

# health Connections

FALL 2016

Seasonal Newsletter of Spencer Hospital

## INSIDE THIS ISSUE

Birth Center

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Giving Testimonial

*and much more!*

## Labor of Love

New Birth Center opens  
providing comfort and  
convenience for new moms  
and dads.







# OH BABY!

**NEW BIRTH CENTER DELIVERS COMFORT & CARE**

**WHILE NEWBORN BABIES ARE SOFT AND CUDDLY, MOMS GO THROUGH A LOT OF HARD WORK TO BE REWARDED WITH THOSE LITTLE BUNDLES OF JOY.** The new Spencer Hospital Birth Center was carefully designed to meet all the medical needs of moms and babies while also providing the relaxing environment and pampering they deserve.

“Since we opened in August, we’ve had many families say they feel like they’ve checked into a five-star resort,” shared Jeannette Hasley, Birth Center Director. “The birth of a child is a special event, and we certainly strived to create a beautiful, comforting environment while at the same time incorporating into the design all the medical equipment needed for the care of moms and babes.”

The spacious birthing suites are designed for mothers to comfortably use for labor, delivery, recovery, and post-partum. Each of the six patient rooms features a park view through privacy windows which are fitted with two sets of shades, one light-filtering and the other shade for room darkening. Moms can design their own personal music playlists as iPod and iPhone jacks plug right into the speaker system. Dad or another support person can comfortably spend the night on the fold-out sofa. Large jet-stream tubs and tiled walk-in showers are featured in each bathroom, along with a special bathing sink just for baby.

“We hear many glowing comments about the tubs,” Hasley said. “We’ve had several moms say they credit the opportunity to relax in the whirlpool tubs for easing their discomfort and also for helping their delivery progress.”





She continued, “As nurses, we love the entire set-up. The nurse’s charting station is located between the patient’s bed and bath area so the nurse can visually see the mom and be in contact at all times. Across from the tub area is the baby bath area, specially designed for the little one’s first cleansing. Adjacent is a full bath with beautiful tiled shower.”

When mom needs quiet time, babies can be carefully monitored in the spacious nursery, and family members can lounge in the birth center lobby where there’s a coffee bar, television, restroom, and toys for older siblings to enjoy. Across the hallway from the patient rooms, support services are located such as the lactation consultant area, nutrition station, and space for medical staff and nursing staff functions.

New parents Greta and Brian Rouse were delighted with the experience of having their first child, Meredith Ann, at Spencer Hospital. “We couldn’t have asked for better care or facilities, and we can’t say enough about Dr. Sather, the entire staff, and the care we received,” Greta exclaimed.

Brian added, “It was truly a great experience overall. The staff made our transition from coming here as expectant parents to going home with a baby very comfortable. The education we’ve received has also been great.”



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**- BRIAN ROUSE**

The locations of the various amenities and medical equipment needs were carefully planned to be readily convenient. Convenience was also the goal in mind behind the location of the entire center.

“We located the new birth center on the first floor and the west side of the Spencer Hospital complex because we wanted it to be adjacent to our Surgery Center,” Hasley said. “When a physician determines a cesarean delivery is necessary, we want to be able to progress from ‘decision’ to ‘incision’ quickly. Being next door to the Surgery Center makes that possible.”

Bill Bumgarner, hospital president, remarked, “We believe the new birth center is the finest facility in the region in terms of clinical set-up and general aesthetics. It will better compliment the high quality care and services that have been provided by our skilled physicians and talented nursing team over many years.”

Dr. Nathaniel Meyer, who serves as the Birth Center’s Medical Director, commented, “The state-of-the-art obstetrical facility further emphasizes the commitment Spencer Hospital has taken to care for patients in our region. The outstanding care provided by our medical staff and nursing team is matched by the quality of the facility.”





# LACTATION CONSULTANT SERVICES



**IMAGINE NEVER HAVING TO STERILIZE A BOTTLE OR MAKE SURE THE FORMULA IS JUST THE RIGHT TEMPERATURE BEFORE YOU CAN SOOTHE YOUR BABY’S HUNGRY CRIES.** Those conveniences are just a couple of the many benefits of breastfeeding infants which, most importantly, include many health benefits for babies and moms and cost savings for families. To provide new moms who wish to breastfeed support and education to achieve success, Spencer Hospital has two registered nurses who specialize in lactation education.

“We recommend expectant women start their education prior to giving birth by attending our prenatal classes which cover labor, delivery, newborn cares, and features a special breastfeeding session,” said Katie Fullhart, Certified Lactation Consultant. “During this session, you will learn the basics of breastfeeding, what to expect during the beginning days, how to care for your new little one, and what support resources are available after you leave the hospital.”

Once baby is born and mom is recovering in the hospital, a lactation consultant will visit with the new mom to answer any questions and help educate her on how to best meet her breastfeeding goals. The consultant will also assess those early breastfeeding sessions to ensure that mom and baby get off to a good start.

If breastfeeding questions or concerns arise after mom and baby are discharged home, a lactation consultant is available to assist with any breastfeeding challenges that surface, such as latch-on difficulties, engorgement, and low supply.

“We also encourage new moms to come to our weekly Breastfeeding Support Sessions each Wednesday morning. At this time we do a weekly weight check for baby to determine how baby is gaining and answers any breastfeeding questions moms may have,” Fullhart explained. “Moms are able to talk to other moms who are breastfeeding their babies and discuss similar experiences.”

This breastfeeding education and support is offered weekly on Wednesdays from 10:00-11:00 am in the Birth Center Lactation Lounge, designed especially for moms with babies under 1 year of age. Pre-registration isn’t required and moms can stop by any Wednesday morning.

Anyone with further questions is encouraged to contact the hospital’s International Board Certified Lactation Consultant IBCLC by calling (712) 264-6314.

# HUGS SYSTEM SECURITY FOR MOM & BABY

**THE FIRST DAY OF PARENTHOOD IS TYPICALLY THE FIRST DAY ADULTS TRULY EXPERIENCE WHAT THE WORD “WORRY” MEANS.** As they gaze down at their little one, they realize how vulnerable their baby is and vow to protect the child from harm.

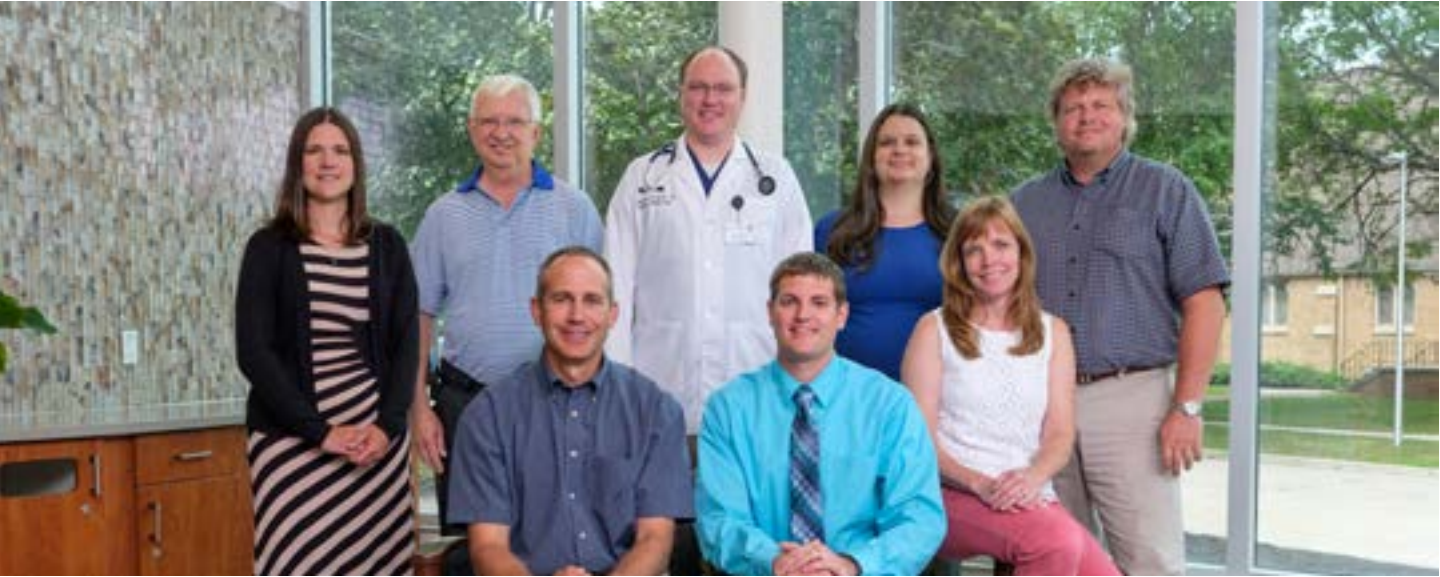
That’s our vow too at Spencer Hospital.

Hospital personnel are dedicated to the health and safety of you and your baby, and to your child’s security too. The Birth Center doors are securely locked for your and your baby’s safety, not only for anyone seeking entrance, yet also securely locked so anyone who wishes to exit must also be granted permission. With the construction of the new Birth Center which opened in August, another layer of security was put into place, the Hugs system.

Funded through the generosity of the Spencer Regional Healthcare Foundation, the Hugs security system entails each infant wearing a small ankle device. Every exit point of the birth center is electronically monitored to detect each ankle tag. This means staff members and family can move freely with infants within the protected zone, but no one can remove an infant from the unit or attempt to remove the security band without the system alerting hospital staff.

“While our hospital already had security measures and protocols in place to ensure infant security, the Hugs system reinforces that peace of mind,” commented Jeannette Hasley, Birth Center Director. “New parents will have many reasons to lose sleep. The security of their child while in the hospital doesn’t need to be one of them.”

# DOCTORS WHO DELIVER



**THESE FAMILY PRACTICE PHYSICIANS OF AVERA MEDICAL GROUP SPENCER ARE EXPERTS IN SPECIAL DELIVERIES!**  
Pictured are (seated, left to right) Dr. Bruce Feldmann, Dr. Travis Witt and Dr. Sonia Sather; (standing, left to right) Dr. Amanda Young, Dr. Ron Creswell, Dr. David Keith, Dr. Hillary Kerrick and Dr. Nathaniel Meyer.

# THE LANGNER'S STORY A FIVE STAR REVIEW



**AS THE NEW BIRTH CENTER NEARED COMPLETION, MANY EXPECTANT PARENTS WERE BOTH EXCITED AND ANXIOUS, CROSSING THEIR FINGERS THAT THE ARRIVAL OF THEIR LITTLE ONE AND THE OPENING OF THE NEW CENTER WOULD COINCIDE.**

Josh and Krista Langner saw the circled due date on their calendar slip by as baby number two kept them waiting a bit longer than expected. Their family physician scheduled an induction, which had the couple reporting to the hospital not long after the open house crowds dispersed.

On August 3 at 2:45 PM, the Langner family welcomed baby boy Reign Joshua into the world, which made Reign the first baby born in the new Birth Center. A few days after Krista and Reign were discharged and getting settled in at home with big sister Ava and proud dad Josh, Josh took time to write a 5-Star review on Facebook of Spencer Hospital and his family's experience:

*“We just had baby number two at the Spencer Hospital. Just like last time, all of the OB nurses were fantastic! They made bringing the little guy into the world such a special occasion. They tended to my wife's needs with excellence and professionalism- while being kind and personable, and they*

As a kiss from God and a reward for carrying that little guy for so long, we were able to be the first parents to deliver in the brand new birth center! That place is **somewhere I would choose to go on a vacation!**”



*swooned over and cared for our child as if he was their own. You leave feeling like they have been your best friends your entire life, and you are a little sad when their shifts end.*

*The anesthetist was just as kind and professional as the nurses. I always have this picture of them coming in like Dr. Frankenstein and jamming the patient full of needles. She came in answering all of our questions and making sure my wife was comfortable.*

*Another (probably often overlooked) shining star of the hospital is the cafeteria. Generally, hospital food has a reputation for being nearly inedible. Everything we ate was delicious!*

*The cherry on top: My wife was 7 days overdue and her primary physician had to induce her. As a kiss from God and a reward for carrying that little guy for so long, we were able to be the first parents to deliver in the brand*

*new birth center! That place is somewhere I would choose to go on a vacation! The rooms are very spacious and have a beautiful view of the gardens along Grand Ave. The wing is filled with state of the art equipment that makes you know that you are in good hands. This includes the new whirlpools in each room. We are fairly certain that the trip to the whirlpool is what helped the labor progress so much more quickly and more comfortably than last time.*

*The new daddy beds are five stars all on their own. With our first child, the daddy bed left me begging for an epidural! In the new birth center, the nurses personally tested bed after bed to find the right ones- and they certainly did! We are so thankful to have such an amazing facility and even more amazing staff in our community. We are almost sad that our goal is to not be pregnant in 2017.*



## NITROUS OXIDE AT SPENCER HOSPITAL

### EXPECTANT MOMS ARE SMILING OVER THIS PAIN MANAGEMENT OPTION

**ALONG WITH THE BRAND NEW BIRTH CENTER, SPENCER HOSPITAL IS ADDING ANOTHER OPTION FOR PAIN MANAGEMENT FOR LABORING MOMS.**

Nitrous Oxide (N<sub>2</sub>O), also known as laughing gas, has been used for decades for pain management during labor. More popular in Europe, it fell by the wayside with the emergence of the epidural. Today, Spencer Hospital is the first hospital in northwest Iowa to bring it back as another option for mamas going through labor.

Bryn Anderson, a nurse in the Birth Center, participated in a program through the University of Iowa where she learned about N<sub>2</sub>O. After completing an academic project on the benefits of it, Bryn recommended bringing the option to the patients at Spencer Hospital.

While there are many options for pain management during labor, Nitrous Oxide offers pain management with minimal side effects. Some women experience some dizziness and nausea, but in most cases it has no side effects. N<sub>2</sub>O also does not affect the baby, making it completely safe.

Nitrous Oxide can be used in all three stages of labor, making it a convenient choice. While it is not needed after the administration of an epidural, N<sub>2</sub>O can be beneficial in calming the patient while she is getting the epidural. It can also be used during any post delivery procedures that are needed.

Unlike the epidural and other pain management options, N<sub>2</sub>O does not require any extra monitoring, and therefore does not restrict the patient to the bed. A patient is free to move around

the room, as long as the unit reaches them. Since the gas is only inhaled during a contraction, between them patients can walk the halls, move around, and still have mobility.

Nitrous Oxide can be used in combination with any other pain management drug, except for fentanyl. N<sub>2</sub>O works by reducing the stress of a patient, which in return helps with pain. “In the months that it has been in use at the hospital, nurses have received a lot of positive feedback about the use of N<sub>2</sub>O during labor,” commented Bryn.

Dr. David Keith added, “Nitrous Oxide gas(NO) is a helpful addition to the many tools we have to help with labor pains. It has been used commonly all over the world, but not as commonly in the US, and especially in Iowa. We have the unique opportunity to use it as a labor pain treatment that is safe for mothers and babies. It decreases the need for an epidural and allows a mother to continue to be mobile during labor. It works for a short time, and helps during the contractions, allowing the mother to focus on what she wants to do during her experience. Spencer Hospital remains committed to helping families have the best birth experience possible with their new additions.”

### DID YOU KNOW?

**N<sub>2</sub>O ONLY REMAINS IN YOUR SYSTEM WHILE YOU BREATHE IT IN. AFTER A FEW BREATHS OF ROOM AIR, IT COMPLETELY LEAVES YOUR BODY.**



# VIOLET UV-C SUPER CLEANER

DEDICATED TO REDUCING INFECTION RISKS FOR OUR PATIENTS



## VIOLET BY NUMBERS

12.6 AVERAGE ROOMS PER DAY

65 ISOLATION ROOMS

1082 STANDARD ROOMS

1147 ROOMS TOTAL

1,152,540 PULSES

210.91 HOURS RUN

UTILIZATION STATISTICS FOR ONE  
QUARTER - APRIL TO JULY 2016

**THREE YEARS AGO SPENCER HOSPITAL WAS THE FIRST HOSPITAL IN IOWA TO IMPLEMENT THE XENEX UV-C ROOM DISINFECTION SYSTEM IN ITS PATIENT AND OPERATING ROOMS.** The hospital's unit, nicknamed Violet, uses pulsed xenon technology to deliver high-intensity, broad spectrum ultraviolet-C light to quickly kill microorganisms on surfaces without contact or chemicals.

Healthcare associated infections are a major cause of patient mortality and hospital professionals are always working hard to decrease the risk of infections through best practice. One of the hospital's goals was to use Violet in 100% of rooms with patients of infection, a goal that has been achieved and maintained. Environmental cleaning plays an important role in patient safety in healthcare facilities. Pathogens have the ability to survive for days and even months on hospital surfaces, so Violet is used to eliminate those pathogens and create a safe environment for patients and employees.

"Our Environmental Services team does an exceptional job of cleaning and we routinely test to verify how well we are disinfecting areas," commented DeeAnn Vaage, Infection Control Nurse. "The Xenex disinfection system provides an extra layer of protection and assurance."

She added: "Violet has effectively reduced the amount of infectious bacteria that is able to survive on surfaces, making our hospital even safer for our patients. In just fifteen minutes, Violet can completely irradiate all organisms in a patient's room."

Spencer Hospital is dedicated to maintaining a safe place for all patients, and Violet helps us achieve that goal!

# You could win an iPad Mini!

Having access to your health records is an important step in knowing your health history. Spencer Hospital encourages patients to create and use their health accounts and periodically provides a fun incentive to do so. On Friday, December 2, Spencer Hospital will be drawing one person's name among patients who have created a Relay Health account to win an iPad Mini.

To register, send an e-mail to [relay.health@spencerhospital.org](mailto:relay.health@spencerhospital.org). Please include your name, date of birth and phone number. Hospital health information personnel will set up your account. Then, all you need to do is log in once to your account and your name will be entered in December's drawing.

### With Relay Health, you can:

- Check on your lab results
- View radiology results
- Access health information to manage your health
- Create your own personal health record, which is especially useful for those managing a chronic condition, such as diabetes and high blood pressure
- Help you manage care for loved ones



# SERVICE OF Remembrance

*Service provides a time to reflect and celebrate the lives of loved ones*

The holidays can be a difficult time for those who have experienced the loss of a loved one; yet it's also an important time to remember those we've lost. The annual Service of Remembrance, sponsored by Hospice of Spencer Hospital, Abben Cancer Center, Warner Funeral Home and area clergy, is a special time to remember those loved ones.

**Monday  
November 28  
6:30PM**

**First Christian Church  
701 E 18th St, Spencer**



## 4 FALL FOODS FOR YOUR FAMILY

yum

**FALL MEANS NEW CLASSES, NEW ACTIVITIES AND SPORTS, NEW SCHEDULES AND A SHIFT TO COLDER WEATHER FOODS. REGARDLESS OF AGE, HAVING THE RIGHT FUEL — EVEN BETTER IF IT COMES FROM PRODUCE THAT'S AT ITS PEAK — IS KEY TO HELPING KIDS DO THEIR BEST.**

### Pumpkin

Is anything more fall-like than a pumpkin? These famously orange winter squashes are chock-full of vitamin A and deliver 3 grams of fiber per ½-cup serving, plus potassium. And don't forget about roasting the seeds! Pumpkin seeds are a good source of several nutrients, including zinc, which is essential for many body processes including immune function.

Try pumpkin puree mixed into mac-and-cheese or with hummus for a seasonal spread. Looking for more options? Lisa Brown, MS, RDN, CDN, a registered dietitian in New York City, suggests adding it to pancake batter, oatmeal, smoothies or your kid's favorite chili.

### Oats

Heart-healthy oats are loaded with fiber for slow-burning energy. Oats also provide vitamin B6 and other nutrients that are important for growth and development and overall health.

"A steaming bowl of oatmeal is the perfect breakfast on a cold day," Brown says. "The soluble fiber will help control blood sugar levels and keep your kids full until lunchtime. Top their oatmeal with nuts or nut butters, and fruit for extra vitamins, minerals and antioxidants." Or, replace the breadcrumbs in your favorite meatloaf recipe with oatmeal.

Summer's bounty of tomatoes and peaches may be over, but harvest season has its own advantages such as these delicious fall foods. Learn simple, kid-friendly ways to add them to your family's meals.

### Apples

Apples pack a powerful nutrition punch. No wonder they sit on teachers' desks and keep the doctor away. They are a good source vitamin C. Leave the skin on for added fiber.

Slice and sprinkle apple slices with cinnamon or pair with cheese or peanut butter for an easy snack. Don't forget about dinner! Apples also taste great when stewed and served with savory foods such as roasted pork.

### Brussels Sprouts

They may be small, but Brussels sprouts are part of the powerhouse cruciferous veggie family. In each 1 cup serving, they provide 4 grams of fiber, plus vitamins A, C and K. Brussels sprouts are also a source of calcium, folate, iron and zinc. They even have some protein.

You can cut whole Brussels sprouts into kid-friendly quarters and toss with sea salt and olive oil. Roast until crispy and you've got a tasty alternative to french fries. If your kids are skeptical, serve the sprouts mixed with roasted sweet potato or butternut squash cubes. You can also shred them (or buy them pre-shredded) and sauté lightly then toss into your kids' favorite pasta or rice dish.

*www.eatright.org, October 2015*

## NEW SPINE SURGEON JOINS MEDICAL STAFF



**EXPERIENCED SPINE SPECIALIST DR. DANIEL MCGUIRE HAS RELOCATED HIS PRACTICE, IOWA SPINE CARE PLC, TO NORTHWEST IOWA.** In collaboration with Northwest Iowa Bone, Joint & Sports Surgeons, Dr. McGuire sees patients in Spencer, Spirit Lake, and Storm Lake, with his primary office located on the Spencer Hospital campus.

Dr. McGuire earned his medical degree from Creighton University. He completed his residency in orthopedic surgery at St. Louis University and a spine fellowship at Southern Illinois University School of Medicine. After 26 years of practice in Des Moines, Iowa Spine Care officially opened its Spencer office on September 1.

To contact Iowa Spine Care  
call (712) 580-2225.

## RECOGNIZING CO-WORKER ACHIEVEMENTS

Kara Gerdeman, Health Information Management Services, received her Certified Coding Specialist (CCS) certification in recognition of her coding skills.

Jessica Trojahn, Medical-Surgical Patient Care Services, graduated from Northwest Iowa Community College with an associate degree in nursing.

Trish Pitts, Quality Services Utilization Review Nurse, earned her Bachelor of Science in Nursing recently from American Sentinel University.



**Receive the monthly Spencer Hospital eNews!**  
Go to [www.spencerhospital.org](http://www.spencerhospital.org) and sign up online.



# AFFORDABLE CARE ACT ARE YOU COVERED?

**“AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE.” - BENJAMIN FRANKLIN.** Staying healthy and addressing health concerns in the early stages typically results in successful care, fewer worries and less expense. Studies show that Americans who have health care insurance tend to be more proactive about seeking preventative care than those who are uninsured. The opportunity to secure affordable insurance is available now during the healthcare marketplace exchange open enrollment period of November 1 through January 31, 2017.

“The hospital industry is a strong proponent of the Affordable Care Act because we observe that when people have insurance coverage, they are more likely to seek preventative health care services or catch a health concern earlier, in more treatable stages,” commented Spencer Hospital President Bill Bumgarner. “Access to health insurance is a critical component for achieving a healthier community.”

The Affordable Care Act includes legislation designed to enable all Americans to secure affordable health care insurance through a variety of means. Many Americans receive health care insurance through an employment

arrangement. Others qualify for a program such as Medicare or Medicaid. For those who need to seek insurance coverage directly, the healthcare exchange is designed to provide options.

“We encourage people to check with a local insurance agent regarding options; however, should those options not meet an individual’s personal needs, the healthcare marketplace offers an alternative for securing insurance coverage,” explained Spencer Hospital financial counselor Janette Hagen.

She continued, “Depending on income levels, an applicant may qualify for a subsidy to help cover premium costs. Or, people may qualify for Medicaid coverage and haven’t realized it, or know they qualify, yet are unsure of how to enroll. We’re happy to assist with Medicaid enrollment too, which can be done anytime of the year, not just during the healthcare exchange enrollment period.”

For those who want to explore the marketplace on their own, the website is [www.healthcare.gov](http://www.healthcare.gov). To make an appointment with one of Spencer Hospital’s financial counselors to guide you through the Health Insurance Marketplace, call (712) 264-6259 or (712) 264-6128 to make an appointment.

# CHOCOLATY PUMPKIN BARS RECIPE

## INGREDIENTS

- 1 cup all-purpose flour
- 1 cup whole-wheat flour
- 1 cup pecans, very finely chopped
- ¾ cup granulated sugar
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon baking soda
- ½ teaspoon salt
- 4 large eggs, beaten
- 1 15-ounce can 100-percent pure pumpkin
- ½ cup canola oil
- ¼ cup low-fat milk
- ½ cup mini semi-sweet chocolate chips

## DIRECTIONS

- 1 Preheat the oven to 350°F. Lightly oil or coat a 15 x 10 x 1-inch rimmed baking or jelly roll pan with nonstick cooking spray and set aside.
2. Whisk together the all-purpose flour, whole-wheat flour, pecans, sugar, baking powder, cinnamon, baking soda and salt in a large bowl until combined.
3. In a separate bowl, whisk the eggs, pumpkin, oil and milk until blended. Pour the liquid ingredients over the dry ingredients and stir until just combined. Stir in the chocolate chips.
4. Spread the batter evenly in the prepared pan and bake for 25 minutes, or until a wooden toothpick inserted in the center comes out clean. Transfer the pan to a wire rack and cool for 10 minutes before slicing into 30 2 x 2 ½-inch bars.

# GIVING TESTIMONIAL MYRA



## WAYS TO GIVE

- MEMORIAL DONATIONS
- DISTRIBUTIONS FROM RETIREMENT FUNDS
- GIFTS FROM ESTATES
- LIST THE HOSPITAL AS BENEFICIARY OF LIFE INSURANCE OR ANNUITIES
- DESIGNATE GRAIN SALES FOR THE HOSPITAL UPON HARVEST
- PARTICIPATE IN FUNDRAISERS
- DIRECT GIFTS



**THE REASON I GIVE TO THE SPENCER REGIONAL HEALTHCARE FOUNDATION IS I BELIEVE OUR COMMUNITY IS ONLY AS GOOD AS WE MAKE IT.** Our hospital is a facility that gives to everyone in this region, so we should maintain it and give back.

My family has benefited from the services here and will certainly depend on the hospital in the future. In 1986 I drove my father to Sioux City for cancer radiation treatments. He was diagnosed with lung cancer on New Year’s Eve Day. You can imagine what the next six weeks of travel were like to Sioux City and back in the middle of a northwest Iowa winter. Each day we returned stressed and tired. He went to bed for his nap and I went to work! How wonderful it is now to be able to come to Abben Cancer Center of Spencer Hospital?

In the medical field, methods are constantly evolving requiring new equipment and training. Our residents need more dialysis, more cataract surgeries, more knee and hip replacements, cancer treatments, a wonderful birthing center, and access to other medical procedures. Isn’t it nice to be able to get the necessary treatment here in your own backyard?

As we all know, organizations that are not supported properly may have to modify or cut services. Personally, I’ve found several methods to give. Listed on the left are a few of my favorite ways to make a difference along with ideas that may fit you.

One of these methods should fit your financial picture. I want to support our hospital so it will be there when I need it and I ask you to join me in giving. We never know when a health need may occur. I have been blessed so I can give, and Spencer Hospital is one of my priorities.



# AED MACHINES AREA ATHLETES BENEFIT

Through dollars donated to the foundation, our athletic trainers and area athletes will now have access to new AED machines, a device that can and has saved lives.



Bob Cunningham, Sports Medicine Northwest Athletic Trainer

**THE SPENCER REGIONAL HEALTHCARE FOUNDATION RECENTLY USED DONATED DOLLARS TO PURCHASE FIVE AUTOMATED EXTERNAL DEFIBRILLATORS (AEDS) FOR USE BY SPORTS MEDICINE NORTHWEST.** An AED is a portable device that checks the heart rhythm and can send an electric shock to the heart to try to restore a normal rhythm. Athletic trainers of Sports Medicine Northwest travel to 21 schools in the region. This purchase will allow an AED to be carried with the trainer ensuring a machine is always readily available.

“Beyond having as many people as possible trained in CPR, having AEDs available where people gather is the next step toward saving lives in sudden cardiac events,” says foundation board member Dr. Stephanie Johnson. “Sporting events are large gatherings in northwest Iowa. Sometimes participating in or watching these events can stress the heart. I am pleased that dollars donated to the foundation can make AEDs available for our trainers to have available at these events.”

# IRA ROLLOVER POTENTIAL TAX BENEFITS

**USE YOUR MINIMUM DISTRIBUTION TO MAXIMIZE YOUR GIVING.** An individual 70½ years old or older who is qualified IRA holders can transfer up to \$100,000 to charity without incurring income taxes today or estate and income taxes in the future. If married, each spouse can transfer up to \$100,000 per year from his or her IRA.

“A QCD (Qualified Charitable Distribution) is a tax effective way to make a charitable contribution directly from an IRA,” said Jim Higgins, CPA Campbell, Higgins and Mummert. “It allows a taxpayer to satisfy their requirements for minimum distributions, while simultaneously excluding their taxable income rather than simply deducting the charitable donation, resulting in greater tax benefits to the individual.”

- If a donor is interested in contributing to the foundation using IRA funds, these key requirements should be followed:
- The IRA account holder must be at least age 70½ at the time the distribution is made to the charity.
  - The distribution must be made directly from the IRA custodian to the charity.
  - The gift cannot exceed \$100,000 per donor per year; and
  - No goods or services can be received by the donor in exchange for the IRA gift.

For more information please call the foundation office at (712) 264-6226.

# YOUR GIFT MATTERS YOU CAN SAVE A LIFE

**Spencer Regional Healthcare Foundation seeks donations to improve care for emergency cardiac patients.**



## TIME IS OF THE ESSENCE.

For Hartley residents Larry Espey and his wife Brenda, this statement accurately describes the night Larry woke with a slight pain in his shoulder. Even with no other symptoms, Larry felt he should seek medical advice so Brenda drove him to Spencer Hospital. Unfortunately, just outside of Spencer, Larry became unresponsive. Once to the hospital, the emergency department staff and paramedics held Larry’s life in their hands.

Grateful for the care he received, Larry understands that in a cardiac emergency, time is critical. This year the Spencer Regional Healthcare Foundation invites you to make a donation that will increase safety and accelerate the progression of care for cardiac patients by bringing the Lucas Compression System and a Wi-Fi Hotspot to our communities.

The Lucas Compression System is an automated CPR machine which provides on-going cardiopulmonary resuscitation compressions, removing variables such as EMT fatigue and increases safety for patients and EMTs when

“Any help you can get a patient in a timely and efficient manner is extremely beneficial.” - Larry & Brenda Espey

on the way to the hospital. By having Wi-Fi access within each ambulance, anywhere from 10 to 30 minutes of time can be saved from diagnosis to treatment at a heart facility, as the emergency staff is electronically receiving information regarding a patient’s health while in transit.

By supporting this fund drive, your gift could save a life... possibly someone you love.

**TO MAKE A GIFT TOWARD THESE LIFESAVING DEVICES, PLEASE USE THE DONATION FORM ON THE INSIDE OF THE BACK PAGE OF HEALTH CONNECTIONS.**



YOUR CARING SUPPORT THANK YOU

GIFTS

By LeAnn Black  
By Lawrence & Betty Drew  
By Eaton Corp.  
By Mary Edmondson  
By Doug & Sandy Hart  
By Scott & Peggy Johnson  
By LWML-First English Lutheran Church  
By Mike & Retha Lenhart  
By Dr. Roxy McLaren  
By Randy & Rhonda Menke  
By Steve Pick  
By Susan Rohan  
By Alicia Roos  
By Deb Schueller  
By Terry & Stephanie Shively  
By Kenneth & Lori Smith  
By SMU  
By Spencer High School Cross Country-  
Pink Out  
By Kevin & Lori Tesch  
By The Bear Coffeehouse  
By Truist  
By Ann Vandelaar  
By Jason & Kris Wilbur

IN HONOR OF

Robert Cozine, MD  
By Nancy Cozine & Family

IN MEMORY OF:

Beulah Ahrenstorff  
By Effie Heikens  
  
Charlotte Amis  
By Andrew & Kimberly Extine  
  
Sue Anderson  
By Darlene White

Jon Beck  
By Karen & Les Buchholz  
By Cindy Heiter  
By Eric & Jo Ann Voss

Nancy & Jess Blanchard  
By Bill & Becky Sanders

Deryll Brodersen  
By Colleen Rouse

June Campbell  
By Carol Albers  
By Myra Coover  
By Colleen Rouse  
By Brett & Mary Jo Smith  
By Kent & Dixie Zalaznik

Marie Clark  
By Roger & Jackie Mann

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LEAVING YOUR LEGACY

Imagine making a gift that costs nothing during your lifetime yet provides benefits for generations to come. A Legacy Gift to the Spencer Regional Healthcare Foundation enables you to name the foundation in your estate plans or make a gift through a charitable annuity, insurance beneficiary designation or other charitable tool now, and then provide benefits to those served by the organization for years to come.

“By taking time to be intentional in your philanthropic support of the hospital, you join with other individuals and families who have chosen to fulfill a leadership role,” explained Mindy Gress, executive director of the Spencer Regional Healthcare Foundation. “Through leading by example you are able to experience the joy of giving and the gratitude of the patients who benefit from your support. Your gift can be directed to those services you believe to be among the most essential for the future of our community.”

Gress added she is happy to meet with anyone who would like to discuss the possibilities of a gift. Along with a donor's professional advisor, Gress can help a prospective donor explore options for creating gift plans, insight on planned giving vehicles and opportunities including various illustrations of the tax and income benefits of many types of gifts. Anyone interested in learning more about the Legacy Society is invited to call Mindy Gress at (712) 264-6226 or email giving@spencerhospital.org.

“ Someone’s sitting in the shade today because someone planted a tree a long time ago.” - Warren Buffett



Emerald Hills Golf Pro Randy Rohlfen provided a warm welcome to the 2016 Abben Cancer Center Golf Classic

Mail to Spencer Regional Healthcare Foundation, 1200 First Ave East, Spencer, IA 51301.

Donor's Name: \_\_\_\_\_☐ I would like to be an anonymous donor.

Street Address: \_\_\_\_\_In Memory of: \_\_\_\_\_

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# Thank You for Your Support

Spencer Hospital is leading the way to better health.

Our success is made possible by the unwavering support of our community, physicians, employees and volunteers.

On behalf of the Spencer Hospital Board of Trustees, administration and healthcare team, we thank you for allowing us to continue our mission to provide compassionate, quality health care services to our communities.

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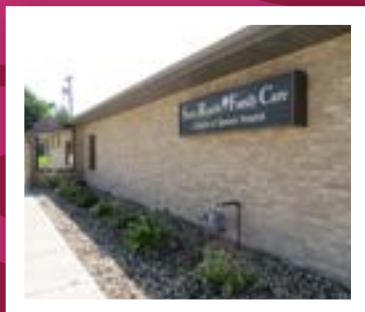
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