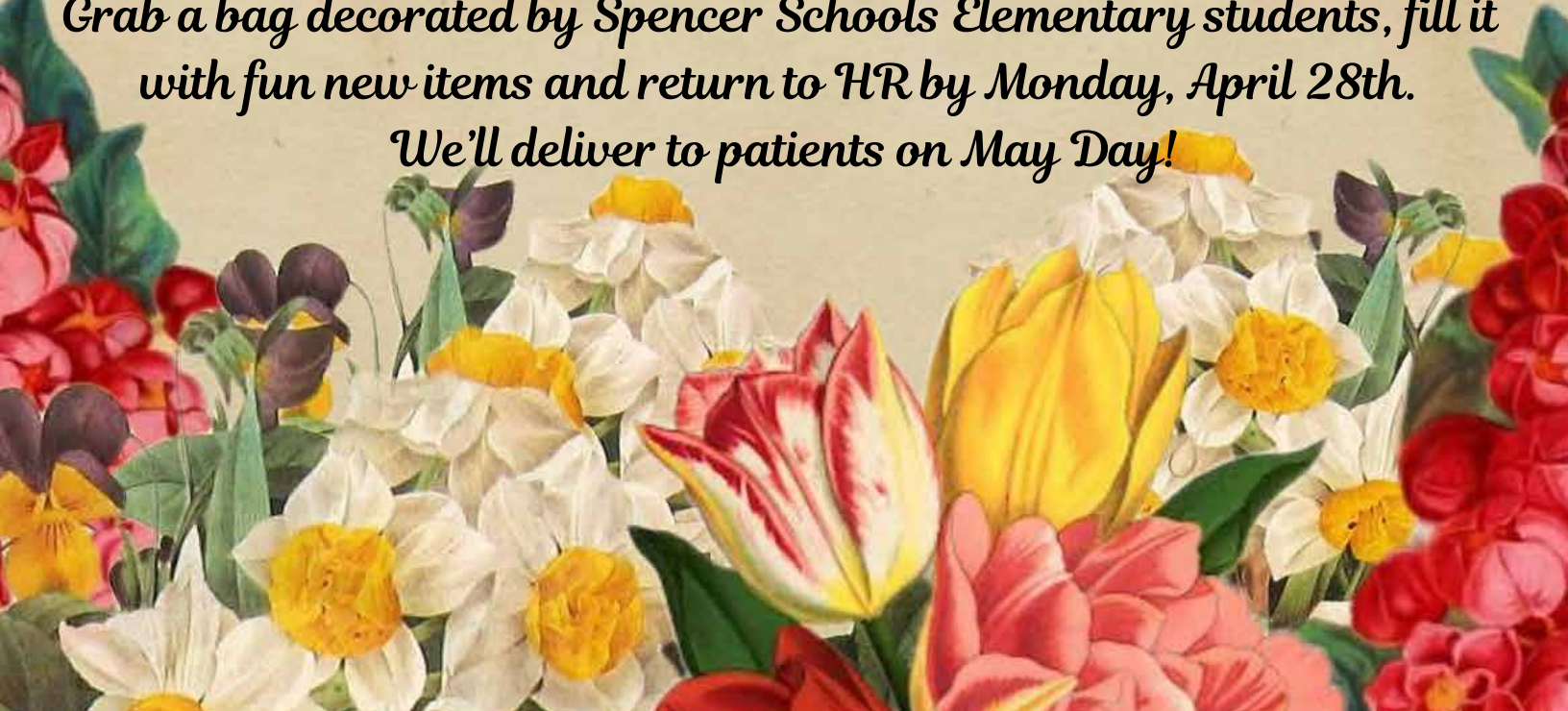
Bag items may include:



**Fuzzy socks, soothing teas
books, decks of cards, a gift
card to the coffee shop,
hand lotion, lip balm, bath
salts, journal & pen
snacks, gum, water, mints, or
a note pad & pen.**

*Grab a bag decorated by Spencer Schools Elementary students, fill it
with fun new items and return to HR by Monday, April 28th.*

We'll deliver to patients on May Day!





Improve your community, broaden your networks and boost your well-being.

GIVING BACK

APRIL 1 - MAY 31



Spencer Hospital joins the statewide Give Back Iowa challenge!

Spencer Hospital is yet again providing a volunteering opportunity to give back, participating in the statewide Give Back Iowa campaign. Whether you are an avid volunteer or you are looking for opportunities to start, here's your chance. Let's team up and be recognized for our "Giving Back"!

Here's how:

Report your weekly volunteer hours online - <https://volunteerchallenge.iowa.gov/report-volunteer-time>. Be sure to include number of weekly hours and a short description of the volunteerism. Take credit for the time you donate!

What's considered volunteering?

Board meetings, boy/girl scouts, church activities, coaching sports, and so much more!!!

Donations to HR:

People for Pets Collecting stamps, cat litter, paper towels, laundry detergent
Spencer YMCA Collecting sunscreen, beach towels, goggles, board games

Donate Your Time:

Spencer Avenue of Flags Join a team of employees and their families to help with Avenue of Flags at Spencer's Riverside Cemetery and North Lawn Cemetery to honor our local veterans.

*Sign up today by contacting Candace Daniels
in HR at cdaniels@spencerhospital.org or
calling extension 6643.*

- Thursday, May 25 at 6 PM -- Mark flag holes at Riverside
- Monday, May 29 at 7 AM -- Put flags up at both locations
- Monday, May 29 at 7 PM -- Take flags down at both locations



Spencer Hospital
Healthier Together.



ALL WEEK LONG | MAY 10-16, 2026

HOSPITAL WEEK

Cruisin' to Success!



SUN | MAY 10

EXCURSION!

Family Fishing

Stolley's Park | 2-4 PM

Pre-registered kids ages up to 15 get a free rod/reel from IA Great Lakes Fishing Club!



THU | MAY 14

CASINO DAY!

Hospital-Wide Poker Run

Submit hand to HR by Friday at 9 AM

Scrub Sale

Storm Lake Uniform Shop
Wolfe Eye Clinic | 9 AM-3 PM
Proceeds to the Auxiliary.

Breakfast Buffet

Breakfast: 6:30-9 AM
One complimentary Hospital Week meal per employee.



MON | MAY 11

EMBARKATION DAY!

Sail Away Party

Mocktails & Ring Toss
Bow: Front Lobby
7-9 AM



FRI | MAY 15

FAREWELL!

Dress Up Day

Wear fun cruise outfits - Hawaiian shirts, wacky tourists, etc.

Popcorn & Prizes

Hospital Week prizes drawing - Café | 2 PM



TUE | MAY 12

DAY AT SEA!

Self-Care Giveaway

Employee winners selected hourly!

Cruise Buffet

Lunch: 11 AM - 1:30 PM
Supper: 5-6:30 PM
One complimentary Hospital Week meal per employee.



SAT | MAY 16

NEED CAFFEINE?

Coffee Shop Open

6:30 AM - 2 PM
Free refills on fountain soda, daily brews, and cold press for the day!



WED | MAY 13

BEACH DAY!

Snowcones & Deck Games

Limbo, Yard Golf, Yard Yahtzee - Café | 2-3 PM

ALL WEEK LONG!

Cruise Ducks

Find one of the 24 missing ducks and bring to HR prior to Friday at 1 PM to go into a drawing for a 65 minute Dermus Facial (\$95 value)

Logo Wear Sale

Stop down to HR to check out the awesome deals.

Send your photos to HR!

Scan the code to register for 1 of 5 large prizes each valued at \$200+!



CHANCE TO WIN FUN PRIZES!

Fishing: \$50 Local Bait Shop Gift Cards (4) • Ring Toss: 5 Piece Kid's Luggage Set
Deck Games: Carhartt Toiletry Bag (2) or Uggs 3 Piece Gift Set • Poker Run: Design Masters Head Spa/Mini Facial
Plus chances to win at the Self Care Giveaway, Hospital Week Mega Prizes, Cruise Ducks, and more!





Spencer Hospital-Hospital Week Family Fishing Clinic

*Great FREE Mother's
Day Activity!*

We've partnered with the Iowa Great
Lakes Fishing Club and all pre-registered
kids ages 6-15 will receive a
rod & reel courtesy of the Iowa Great
Lakes Fishing Club.

\$50 Stan's
Bait Shop
for Kid's
Biggest Fish

\$50 Oak Hill
for Kid's
Most Fish

**SUNDAY
MAY 10TH
2-4 PM
STOLLEY'S PARK**

\$50 No
Limits for
Adult's
Biggest Fish

\$50 No
Limits for
Adult's Most
Fish



SCAN CODE
TO
REGISTER
TODAY

Bring your own fishing equipment and tackle!
Don't have any? Come anyway! Open to all
Spencer Hospital employees and immediate
family members.



SNACK BREAK: GET TO KNOW...

LINC W/ JILL BARR
TUES., 5/5 10 AM OR THUR., 5/21 2 PM

**BEHAVIORAL HEALTH SERVICES W/
RACHELLE GEWECKE, LMHC**
THUR., 5/7 2 PM OR TUES., 5/19 10 AM

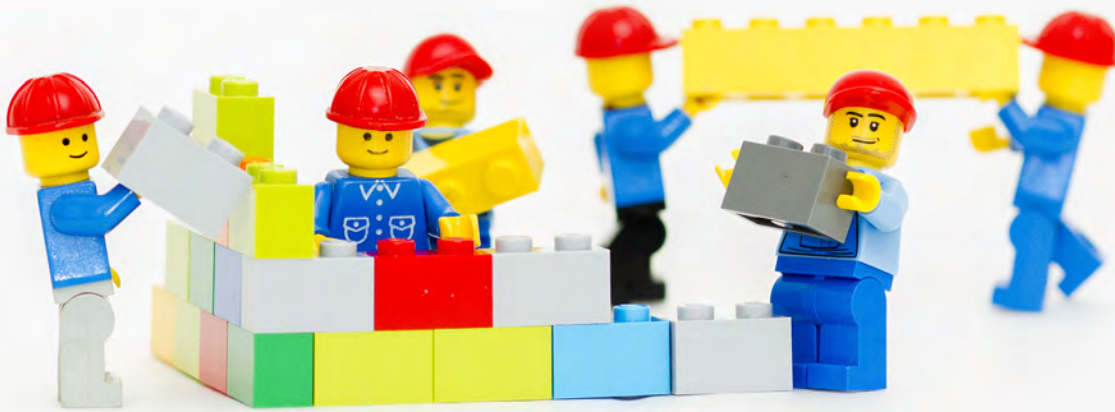
**IN THE
CAFE**

**TAKE A BREAK & GET ACQUAINTED WITH A
SPENCER HOSPITAL SERVICE LINE,
SPECIALTY, OR PARTNERSHIP.**
**10-MINUTE PRESENTATION, 5-MINUTE
Q & A, AND A SNACK.**

**FREE
SNACK!**



SIGN UP TODAY!



Building Relationships... One LEGO At A Time!

**FREE for all employees - bring your spouse, friend,
or a coworker to be your partner!**

**Tuesday
May 6th
5-8 PM**

**COME & GO!
at Century Farms
Distillery**

**Light snacks provided.
Cash bar.**

***One registered person
will win a Lego Street
Design set to take home,
valued at \$448.***

To Register:

**[https://forms.office.
com/r/UrjFtfWrR9](https://forms.office.com/r/UrjFtfWrR9)**



MAY IS BIKE MONTH

With so many reasons
to ride, what's yours?

Send a SELFIE on
your BIKE all
month long to HR
by emailing -
HR@spencerhospital.org



All entries
go into a
drawing for
a Schwinn
bike lock.

I RIDE FOR
CLEANER AIR.



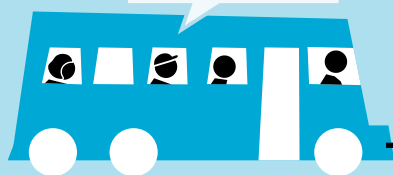
I RIDE TO
ENJOY A
LIFELONG
SPORT.



I RIDE TO
SAVE MONEY
ON GAS.



I BIKE TO THE
BUS TO GET
PLACES FASTER.



I RIDE FOR
LESS TRAFFIC.



I RIDE TO FEEL
THE WIND ON
MY FACE.



I RIDE BECAUSE IT
MAKES MY BUSINESS
RUN BETTER.



I RIDE TO TURN
MY COMMUTE
INTO A WORKOUT.



I RIDE TO CREATE A HEALTHIER
COMMUNITY FOR MY KIDS.



#BIKEMONTH BIKELEAGUE.ORG/BIKEMONTH





FOOD TRUCK *Fun Days!*

CASH
OR
CARD

ALL
SUMMER
LONG!



2026 FOOD TRUCKS!

Food trucks will be parked outside
the hospital main entrance.

11 AM - 2 PM

**SOME HOURS MAY VARY DEPENDING
ON THE FOOD TRUCK**

*Menus and online ordering can be found on
each food truck's social media pages.*

MAY

TUE • MAY 19
MAMA NICKY'S TAMALES

WED • MAY 20
712 BBQ

THU • MAY 21
BIG ACAI BOWLS

WED • MAY 27
RABAB'S GYROS

.....

JUNE

TUE • JUNE 9
MAMA NICKY'S TAMALES

WED • JUNE 17
RABAB'S GYROS

THU • JUNE 25
BIG ACAI BOWLS

.....

JULY

WED • JULY 1
RABAB'S GYROS

TUE • JULY 14
MAMA NICKY'S TAMALES

THU • JULY 16
BIG ACAI BOWLS

WED • JULY 22
712 BBQ

.....

AUGUST

THU • AUGUST 6
BIG ACAI BOWLS

TUE • AUGUST 11
MAMA NICKY'S TAMALES

WED • AUGUST 19
712 BBQ



SPENCER HOSPITAL EMPLOYEES BUY YOUR 2026 DAY PASSES IN HR

Just \$22 each
Regularly \$41.95

Enjoy the new Topsy House, entrance, faster electric go carts,
drop tower ride, and bumper cars!

**Cash or check made payable
to Spencer Hospital**



FOOD DRIVE

Upper Des Moines Opportunity, Inc.

**HELP US
FILL THE
FOOD
PANTRY**



**BATTLE OF
THE
BUSINESSES**

PASTA & CANNED
VEGGIES CAN BE
BROUGHT TO
CAFE THROUGH
THURSDAY, JUNE
4TH.

PASTA!

PASTA!

PASTA!

LET'S GET TOTALLY EPIC! IN JUNE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAY 31	JUNE 1 WALK @ WORK: Yahtzee YARD GAMES	2 TREAT DAY: Breakfast Pizza 6:30-9 AM WALK @ WORK: Yahtzee YARD GAMES	3 WALK @ WORK: Yahtzee YARD GAMES	4 WALK @ WORK: Yahtzee YARD GAMES	5 POPCORN FRIDAY 2-3 PM WALK @ WORK: Yahtzee YARD GAMES	6 WALK @ WORK: Yahtzee YARD GAMES
7 WALK @ WORK: Yahtzee YARD GAMES	8 WALK @ WORK: Poker YARD GAMES	9 TREAT DAY: Chips & Salsa 2-4 PM WALK @ WORK: Poker FOOD TRUCK: Mama Nicky's 11-2	10 WALK @ WORK: Poker YARD GAMES	11 WALK @ WORK: Poker YARD GAMES	12 POPCORN FRIDAY 2-3 PM WALK @ WORK: Poker YARD GAMES	13 WALK @ WORK: Poker YARD GAMES
14 TREAT WEEK: Ice Cream 24/7 WALK @ WORK: Poker YARD GAMES	15 TREAT WEEK: Ice Cream 24/7 WALK @ WORK: Scrabble YARD GAMES	16 TREAT WEEK: Ice Cream 24/7 WALK @ WORK: Scrabble YARD GAMES	17 TREAT WEEK: Ice Cream 24/7 WALK @ WORK: Scrabble FOOD TRUCK: Rabab's Gyros 11-2	18 TREAT WEEK: Ice Cream 24/7 WALK @ WORK: Scrabble YARD GAMES	19 TREAT WEEK: Ice Cream 24/7 POPCORN FRIDAY 2-3 PM WALK @ WORK: Scrabble YARD GAMES	20 TREAT WEEK: Ice Cream 24/7 WALK @ WORK: Scrabble YARD GAMES
21 WALK @ WORK: Scrabble YARD GAMES	22 WALK @ WORK: Chutes & Ladders YARD GAMES	23 TREAT DAY: Pretzels 2-4 PM WALK @ WORK: Chutes & Ladders YARD GAMES	24 WALK @ WORK: Chutes & Ladders YARD GAMES	25 WALK @ WORK: Chutes & Ladders YARD GAMES FOOD TRUCK: Big Acai 11-2	26 POPCORN FRIDAY 2-3 PM WALK @ WORK: Chutes & Ladders YARD GAMES	27 WALK @ WORK: Chutes & Ladders YARD GAMES
28 WALK @ WORK: Chutes & Ladders YARD GAMES	29 WALK @ WORK: Yahtzee YARD GAMES	30 TREAT DAY: Popcorn & Fun Toppings 2-4 PM WALK @ WORK: Yahtzee YARD GAMES	JULY 1 WALK @ WORK: Yahtzee YARD GAMES FOOD TRUCK: Rabab's Gyros 11-2	2 WALK @ WORK: Yahtzee YARD GAMES	3 POPCORN FRIDAY 2-3 PM WALK @ WORK: Poker YARD GAMES	4 WALK @ WORK: Yahtzee YARD GAMES

Join us all month to for fun activities, wellness breaks, treats, and opportunities to celebrate our Epic Journey!

ALL MONTH LONG ACTIVITIES

- **Epic Win Wall** – Share your recent Epic “WIN” on the poster outside the Cafeteria! Be sure to include your name to be entered into a drawing for 2 Adventureland tickets.
- **Daily Brain Breaks** – Watch for activities focused on stretching, mental wellness, self-care, exercise, nutrition, and more.
- **Massage Chairs** – Recharge in the lower-level break room.
- **Coffee Shop** – Watch for fun specials!

TREAT DAYS: Treats will be available for employees in the Hospital Cafeteria.

WALK @ WORK: Participate in our weekly wellness activity located on the Lower Level Walking Path. Track on your own, and play once each day!

YARD GAMES: Take a break and enjoy yard games in our Cafe Courtyard.



Clear the Clutter Challenge

SHOE SHUFFLE



Join Our Shoe Drive and
Make a Difference

DROP-OFF
LOCATION:

WEST DOOR
OF OLD
WOLFE EYE
CLINIC IN
ABBEN
HALLWAY

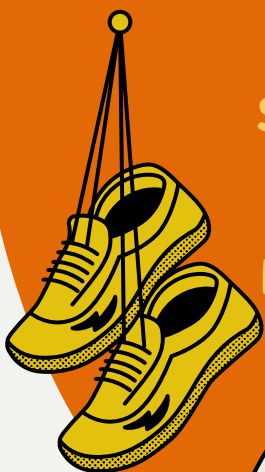
Got gently worn, used,
or new shoes you no
longer need? Give them
a second life by
donating to our Shoe
Drive Event!

ALL
OF
JUNE

All sizes and styles welcome

Shoes will be donated to local
nonprofits like Fresh Start
Market and Northwest Iowa
Humane Society's Shoe Drive

WIN PRIZES!
RECORD
YOUR # OF
PAIRS
DONATED



SPENCER HOSPITAL'S
**WALKING
PATH**



**MONDAY
WEDNESDAY
FRIDAY**



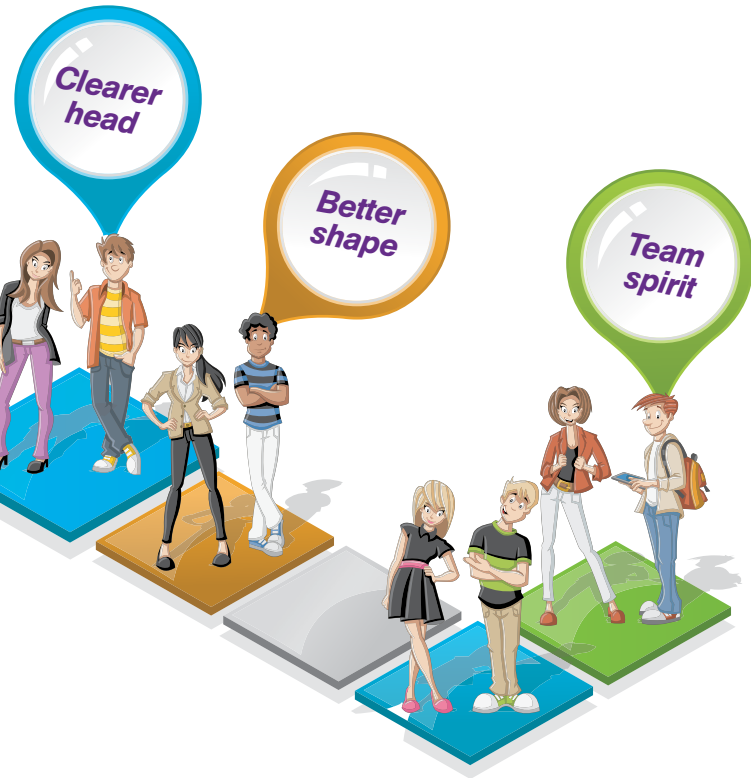
**TUESDAY
THURSDAY**



12 laps = 1 mile

WALK@WORK

BACK BY POPULAR DEMAND!



- Take a brain break and challenge your mind!
- Bring your co-workers for a fun walk!
- Fun prizes!
- Open to employees of Spencer Hospital, volunteers, and other neighboring healthcare affiliates.



At the end of your walk, register your best hand of poker, best Scrabble word, Chutes & Ladders spot, or best score for Yahtzee.



**Wednesday, June 4th
10:30-12:30 PM**



**Tuesday, June 10th
10:30-12:30 PM**



**Tuesday, June 17th
11:30-2:00 PM**

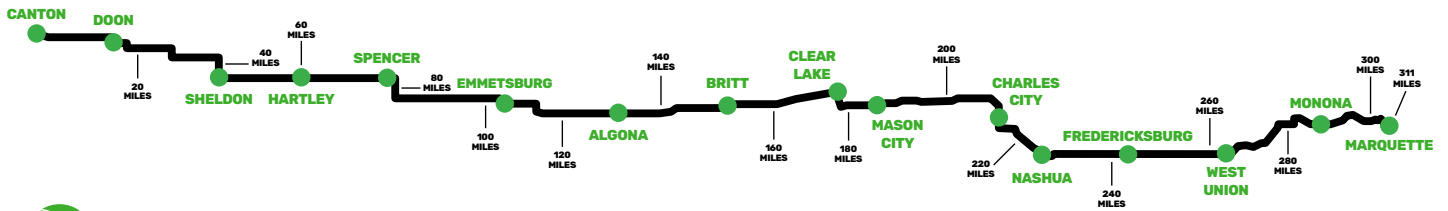


**Thursday, June 26th
11:30-2:00 PM**

LOWER LEVEL WALKING PATH

Come and go.
Receive a card, tile, or roll of the dice.

WALK ACROSS IOWA CHALLENGE!



Teams participating in the Walk Across Iowa Challenge are responsible for moving their own team foot. Teams must report their weekly miles to hr@spencerhospital.org every Friday throughout the month of June.



IN LOVING MEMORY OF...ME

MY FINAL WISHES
LUNCH N' LEARN WITH
WARNER FUNERAL HOME

WED., JUNE 11TH 12-12:30 OAK CONFERENCE ROOM

BURIED OR CREMATED? WILL? TRADITIONAL SERVICE OR CELEBRATION OF LIFE? JOIN ANDREA HEARD, ADVANCE FUNERAL PLANNER WITH WARNER FUNERAL HOME, TO LEARN ABOUT WHAT YOU COULD AND SHOULD BE DOING EARLY. ONE OF THE BEST GIFTS YOU CAN GIVE YOUR FAMILY IS THE PEACE OF MIND OF NOT HAVING TO THINK ABOUT DIFFICULT DECISIONS DURING THEIR TIME OF GRIEF.

SCAN QR CODE TO REGISTER.
SEATING IS LIMITED. OPEN TO ALL
SPENCER HOSPITAL EMPLOYEES.
LUNCH PROVIDED.



CLEAR THE CLUTTER

CAR CARE PROJECTILES



HOW MANY
ITEMS
CAN YOU
CLEAR?

WIN A LILAC
BOGG BAG W/
BEVY! VAL.
\$100



ALL OF
JULY

REMOVE LOOSE ITEMS. TAKE A PICTURE AND
SEND TO HR@SPENCERHOSPITAL.ORG.

ACCIDENTS HAPPEN.
THINGS FLY.

CLEAR OUT THE LOOSE ITEMS,
BEFORE THEY FLY.

SPENCER HOSPITAL
CLEAN UP CHALLENGE





WALK THE DOG

JULY WELLNESS CHALLENGE



IT'S EASY TO ENTER!

Send a selfie walking your dog to HR@spencerhospital.org - please include your dog's name in your email.

Win a new YETI dog bowl for your pup!





You are invited to a Countdown to Retirement: 5 Years to Go Workshop



This pre-retirement workshop equips you with the knowledge and tools to confidently plan the next chapter of your life. You'll gain guidance on income strategies, investment optimization, healthcare planning, and lifestyle adjustments for a smooth transition into retirement.

We also offer valuable real-time insights to help you understand current economic conditions.

Can't attend but still need help with financial questions? You can still schedule a free personal consultation with your company's dedicated financial professional by clicking this link.

Spouses and partners are welcome!

[CLICK HERE TO REGISTER](#)

Date: Thursday, July 9, 2026

Time: 12:00 PM – 1:00 PM CST

Maple Conference Room



SCAN HERE TO REGISTER

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L4758872[exp0827][All States and][PR, DC] CRN202901-10426230



+ Employee & Spouse + + Wellness Screening +

Tuesday, July 21st

6:30-8:30 AM

Human Resources

- Weight and Waist Check
- Metabolic Syndrome Risk Check
- Blood Pressure Check
- Comprehensive Blood Panel

FREE IF ON OUR HEALTH INSURANCE & SCREENED WITH 3+ MET S
FACTORS IN JANUARY OR HAVEN'T SCREENED IN 2026.

\$10 IF NOT ON OUR HEALTH AND HAVEN'T SREENED IN 2026.

**SCAN QR CODE
TO BOOK NOW:**



Clear the Clutter Challenge

CLOTHING CLEAN-UP

Clean out your closet & your
children's & help those in need!

ALL OF AUGUST

Record your # of items and win prizes!

Bring all adult & children's clothing (no
shoes) to the West door of the old
Wolfe Eye Clinic in the Abben Hallway





LUNCH AND LEARN

How We Stop Your World from Turning: Vestibular Diagnosis & Treatment

CRAIG CANTRALL, DPT - SPENCER HOSPITAL PHYSICAL THERAPIST

Wednesday, August 20 • 12 - 1 PM

Maple Conference Room

CEU Opportunity - Intended for Nurses, EMS Providers, Physical Therapists,
and other interested healthcare providers wanting to learn
more about vestibular diagnosis and treatment.

**Please RSVP for this free event for hospital
employees on the Spencer Hospital website:**

<https://www.spencerhospital.org/events/eid/3379cb9521d87f48/continuing-education/how-we-stop-your-world-from-turning---vestibular-diagnosis--treatment/>



**Spencer
Hospital**

BE ON THE LOOKOUT FOR FUTURE LUNCH + LEARN EVENTS

JOIN US FOR AN UNFORGETTABLE TIME ON THE NEW LANES!



SPENCER HOSPITAL FAMILY BOWLING

SUNDAY, AUGUST 16TH 12-6 PM

SPENCER BOWL

**SCAN THIS QR CODE
TO SIGN UP FOR
A 2 HOUR SPOT:**



You pay \$5/person & that includes 2 hours of bowling, shoes & a non-alcoholic drink.

Bring \$\$ for food & drinks.

**EXCLUSIVE ACCESS TO SPENCER HOSPITAL
EMPLOYEES & FAMILIES**



CLEAR THE CLUTTER
CHALLENGE

BATHROOM CLEAR OUT

TOSS YOUR OLD MAKEUP, TOILETRIES,
HAIR SUPPLIES & CLUTTER

TAKE PRESCRIPTION & OTC DRUGS, PATCHES, OINTMENTS
& PET MEDS TO THE SPENCER POLICE DEPARTMENT'S KIOSK
24/7. NO NEEDLES, LIQUIDS, AEROSOLS, OR HYDROGEN
PEROXIDE .

WIN
PRIZES!

ALL OF
SEPTEMBER



TAKE A PIC OF ALL ITEMS TOSSED & SEND TO
HR@SPENCERHOSPITAL.ORG



Improve your community, broaden your networks and boost your well-being.

GIVING BACK

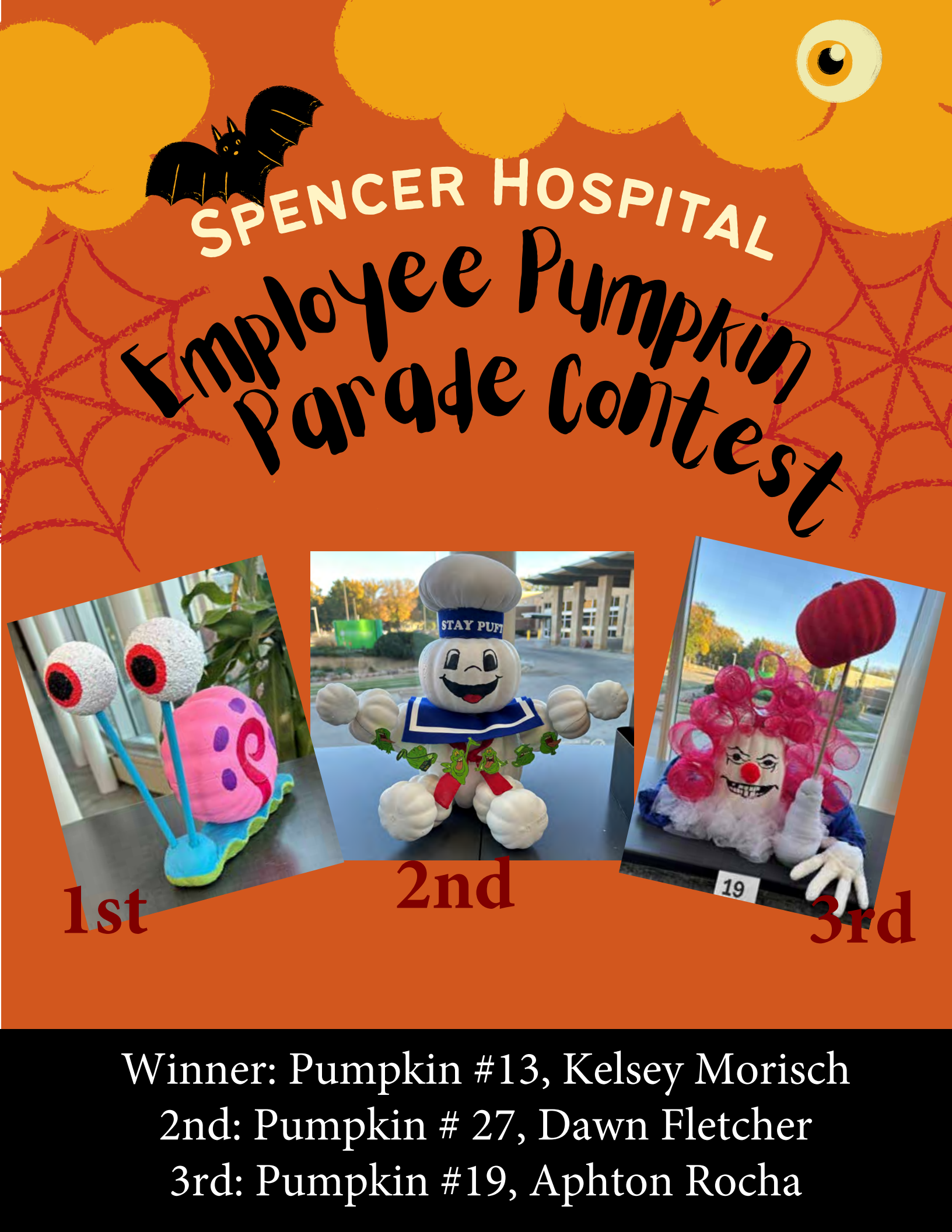
ADOPT A NUTTY BAR



Bring the fair experience to a Spencer Hospital patient the week of the Clay County Fair.



Throughout all of **AUGUST**, contact HR (264-6205 or hr@spencerhospital.org) to sponsor as many Nutty Bars as you like! (\$3 each).



SPENCER HOSPITAL Employee Pumpkin Parade Contest



1st



2nd



3rd

Winner: Pumpkin #13, Kelsey Morisch
2nd: Pumpkin # 27, Dawn Fletcher
3rd: Pumpkin #19, Aphton Rocha

Clear the Clutter Challenge



HOLIDAY DECOR DETOX



CLEAR OUT HOLIDAY DECOR.



DECLUTTER YOUR HOME.



DONATE TO LOCAL NONPROFITS.

**ALL OF NOVEMBER BRING YOUR ITEMS TO WEST DOOR
OF OLD WOLFE EYE CLINIC IN ABBEN HALLWAY.
WRITE YOUR # OF ITEMS...WIN PRIZES.**





Spencer Hospital
Thankful Tree

Write what you are thankful
for or attach a photo to a
leaf, then add it to the tree!



CLEAR THE CLUTTER

FUN STUFF FILTER

CLEAR OUT YOUR EXTRA
GAMES, MUSIC, PUZZLES,
BOOKS, TOYS, SPORTS
ITEMS, AND OTHER
HOBBIES TAKING UP
YOUR SPACE

ALL OF DECEMBER

BRING ITEMS TO WEST DOOR OF
OLD WOLFE EYE CLINIC
IN ABBEN HALLWAY.
WRITE YOUR # OF ITEMS & WIN PRIZES!



Spencer Hospital Employee's 12 Days of Christmas



1

**1
winner**

Oprah's Fav
10-piece
Cooking Set



2

**2
winners**

Tile Lego
Street 4,000
Piece Design

3



**3
winners**

\$100 SH
Coffee Shop
Gift Card



4

**4
winners**

Ninja 12-piece
Knife Set



5

**5
winners**

Fire Pit



6

**6
winners**

SH Makeup
Bag & \$50
Beauty Gift
Card

7



**7
winners**

SH Cooler &
\$50 Grocery
Gift Card



8

**8
winners**

JBL Speaker
or Gogogo
VPro
Rangefinder



9

**9
winners**

Tile by Life
360 Tracker



10

**10
winners**

SH Pizza Cutter
& Olive
Oil/Vinegar from
Hen House

11



**11
winners**

SH Tote &
Long-Sleeved
Shirt



12

**12
winners**

Kathy Ireland
Christmas
Blanket w/ SH
Deck of Cards

**78 winners.
\$3,500 in
total prizes!**

Each employee has 1 ticket waiting for you in HR. Drawings start December 1... come to HR prior to see prizes & submit your entry. Can't make it to HR? Email hr@spencerhospital.org the day (1-12) you'd like to be put in for.



Spencer
Hospital

Santa for Seniors

Spencer Hospital is partnering with Elderbridge and Upper Des Moines Opportunity with an “Adopt a Senior” program for the holidays - the hospital adopted 20 seniors and will have 100 gift tags available for lists of items that staff can donate.

If you are interested in participating, stop on down to HR to sign up! HR will get you set up with a gift tag that includes a list of items to shop for. Then, return your gift wrapped to HR by Friday, December 5th.

Thank you for spreading Christmas cheer
to those who are in need of support in our community!



SPENCER
HOSPITAL
EMPLOYEES IN
RED

Spencer Lights Scavenger Hunt

1. 20 FOOT SANTA
2. LEG LAMP
3. "NO SNEAKING, NO PEEKING SIGN"
4. INFLATABLE CLOCK W/ COUNTDOWN TO CHRISTMAS
5. "JOY" SIGN
6. 40+ CANDY CANES IN 1 YARD
7. IGLOO
8. BLUEY FAMILY
9. LIGHTS SYNCED WITH MUSIC
10. CHRISTMAS VACATION STATION WAGON
11. HOMER SIMPSON*
12. TREE IN 3RD STORY WINDOW
13. SINGING TREES* (ZUZU & RALPHIE)
14. SELFIE SLEIGH
15. TREE IN 3RD STORY WINDOW
16. 7 HOUSES IN A ROW WITH LIGHTS
17. SANTA & MRS. CLAUS UNDER MISTLETOE
18. GINGERBREAD HOUSE
19. CLARK GRISWOLD
20. NATIVITY SCENE
21. GRINCH
22. TOMATO RACK CHRISTMAS TREES*
23. FLAMINGOS*
24. HANGING SANTA*
25. SNOWMAN FAMILY OF 5*

Answer key on back



Children's Holiday Event

**SATURDAY, DEC. 7TH • 9:30 AM
SPENCER SOUTHPARK MALL**

Join us for this exclusive showing for Spencer Hospital Employees!

- Open to all Spencer Hospital employees and their children, grandchildren, relative, or special friend from a program.
- Doors open at 9 AM - please arrive early for concessions.
- Snack-pack coupon will be provided for children.
- No RSVP necessary - just come and enjoy the show!

We hope to see you there ready to laugh!

Please call Human Resources at ext. 6205 for any questions.



Massage Therapy Sessions

Presented by the Wellness Committee and the Shared Governance Image Council

15-Minute Massage Sessions for \$10! ***AVAILABLE FOR ALL EMPLOYEES***

*Massages provided by Iowa Lakes Community College
Massage Therapy Program Students.*

Dates Available:

Tuesday, December 15th | 10 AM to 3 PM



**Massages will be taking place in Maple
Conference Room.**

PAYROLL DEDUCTION AVAILABLE.

BUY A MASSAGE FOR YOUR COWORKER, YOUR BOSS, OR YOURSELF!

Sign Up: <https://www.signupgenius.com/go/409084CA8AB2BA1FC1-15minute>

**Scan me to
register:**



Spencer Hospital