

# health Connections

SUMMER 2017

Seasonal Newsletter of Spencer Hospital

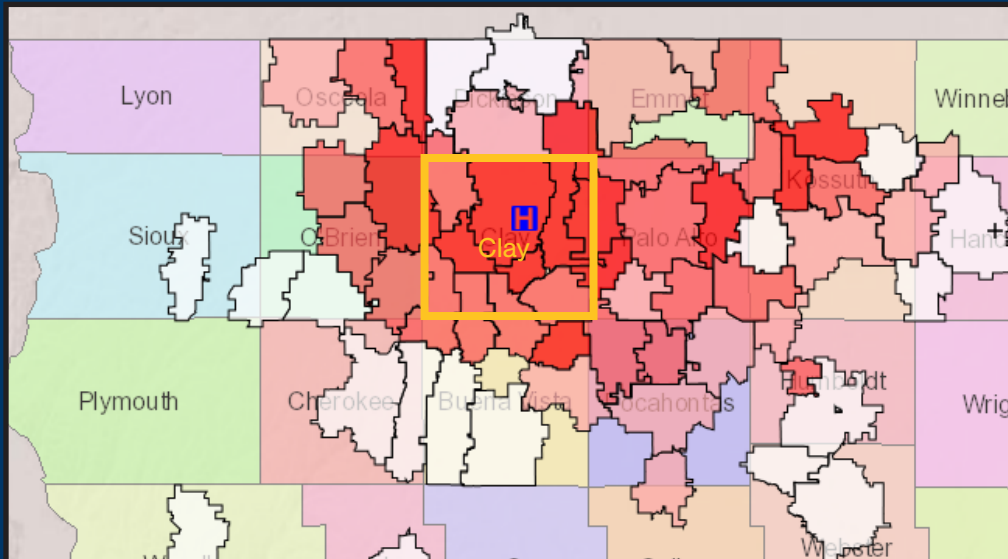
## **BACKS, SHOULDERS, HANDS, HIPS, KNEES & TOES**

PROVIDING ORTHOPEDIC EXCELLENCE  
FOR NORTHWEST IOWANS

### INSIDE THIS ISSUE

The Best in Orthopedics  
Recover Faster!  
Music for the Soul  
Generous Donors  
Outstanding Professionals  
And more!





## The Region's Market Leader

The map depicts Spencer Hospital's 2016 inpatient orthopedic market share in northwest Iowa. The brighter color is consistent with higher market share.

# Patients select Spencer Hospital for Orthopedics

**THE ADULT BODY HAS 206 BONES AND MORE THAN 900 LIGAMENTS, WHICH ADDS UP TO OVER A THOUSAND POSSIBILITIES FOR AN ORTHOPEDIC HEALTH CONCERN.** Spencer Hospital's medical staff consists of 14 physicians specializing in various orthopedic disciplines, including general orthopedics, sports medicine, hand surgery, spine surgery and podiatry.

These specialists have earned the trust and confidence of patients who travel to Spencer from throughout northwest Iowa when seeking excellence in orthopedic care.

"The Spencer medical community offers one of the finest orthopedic service lines in the State of Iowa," said Bill Bumgarner, Spencer Hospital President. "Northwest Iowa Bone & Joint and Orthopaedics, P.C. have developed and sustained strong practices, literally for decades. There are many, many hospitals in Iowa that can only aspire to develop orthopedic services of the breadth and quality of what our surgeons have maintained and advanced in Spencer."

The following pages offer a glimpse into the array of or-

thopedic care provided locally. In addition to traditional orthopedic surgery procedures, Spencer's orthopedic specialists continually seek advancements in surgical care which have a proven track record for enhanced outcomes, including computer assisted joint replacement procedures, anterior hip replacement when appropriate for the patient, and the latest techniques in hand surgery and therapy.

"Spencer Hospital values its long-standing collaborative relationship with its orthopedic surgeons," said Bumgarner. "We work together to ensure their important work is supported by advanced technology and a skilled team of surgical support and rehabilitative therapy professionals."

Orthopedic specialists routinely perform hundreds of procedures year over year at Spencer Hospital.

"The collective talent and experience of Spencer's orthopedic surgeons is substantial and simply outstanding," said Bumgarner. "It's yet another example of understanding that a patient does not have to travel to a larger community to achieve excellence in care outcomes."

# OFFERING CARE OPTIONS FOR SPINE HEALTH

## DR. MCGUIRE COMES HOME TO NORTHWEST IOWA

### BACK CARE IS BACK!

Expert spine care has returned to Spencer Hospital, provided through spine and orthopedic specialist Dr. Daniel McGuire of Iowa Spine Care.

An experienced spine surgeon with 25 years in private practice in central Iowa, Dr. McGuire relocated his practice to Spencer last fall.

“I have performed thousands of surgeries and have seen virtually every spine condition imaginable,” commented Dr. McGuire. “However, my first step is always a conversation. Surgery should never be entered into without full consideration of other treatments available and potential outcomes. The most important step in determining a treatment plan is the discussion and diagnostics.”

Dr. McGuire said the most frequent cases he sees involve spinal issues such as lower back pain, pinched nerves and sciatica in the back and legs, spinal stenosis, compression fractures of the spine resulting from osteoporosis, and neck problems.

“My practice focuses on providing care for patients who have spine health issues, from evaluation and education to various forms of treatment, including surgery, when necessary,” Dr. McGuire explained. “Before anyone commits to a radical treatment or invasive surgery, I encourage people to come see me and together we can identify potential treatment options which will be the best fit for that individual.”

Dr. McGuire is a native of northwest Iowa, growing up on a farm near Holstein.

“My practice was located in central Iowa for nearly 30 years,” Dr. McGuire commented, “Yet when an opportunity arose to relocate to northwest Iowa, I decided to move and it’s been wonderful. The Spencer Hospital team is terrific and I’m enjoying the patients

I’m meeting and the opportunity to help them with their care.”

Dr. McGuire is seeing his patients at the offices of Northwest Iowa Bone, Joint & Sports Surgeons



*Dr. Daniel McGuire*

# Necks & Backs

# NORTHWEST IOWA'S HAND SPECIALIST

## DR. DEFFER OFFERS SURGICAL AND NON-SURGICAL CARE

**Mary Jo Andrews was experiencing pain in both of her thumbs and work was becoming increasingly difficult for her.** As a meat inspector, Mary Jo works on the kill floor of a pork production company which is a physical job where she routinely is hooking, pulling and cutting sections of carcasses to inspect. She was having difficulty gripping her tools. And, she was stressed, with daily discomfort compounded by uncertainty of her career's future.

A Sheldon resident, Mary Jo was referred to Northwest Iowa Bone, Joint & Sports Surgeons in Spencer. Initially conservative, non-surgical treatment was tried, yet as Mary Jo's difficulties persisted, orthopedic surgeon and hand specialist Dr. Philip Deffer, Jr. recommended surgery.

With 27 bones, 34 muscles which move the fingers and thumb, and 123 ligaments, each hand is a complex piece of anatomy, often taken for granted as we touch, grasp and manipulate objects using our hands and fingers throughout each day.

variety of concerns, from repetitive use issues to trauma and injuries.

"Every year we get snow-blower injuries and we see a number of construction related injuries, with nail gun or table saw trauma being some of the more common concerns along with crushing injuries," he said. "Fortunately, we're seeing fewer farm-related injuries due to more built-in safety features."

For non-trauma care, Dr. Deffer sees patients experiencing issues with carpal tunnel syndrome, tendonitis, and arthritis.

"Not everything is surgical," he commented. "Also, there are a lot of advances in care. The ability to put nerves together using grafts and the ability to perform arthroscopy of finger joints have been quite beneficial for patients," Deffer said, explaining

that annually he goes to the orthopedic learning center in Chicago for training seminars hosted by the American Society for Surgery of the Hand. There he learns new techniques and brings them back to Spencer.



"A lot of conservative treatment techniques can be done, such as splinting, using anti-inflammatories and therapy," Dr. Deffer explained. "Surgery is an option, yet for many conditions it is a choice after other treatments have been tried." One key component to improving hand health, either alone or combined with other interventions, is hand therapy.

"I can't do what I do without a hand therapist," Dr. Deffer said. "Pardon the pun, we work hand-in-hand for the care of a patient."

At Spencer Hospital, that specialist is occupational therapist Karin Hogge, OT-CHT, a certified hand therapist. To become certified, Karin completed extensive training beyond her degree, logged hours of experience specific to treatment of hand and

# Hands

"The hand is the most complex of all the skeletal system," commented Dr. Deffer. "From the swing of a sledge hammer to the soft touch on a piano, hands fulfill an incredible range of motions."

As a hand specialist, Dr. Deffer sees a

# Specializing in hands, wrists

wrist disorders, and successfully passed a certification exam.

“Karin is very well trained and a wonderful addition to the care team,” Dr. Deffer remarked.

When Dr. Deffer initially met with Mary Jo, he referred her to Karin, who provided specialized therapy to help Mary Jo strengthen her muscles to an optimal point prior to surgery. Dr. Deffer operated on Mary Jo’s left hand and later this year, after recovery time, he will perform a similar surgery on her right hand.

Post-surgery, Karin also worked with Mary Jo to enable her to regain optimal functionality of her hand.

“Karin is really good at explaining everything,” Mary Jo

praised. “Not only did she provide therapy, she also gave me numerous tips such as purchasing cooking utensils with wide handles which really are easier to grasp and using a vacuum with a loop on the handle which really makes a difference in maneuvering it. Karin also provided exercises to re-strengthen my arms and shoulders, all which have really helped.”

Mary Jo reports that her left hand is feeling wonderful and is pain-free. “Everything Dr. Deffer and Karin have done has worked very well. I’m very happy with the results,” she shared, adding that she’s looking forward to the procedure on her right hand to be painfree in both hands.

“I love it,” Dr. Deffer says of his specialty. “To be able to put a hand back together is fascinating.”

## EXPERT CARE: CERTIFIED HAND THERAPIST

A hand therapist is an occupational or physical therapist who, through advanced continuing education, clinical experience and integration of knowledge in anatomy, physiology and kinesiology, has become proficient in treatment of pathological upper extremity conditions resulting from trauma, disease, congenital or acquired deformity.

To obtain advanced certification as a certified hand therapist (CHT) credential, a therapist must practice for a minimum of three years, accumulating at least 4,000 hours of treatment for hand and upper extremity disorders. Certified hand therapists must also pass a rigorous certification exam to demonstrate their competency in the practice.

from simple fingertip injuries to complex replanted extremities.

Patients with chronic conditions, such as arthritis, or neurologic conditions, such as a stroke, can benefit from therapy through education on joint protection and energy conservation, and with recommendations for adaptive equipment or devices to improve function.

A hand therapist employs a variety of techniques and tools, including activity and exercise programs, custom orthotic fabrication, management of pain and swelling and wound and scar care. A hand therapist can also be a consultant in the industrial world, training employees in healthy work habits.

*Source: American Society  
for Surgery of the Hand*



*Karin Hogge, OT/Certified Hand Therapist*

Hand therapists bridge the gap from medical management of upper extremity conditions to successful recovery, allowing individuals to function normally in their daily lives. Hand therapists provide non-operative interventions, preventative care and post-surgical rehabilitation for a wide variety of upper extremity disorders,

**Surgeons of Northwest Iowa Bone, Joint & Sports Surgeons**

include (left to right) Dr. Seth Harrer, Dr. Tim Blankers, Dr. Andrew Pick, Dr. Jason Hough, Dr. Ashley McClain, Dr. John Leupold, Dr. Philip Deffer, Dr. Rick Wilkerson and Dr. Chris Rierson.



## SHORTER HOSPITAL STAYS, LESS PAIN INCREASED OPTIONS FOR HIP SURGERY

**FORTY YEARS AGO THE SPENCER MEDICAL COMMUNITY WELCOMED ORTHOPEDIC SURGEON DR. BILL FOLLOWS TO THE REGION.**

Though Dr. Follows has since retired, over the years the practice he launched – Northwest Iowa Bone, Joint & Sports Surgeons – has grown to seven orthopedic surgeons and two podiatrists who provide comprehensive bone and joint surgical services at

Spencer Hospital.

“Our growth over the years stems from our efforts to meet the needs of northwest lowans and people from

other areas of the Midwest who travel here for services,” explained partner Dr. Rick Wilkerson. “We are committed to exploring the best practices for optimal outcomes for our patients, yet we are conservative in transitioning to new techniques to make sure what we do provides the best long-term results for our patients.”

One of the newer orthopedic procedures performed at Spencer Hospital is direct anterior hip replacement

surgery. Partner Dr. Jason Hough was the first surgeon to use this technique at Spencer Hospital.

“With the direct anterior approach to hip surgery, there is minimal muscle cutting,” explained Dr. Hough. “The direct anterior approach avoids the muscle on the outer surface of the pelvis which, when weakened, can cause an abnormal gait or limp.”

“We’ve been performing direct anterior hip replacement procedures at Spencer Hospital since this spring and have been pleased with the results we’re seeing,” Hough added. “The biggest advantages of the anterior approach have been shorter hospital stays, less pain, less therapy needed, and a faster return to work and activities for our patients.”

Dr. Hough explained which hip surgery procedure is used depends on the patient. “Not every patient is a candidate for the anterior hip approach and which procedure is used typically depends on the patient’s bony anatomy and physique. At this time I perform both anterior and anterior lateral approaches based on my patients’ anatomy and which approach I believe will give them the best outcome,” he explained.

Northwest Iowa Bone, Joint & Sports Surgeons also offer a wide range of orthopedic services, including total joint replacements, arthroscopic surgery, hand surgery, foot surgery and sports medicine.

**Hurray for Options In  
Hips  
Procedures**

# COMPUTER ASSISTED KNEE SURGERY

## A NEW SYSTEM FOR SURGICAL ACCURACY

**PRECISION IS A SURGEON'S GREATEST TOOL. THE COMBINATION OF EXPERIENCE AND SKILL CAN BE AIDED WITH TECHNOLOGY, SUCH AS THE NEW COMPUTER-ASSISTED PROCESS AVAILABLE TO ORTHOPEDIC SURGEONS AT SPENCER HOSPITAL.**

"Computer-assisted knee surgery is the most recently released system available for enhanced total knee replacement surgery and we're using it at Spencer Hospital," explained orthopedic surgeon Dr. Alex Pruitt of Orthopaedics, PC, who is the first surgeon to use the method locally. His partner, Dr. Yogesh Kolwadkar, also uses this technology.

Dr. Pruitt explained the specialized computer is attached to the patient's leg during surgery, automatically measuring the person's bone structure to verify the surgeon's plan on where to most accurately and efficiently place the bone cuts for the knee surgery.

"With computer assistance, we can make guided cuts which enhances accuracy and verifies angles," Dr. Pruitt explained. He added that an experienced surgeon already has calculated where and how to make successful cuts and the computer is used for verification. In turn, improved cuts can enhance recovery and also extend the time to failure of the implant for the patient.

Dr. Pruitt and Dr. Kolwadkar also perform anterior hip replacement procedures. Dr. Kolwadkar recently began offering his patients both the posterior and direct anterior technique, while Dr. Pruitt has favored the anterior lateral approach for many years.

"I've done two anterior hip approach surgeries, and I like the direct anterior approach for my patients as pain is better controlled and patients are walking without support sooner," Dr. Kolwadkar commented. "This approach has a better complication rate regarding dislocation. My patients who had this approach are doing well."

Dr. Pruitt has provided comprehensive orthopedic surgical services at Spencer Hospital for 24 years, including the past 14 years as founding provider for the Orthopaedics, P.C. practice group. Dr. Kolwadkar joined Orthopaedics, P.C. two years ago, and offers more than 10 years of experience in trauma and general orthopedics.

### What's New in **Knees**



*Dr. Yogesh Kolwadkar and Dr. Alex Pruitt*

## PODIATRISTS: HEEL-TO-TOE COMFORT



**Dr. Timothy Blankers**  
NW Iowa Bone, Joint & Sports Surgeons



**Dr. Ashley McClain**  
NW Iowa Bone, Joint & Sports Surgeons



**Dr. Randy Crampton**  
Foot & Ankle Clinic



**Dr. Jean Paul Haulard**  
Iowa Foot & Ankle Clinic

Four podiatrists serve patients locally, providing non-invasive treatments as well as surgical solutions through Spencer Hospital's Surgery Center.

# Toes Feet & Ankles

# ENHANCED RECOVERY AFTER SURGERY

## NEW PRE-SURGERY PREPARATION PROTOCOLS FOR COLON PROCEDURES

### **JUST WHAT THE DOCTOR ORDERED: SOME WELL-TIMED SIPS OF A SPORTS BEVERAGE CONTAINING ELECTROLYTES AND ENCOURAGEMENT TO CHEW GUM.**

These simple instructions, combined with a series of other steps before, during and after a surgical colon procedure, are part of new surgical protocols for patients undergoing colon surgery at Spencer Hospital. Known as ERAS - enhanced recovery after surgery - protocols, these steps are resulting in less pain and decreased hospital stays for surgical patients.

simple things the patient can do - such as drink a limited amount of a nutri-drink prior to surgery to stay better hydrated and chew gum post-surgery to stimulate their bowels - also contributes.

Surgical services director Matt Cooper explained that many of the ERAS protocols have been used by surgeons practicing at Spencer Hospital's surgery center for several years. When anesthesia student Joey Burds arrived at Spencer Hospital a couple years ago, he was looking for a research project and surgeons

throughout their hospital stay," remarked Burds.

Cooper added: "Nationally, the evidence had shown that what could be a 10-day length of stay in the hospital after colorectal surgery could greatly decrease with the ERAS protocols. At Spencer Hospital, our surgeons were already seeing their patients discharged after an average of six days so it was particularly interesting to see if we could make a difference."

And, they did. In Burds' study over the course of a year, the average length of stay decreased by 1.6 days, meaning patients were going home four and a half days after surgery. Better yet, in comparing the pain scores reported by patients prior to the new protocol being implemented to those who received care the following year, surgical pain reported the day of surgery decreased by 80 percent - dropping to an average of 4.46 on a 10-point scale.

"Colorectal surgeries used to be especially challenging for patients. Now it's much better and the post-surgery nurses have seen some of these patients in and out of recovery in 30 minutes," Cooper said.

"We have established 21 different areas of protocol and in each of those areas there are multiple steps," Cooper explained. "A lot of institutions only do one small part. Small steps on their own make a minimal difference, but by bringing all of the elements together you can see a significant difference. Our team enjoys having students train with us and it's especially rewarding to see one invest in a project that enhances patient care."



*"The basic premise of ERAS protocols is to decrease the length of hospital stays, improved post-operative pain, and decrease other complications"*

*- Jaren Ricker, MD*

willing to advance existing protocols.

Burds' mentor, Sheri Baker, a certified nurse anesthetist who practices at Spencer Hospital, had just attended an educational event where ERAS was

discussed with colleagues. General surgeons Dr. Ricker and Dr. Jeffrey Helmink had already implemented several ERAS techniques at Spencer Hospital.

"Everyone was very open to having conversations about changing protocols, particularly since the common goal is what's in the best interest of the patient. For example, while we may see a new technique resulting in an improvement in surgery, at a larger facility they may not be readily aware of how that impacts the patient in recovery or even the next day. Here we could see how our patients responded

"The basic premise of ERAS protocols is to decrease the length of hospital stays, improved post-operative pain, and decrease of other complications such as wound and urinary tract infection rates," explained general surgeon Dr. Jaren Ricker, partner with Northwest Iowa Surgeons.

"We accomplish this through a combination of more novel pain management strategies that limit narcotic use and their side effects. We also are using minimally invasive surgical techniques that promotes earlier recovery," he said, adding that



# NEW PHYSICIAN JOINS HOSPITALIST TEAM

**LONG-TIME FAMILY PRACTICE AND EMERGENCY ROOM PHYSICIAN DR. PAUL TRITES HAS JOINED THE SPENCER MEDICAL STAFF AS NEW HOSPITALIST PHYSICIAN.** Dr. Trites joins Dr. Brian Dvorak in providing hospitalist services at Spencer Hospital. Dr. Trites is a member of the Avera Medical Group Spencer practice group and his practice focus is providing care for hospitalized patients admitted to Spencer Hospital.

Dr. Trites earned his bachelor's degree in biological sciences from the University of Minnesota, where he also graduated from medical school. He completed a residency at University of Minnesota in internal medicine and also was a resident in ophthalmology at the University of North Carolina.

During Dr. Trites' medical career, he has worked as a primary care physician, emergency services physician, and as a research scientist.

A hospitalist is a physician who specializes in providing general medical care for patients in the hospital. Their activities include patient care, teaching and research related to hospital care.

*Paul M. Trites, M.D.*



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## BOGENRIEF BEAUTY: ARTWORK AT ABBEN



**WHEN FORMER SPENCER-BASED GLASS ARTIST JESSE BOGENRIEF WAS APPROACHED BY MEMBERS OF SPACE** (Spencer Alliance for a Creative Economy) asking if he'd create a public art piece for the community, Jesse knew immediate where he wanted to share his talents. His mother Jeanne had received care at Abben Cancer Center so Jesse created a beautiful floral garden of blown glass art to grace one wall of the reception area. Local artist Jan Edmondson lent her talents with a paint brush to add a scrolling vine.

## HOSPICE OF SPENCER HOSPITAL

# MUSIC THAT TOUCHES THE SOUL

**Robin Keith isn't familiar with the ditty "Shanty Town" yet that doesn't stop her from picking out the right chords to accompany her companion as he enthusiastically sings his old favorite.** Next, she plays a melody she likely could strum in her sleep, "Amazing Grace," and the two new friends sing together.

As the new music therapist for Hospice of Spencer Hospital, Robin has started a position which fits her like a glove. She holds a Bachelor's degree in instrumental music, earned her Master's degree in counseling, and is Suzuki trained in violin and cello. She taught school for over 30 years, gave music lessons for more than 40 years, has performed hundreds of concerts, and is a recorded artist featured on three CDs of her own and several as a backup musician. She plays a number of instruments and also is a vocalist with an impressive range and rich voice.

Robin is a mother of six adult children and grandmother to 17. She and her husband Stephen relocated to Spencer within the past year to be available to assist son David and his wife Julie with their young, growing family. Son David is Dr. David Keith, family practice provider with Avera Medical Group Spencer who serves as co-medical director with Dr. David Robison for Hospice of Spencer Hospital. When he heard the hospice team was hoping

to find someone who could provide music counseling for patients, he quickly recommended his mother.

"To have someone of Robin's experience and talent basically fall into our laps feels like fate intervened," commented Colleen Paulsen, Hospice director. "She's truly been a blessing and a joy for our patients and our care team."

Research confirms the benefits of music in alleviating pain, elevating moods, inducing restful sleep, and promoting movement for physical rehabilitation.

"I love interacting with the patients," Robin expressed. "It's really cool to take their minds off where they currently are. Even for our non-responsive patients, I can see a change in their bodies as they relax, or perk up a bit with the music. I can see in their eyes when a song evokes a special memory."

When a patient is admitted to the Hospice of Spencer Hospital program, either a hospice nurse or social worker Chelsea Reed reviews all the services available for patients, including massage therapy and now music therapy. When a patient would like music counseling, Robin goes to wherever the patient is, at home, in a care facility or Spencer Hospital.



“Where words fail, music speaks.”

- Hans Christian Andersen

“When I walk into a room, I say a prayer to myself, ‘Father, what do they need at this time?’ And, then I spend some time getting to know them a bit,” Robin explained. She often takes a variety of items along, such as a tambourine, wood blocks or maracas to hand to patients so they can play along. While Robin loves her cello, she frequently takes a more portable guitar and more recently, a beautiful hand-crafted reverie harp, a light-weight instrument outfitted with guitar strings, perfect for patients to hold and strum.

While sessions are often one-on-one, Robin says it’s been fun to see others drawn to the music. “Recently I was at St. Luke’s in the great room and soon we had a group joining in the songs,” she mentioned. “It’s fun and rewarding to spend time with those in hospice care. Our births are something we celebrate and our end of life moments and transition should be celebrated too.”

To learn more about Hospice of Spencer Hospital, contact Colleen Paulsen or Lora Zeutenhorst at (712) 264-6380.



*Hospice of Spencer Hospital music counselor Robin Keith demonstrates the beauty and ease of playing this lovely lap harp, which was donated by the Herb Eilers family to assist in providing joy to patients.*

## COMFORT COMPASSION HOSPICE

“Our hospice care team strives to fulfill the patient’s needs so the patient and their loved ones can enjoy their time together,” expressed Colleen Paulsen, Hospice of Spencer Hospital director. The hospice care team includes physicians, nurses, home care aides, spiritual leaders, a social worker to help coordinate resources, a bereavement coordinator, volunteers, wound care specialist, licensed massage therapist and experienced music counselor.

# IOWA'S 100 GREAT NURSES

## THREE SPENCER HOSPITAL NURSES HONORED

Compassion. Skill. Leadership. These are just a few of the traits mentioned in the winning nominations for three Spencer Hospital nurses who were named among Iowa 100 Great Nurses for 2017.

During National Nurses Week in May, local nurses Ben Armstrong, Laura Manwarren and Brenda Tiefenthaler were honored for being outstanding healthcare professionals. Each year since 2006, the 100 Great Iowa Nurses program identifies 100 outstanding nurses in the state whose courage, competence, and commitment to patients and the nursing profession stand out above all others.

### **Benjamin Armstrong**

Ben started his healthcare career as a personal trainer in Spencer Hospital's Athletic Enhancement program, where he was inspired to further his education in nursing. As a student nurse, one clinical experience matched him with the certified registered nurse anesthetists (CRNA) who serve Spencer Hospital and he decided to direct his career path toward that field. Ben was accepted to the CRNA program the first year he applied and then he graduated at the top of his class.

A member of the Northwest Iowa Anesthesia group, Ben continues to demonstrate he is dedicated to the development of educating nursing staff and students following the CRNA education path. Ben shows patience, intelligence, and professionalism to all members of the nursing spectrum in his work. When Ben is asked to assist in other departments during critical situations he is calm and precise. In being honored as one of Iowa's Great Nurses, Ben joins ranks with his wife Laura who was recognized as a top nurse in 2016.

### **Laura Manwarren**

Laura's nursing career has focused on emergency medicine, where she thrives as a hard worker, quick decision maker, and always compassionate to her patients

and their family members. Approximately eight years ago, she took her passion for preventing trauma a step further by partnering with Amy Sievers, who works with the Iowa DOT, to bring the "Every 15 Minutes" (now rebranded as "The Power of Choice") program to the local high school.

Students in area high schools are provided a dose of reality over a two-day program in which they witness and participate in a mock accident, an emergency room scene, trial and funeral. There are few things worse for an emergency healthcare worker to experience than treating teenage victims of accident which could have been prevented by those young drivers making better choices. Laura has dedicated herself to educating high school students on the power their choices may have on themselves and others.

### **Brenda Tiefenthaler**

Brenda's career at Spencer Hospital began as a staff nurse in the intensive care unit and emergency department. However, her leadership skills and dedication to providing exceptional care were quickly noted and she was soon promoted to director of the hospital's Abben Cancer Center, and approximately 10 years ago was named Vice President of Patient Care and Informatics.

Brenda takes the success of each patient care area personally. When an area is in need of support and leadership she pitches in, assisting in any way she is needed, from donning scrubs to providing direct patient care to serving as an interim manager in addition to her own administrative responsibilities. She keeps abreast of the latest research to provide evidence-based practices to the care team at Spencer Hospital and fosters a mentoring environment for professional growth. Brenda focuses her nursing team on providing exceptional care in a compassionate manner.



Through their induction into the 100 Great Nurses, Armstrong, Manwarren and Tiefenthaler joined 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**

# THANK YOU! LONG-TIME CO-WORKERS HONORED

## 5 Years

Marilyn Anderson  
 Thomas Boblit  
 Leah Brouwer  
 Jennifer Coates  
 Matt Cooper  
 Jennifer Dau  
 Megan Dirks  
 Maddy Gansen  
 Melinda Glackin  
 Tracie Hardy  
 Susan Knoer  
 Kara Kramer  
 Nancy Kramer  
 Mandy Lauver  
 Aubree Leinbaugh  
 Amy Marko  
 Katie Miller  
 Megan Obermeier  
 Ashley Peterson  
 Erin Peterson  
 Chelsea Reed  
 Jordan Reed  
 Shanon Reed  
 Amanda Schany  
 Stephanie Simons  
 Amanda Smith  
 Amber Stange  
 Shantel Vangelder  
 Kylee Zinn

## 10 Years

Kerry Amendt  
 Lisa Doran  
 Tanya Edwardson  
 Sally Feldhacker  
 Danette Forbes  
 Darren Hasbrouck  
 Gregory Hauswirth  
 Jill Heinrichs  
 Shirleen Helgeson  
 Regina Huber  
 Marcie Little-Zittritsch  
 Janell Martini  
 Charles Martinson  
 Linda Peschon  
 Shirley Ripke  
 Angel Smith  
 Jessika Storm  
 Heather Streuli  
 Nichole Thompson  
 Dena Vogts  
 Joel Wassom  
 Tamara Weathers

## 15 Years

Angela Baldwin  
 Marilyn Bock  
 Laura Dau  
 Judy Erickson  
 Lorrie Graettinger



*Nancy Ouellette, Judy Fox, Tonya Erickson and Laura Heikens were recently recognized for their years of service to Spencer Hospital.*

Stephanie Hanna  
 Jill Ihnen  
 Karla Nielsen  
 Lori Oviatt  
 Cara Rutter  
 Kara Schmillen  
 Rita Smith  
 Danelle Stumbo  
 Mindy Sylvester  
 Jason Trierweiler

## 20 Years

Sarah Ellis  
 Jeannette Hasley  
 Deanne Hoger  
 Ann Polaschek  
 Amy Tanner

## 25 Years

Tonya Erickson  
 Laura Heikens

## 35 Years

Judy Fox

## 40 Years

Nancy Ouellette

## RECOGNIZING CO-WORKER ACHIEVEMENTS

**Dee Hoger**, clinical applications analyst, graduated from Morningside College with a Master's of Science-degree in the clinical nurse leader program.

**Tim Hoffman**, Director of Ambulance and Quality Services, recently passed the certification exam to be Certified Professional In Healthcare Quality.

**Jessica Ulrich**, so-

cial worker for Behavioral Health Services, earned her master's degree from the University of Southern California, becoming a Licensed Masters Social Worker.

**Jessika Storm**, Nutrition Services Supervisor, completed a year of coursework and successfully passed the credentialing exam to become a Certified Dietary Manager and

a Certified Food Protection Professional. (CDM, CFPP).

**Laila Wolterman, Cheryl Garrels and Luz Gonzalez**, Nutrition Services, became ServSafe Certified. ServSafe is an accredited certification that ensures that food service employees are educated and trained on food safety and sanitation.

**Sadie Hegel**, Medical-Surgical Unit, passed her boards to become a Licensed Practical Nurse.

**Lindsey Kelleher**, Medical-Surgical Unit, graduated from Clarkson with her Bachelor of Science degree in nursing.

Birth Center nurses **Amanda Sanderson, Katie Fullhart and Emily Walton** have all

graduated with Bachelor of Science degrees in nursing.

**Laura Armstrong**, clinical applications analyst and hospitalist program, has graduated as an Advanced Registered Nurse Practitioner from Allen College in Waterloo.

**Geena Blake**, Medical-Surgical Unit, recently became a registered nurse.

# EXTRAORDINARY CAREGIVERS HONORED

## DAISY AWARD RECOGNIZES OUTSTANDING NURSES

### **A BOUQUET OF DAISIES IS CHEERFUL AND UPLIFTS SPIRITS, JUST AS AN EXTRAORDINARY CAREGIVER CAN DO.**

It's fitting that a national award program to honor outstanding nurses was named the Daisy Award. Each year, Spencer Hospital awards four nurses with the Daisy Award, two each spring and two additional recipients in the fall. In May, during National Nurses Week, this honor was bestowed on Laura Boheman and Mary Johnson.

Laura, a registered nurse on the hospital's Medical-Surgical Unit, was nominated by a patient's mother who was so impressed with the care and attentiveness that Laura provided her son, plus the extra efforts she made to ensure the family was well informed.

Laura is an Iowa Lakes Community College graduate who is currently working on her bachelor's in nursing degree from Briar Cliff University. She and her boyfriend live in Milford with their two dogs, Rue and Belle, and she loves spending time with family, friends and attending Iowa State basketball games.

Mary is also a registered nurse on the Medical-Surgical Unit who has been a part of the Spencer Hospital team for 37 years. Mary was nominated for the Daisy Award by a patient who was very grateful for Mary's efforts to help provide pain management and her attentiveness to the patient's needs.

Mary and her husband have three children, five

grandchildren and two great-grandchildren. In addition to a busy family life, the couple lives on an acreage outside of Hartley with a dog, chickens, pigs and horses. Mary enjoys planting flowers, reading and creating craft projects.

The Daisy Foundation was established in 1999 by the family of J. Patrick Barnes who died of complications of the autoimmune disease ITP at the age of 33. His family created the Daisy Award because of their tremendous gratitude for the care the nurses gave to Patrick during his time in the hospital. The Daisy Award has become an international program that rewards and celebrates the extraordinary compassionate and skillful care given by nurses every day.

Mary Johnson



Laura Boheman



## NOMINATE OUTSTANDING PERSONNEL

### NEW GEM AWARD SPOTLIGHTS THOSE WHO 'GO THE EXTRA MILE' IN SERVICE

Have you encountered a Spencer Hospital employee who is a real gem? The kind of person who goes the extra mile for his or her patients and customers? Consider nominating him or her for Spencer Hospital's new GEM awards program.

The GEM award – which stands for “Going the Extra Mile” – will recognize hospital

staff members who provide extraordinary service. Similar to the established Daisy Award, which is a national recognition program for registered nurses, GEM award recipients will be selected twice each year.

A “GEM” is someone who serves as a role model for compassion and who strives to provide an extraordinary experience for

patients, visitors and their co-workers.

Anyone can complete a nomination form for either a GEM or Daisy nominee. Forms are available at the hospital or online at [www.spencerhospital.org](http://www.spencerhospital.org) under the “Patients & Visitors” tab.

Consider nominating a GEM or potential Daisy Award winner today!

# A donor's story

## CONTINUOUS SUPPORT TO AID CHILDREN

**FOR NEARLY 10 YEARS, SANDY HART HAS PROVIDED A MONTHLY DONATION TO THE SPENCER REGIONAL HEALTHCARE FOUNDATION** for the purpose of helping children receiving care in Spencer Hospital's CAMPS (Children Achieving Maximum Potential through Supportive Services) program.

"Children have always been the center and greatest joy in my life," commented Hart.

As a remedial reading teacher in Spencer for many years, Sandy experienced first-hand the importance of assessing children's needs at the earliest age possible. She observed the unique nature of how each child responds to different learning techniques and was witness to amazing improvements as a result of those individualized efforts.

It was because of her teaching experiences that Sandy decided to provide a monthly gift to St. Jude's Children's Hospital. "They had in place a program to automatically withdraw a predetermined amount to donate from my bank account each month," explained Sandy. "I found this to be just what I wanted and needed, so as not to forget my obligation."

In 2008, however, Sandy's youngest granddaughter became sick with

pneumonia and RSV and was hospitalized at Spencer Hospital. After spending much time at the hospital, Sandy found herself appreciating the care that was being given to pediatric patients right here at home. "I decided to redirect my donation to the Spencer Hospital to help meet the needs of children locally," said Sandy. "I was grateful the foundation offered a monthly giving program, allowing me to set up an automatic withdraw through my bank."

Each month the foundation receives a gift from Sandy which helps implement the many specialties of the CAMPS program; the only pediatric program in the region offering physical, occupational, and speech pathology, plus a feeding clinic.

"I was recently invited to take a tour of the CAMPS room and had the opportunity to talk with some of the wonderful professionals working with these kids and their families," recalled Sandy. "I was so impressed."

Recently the foundation board of directors approved a request to purchase upgraded standardized assessments for pediatric patients. These assessments will allow CAMPS therapists to perform early tar-

geted interventions to maximize outcomes. This gift was made possible due to the generosity of the monthly gifts provided by Sandy, as well as other generous donors.

If you would like to set up a monthly donation to the foundation, or learn about other ways to give, please contact Mindy Gress, foundation director, at 712-264-6226. Gifts may be directed to a specific department or given to the area of greatest need, as determined by the board.



*Sandy Hart*



Spencer Regional  
Healthcare  
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## *Gifts mid-March through mid-August*

### Gifts:

By Anonymous  
By Bud's Service, Inc.  
By Clay Country Garden Club  
By David Goedicke  
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### ***In Honor of:***

Hospice Volunteers  
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Kent Kilpatrick  
By Lanette Kilpatrick

Radiation Oncology staff &  
Dr. Nordstrom  
By Robert & Jolene Gear

Spencer Hospital Valets  
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### ***In Memory of:***

Jim Anderson  
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# DONORS MAKING A DIFFERENCE

**BILL ZINN DEMONSTRATES THE LOW-PROFILE TREADMILL RECENTLY PURCHASED BY THE SPENCER REGIONAL HEALTHCARE FOUNDATION USING DONORS' CONTRIBUTIONS.** The treadmill is available in the fitness center which houses Cardiac Rehab Services and Athletic Enhancement.

“Some of our patients require a lower step height to access the machine,” said Athletic Enhancement and Cardiac Rehab director, Jason Trierweiler. “The purchase of this treadmill will improve patient safety and satisfaction.”

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By Ardell Durst

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

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Email: \_\_\_\_\_

Street Address: \_\_\_\_\_

In Memory of: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

In Honor of: \_\_\_\_\_

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I would like my gift to be used for the endowment fund

I would like to be an anonymous donor.

I would like my gift to go to a designated department or service. Please list: \_\_\_\_\_

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**Spencer Hospital**  
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Spencer Hospital is leading the way to better health.

## INFO AT YOUR FINGERTIPS

HOSPITAL'S ENHANCED WEBSITE PROVIDES EASY ACCESS TO INFORMATION

Next time you're surfing the internet, stop by [www.SpencerHospital.org](http://www.SpencerHospital.org) to explore our new website!

Information regarding the hospital, clinics, services and physicians are easily accessible, along with guides to help make your visit as a patient or guest simpler to navigate. You can find biographical information and photos of all our local physicians and can search to find physicians by name, by specialty or by practice.

The site provides comprehensive information on the vast number of services provided by Spencer Hospital professionals, along with details on why types of health concerns each service may be used for and information on what to expect as a patient in each service area.

Coming from out of town and not quite sure where to go? Under "Our Locations" you can find a listing with photos of the hospital and all our clinics which directly link to Google Maps to help you find your way.

Some of the many features include:

- View our new babies recently welcomed at Spencer Hospital

- Send a card or a gift to a hospitalized friend to brighten his or her day
- Register for a class or an event
- Access or register for our patient portal to have access to your health information
- Read the latest hospital news or health information provided through blogs written by local health professionals
- Contact us with any questions or comments
- Make a donation to the foundation or pay your bill online through a secure portal
- Find maps and much more!

The site is "responsive" which means the pages adjust for an easy view for the device you're logged onto, whether it's your computer, a tablet or your phone. We're bringing information on health and services to your fingertips – look for us online!