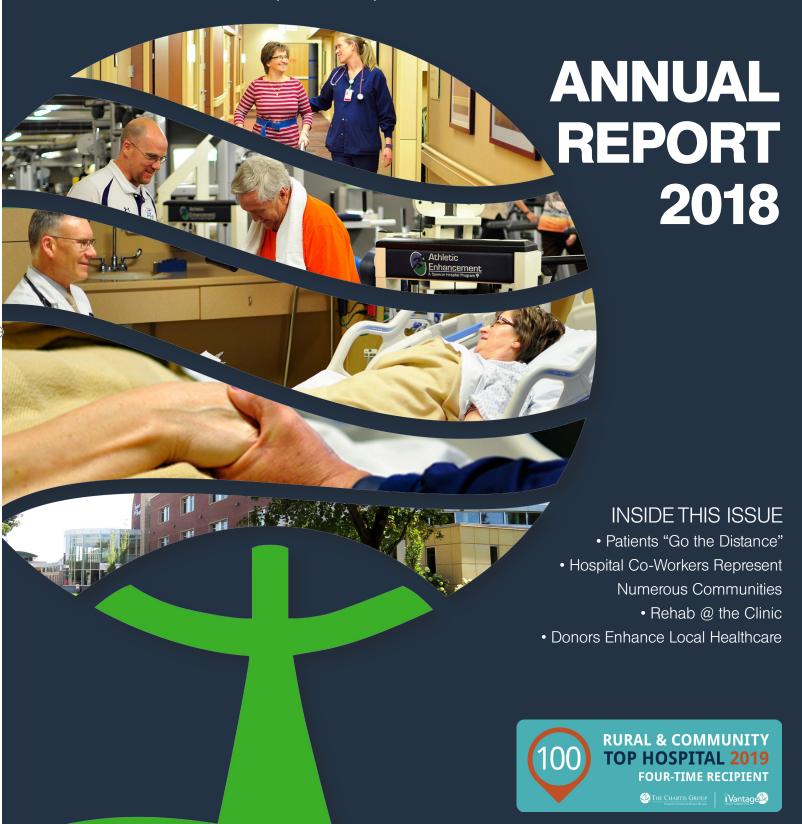
chealth WINTER 2019 Connections

Seasonal Newsletter of Spencer Hospital





A Message to our communities

WORKING TOGETHER TO ACHIEVE CONSISTENT HEALTHCARE QUALITY

According to a national healthcare advisory and analytics company, Spencer Hospital is an uncommon community hospital.

Since 2016, the Chartis Center for Rural Health has engaged a leading healthcare analytics firm – iVantage Health – to identify the Top 100 Rural & Community Hospitals in the nation. These are the country's mid-sized hospitals . . . bigger than facilities in towns like Emmetsburg, but smaller than hospitals in cities such as Sioux City.

iVantage utilizes a wide-range of publicly available data to assess hospital performance across 50 rural-relevant indicators to include quality, outcomes, patient perspective, cost, charges, market share and financial stability. They call it a Strength Index. Essentially, the analysis recognizes hospitals that do many things well.

Last month, Spencer Hospital was designated as a Top 100 Hospital for the fourth consecutive year, which is every year the recognition has been awarded. The hospital in Fort Dodge is the only lowa facility to match that performance. No other lowa mid-sized hospital has earned the recognition more than once.

I share this information to emphasize that it's both quality and consistency of outcomes that differentiates the Spencer medical community from so many others. Most healthcare experts would agree that consistency of performance

is a critical component for sustained excellence.

It takes a community of dedicated stakeholders, engaged in a common purpose, to seek and achieve excellence. At Spencer Hospital that includes a talented medical staff; a skilled healthcare team; a committed Board of Trustees; a strong Foundation – supported by the contributions of generous donors – and active volunteers.

As this edition of Health
Connections shares, this sustained
quality has attracted patients
beyond the borders of Clay County
to our hospital in significant
numbers. That is another attribute
that explains why Spencer
Hospital is an uncommon rural
healthcare provider.

At one level, it's a community hospital dedicated to promoting good health for our friends and neighbors in Clay County; yet it's also a regional medical center that offers specialized care needs for citizens throughout northwest lowa. People are willing to travel to Spencer to obtain care

from physicians and clinicians who have earned solid reputations for excellence across a wide array of medical, surgical, diagnostic and rehabilitative specialties. Please know that the Spencer
Hospital and its affiliated medical staff
understands the trust you place in us.
Caring professionals are focused each
day on improving quality and enhancing
service responsiveness while striving to
offer value for the care you receive.

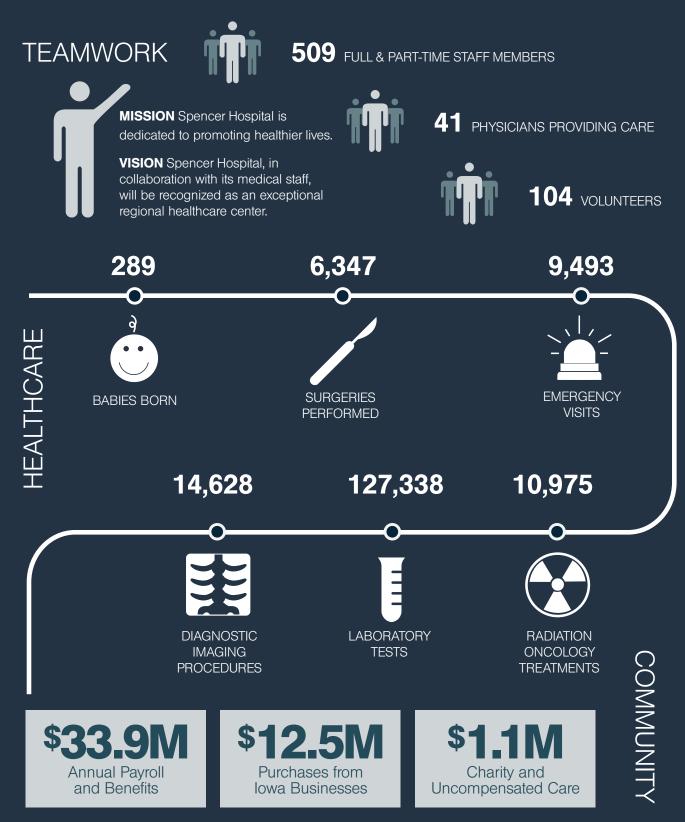
As a street sign, visible to many when leaving our hospital campus, states . . . thank you for choosing Spencer Hospital.

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Bill Bumgarner, President

SPENCER HOSPITAL 2018 ANNUAL REPORT



Board of Trustees

Steve Lensing, Chair; Julie Christensen, Vice Chair;

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ADVISORY MEMBERS: Bridget Bailey, Amanda Bare, John Cotton, Larry Harden & Leann Jacobsen



TOP 5 2018 MONTENTS

New Spencer Dialysis Center Opens



The new Spencer facility of the Warner Dialysis Center of Spencer Hospital, located at 1721 West 18th Street, opened in July. It provides dialysis patients a convenient location for care in a beautifully designed facility while expanding the number of treatment stations from 8 to 14, with room to grow.

Spencer Hospital operates two dialysis centers with facilities in Spencer and in Spirit Lake. "It's rewarding to offer two convenient, easily accessible centers for our patients and to visitors in our area in need of dialysis care," commented Danette Forbes, director of the Warner Dialysis Centers of Spencer Hospital.

Named a National Top 100 Community Hospital, Again

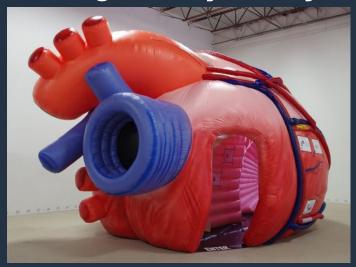


Last winter Spencer Hospital was named one of the nation's Top 100 Rural & Community Hospitals for the third consecutive year by the Chartis Center for Rural Health. The designation is based on data analysis developed by iVantage Health Analytics, Inc., a leading provider of healthcare analytics. iVantage uses data assessing over 50 clinical and business outcome variables.

"There are many healthcare performance awards out there, yet this one is particularly meaningful as objective data is used to select these hospitals. For us, it represents our on-going commitment to enhance clinical, service and business practices over many years that advance Spencer Hospital's systems of care," said hospital president Bill Bumgarner. "This honor also reflects the dedication of our physicians and employees to perform quality services while continually seeking even better ways to care for patients who place their trust in us."

UPDATE – The Chartis Center for Health recently announced that Spencer Hospital was again named a Top 100 Rural & Community Hospital for 2019. Spencer Hospital is one of two lowa mid-sized hospitals to have earned this distinction all four years since the recognition program was initiated.

Sharing Healthy Lifestyle Tips with Community



Whether it was the opportunity to walk through a giant, atomically correct, inflatable heart or engaging with a spine surgeon to discuss back pain options, Spencer Hospital reached out to hundreds of area community members over the past year to provide health education.

"Community outreach and education is an important mission for the Spencer Hospital healthcare team," remarked Susan Zulk vice president of marketing & fund development. "We want to offer people knowledge of how they can take charge of their wellness and achieve optimal health. For us 'Healthier Together' is more than a casual phrase. Our healthcare professionals desire to share their knowledge to help community members enjoy good health."

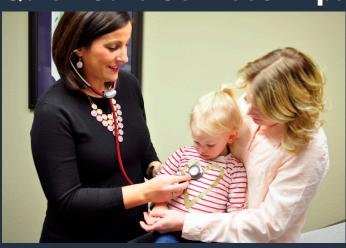
Hospital's 1,000th Robotic Surgery Performed



In July the 1,000th surgical robotic procedure at Spencer Hospital was performed. Gynecological surgeon Dr. Brian Wilson performed the first robot-assisted surgery at Spencer Hospital in spring of 2015, and by luck of the schedule, he also performed the 1,000th procedure approximately three years later. Wilson's partners – Dr. Pat Slattery, Dr. Jeff Helmink, Dr. Jason Keonin, Dr. Jaren Ricker and Dr. Abby Drucker – also perform robotic surgical procedures to include several gynecological and general surgery procedures, such as hernia repair, colon surgery, gallbladder removal, hysterectomy, and a variety of female incontinence correcting procedures.

"We're very fortunate to have highly skilled surgeons providing care to patients at Spencer Hospital," expressed Bill Bumgarner, Spencer Hospital president. "The hospital purchased the daVinci Xi surgical robot based on the research and recommendation of our surgeons. We appreciate their commitment to seek out and adapt to new technology to achieve the best outcomes for their patients."

Quick Care Services Expand to Meet Patients' Needs



The Saturday hours for Quick Care of Avera Medical Group Spencer, a department of Spencer Hospital, were expanded during winter months to meet the care needs of patients during cold, strep and influenza season.

"We offer Quick Care services each weekday afternoon from 3:30-6:30 PM and on typically on Saturdays from 8 AM-1 PM," explained Nate McCormick, clinic manager. "However, last fall as our Saturday patient numbers begin to grow, our team eagerly responded to the suggestion of expanding our Saturday hours to 2:30 PM during the winter months. I'm proud of the commitment of our staff to offer the community increased access to care through the Saturday clinic."



NORTHWEST IOWANS CHOOSE SPENCER HOSPITAL FOR QUALITY AND SERVICES

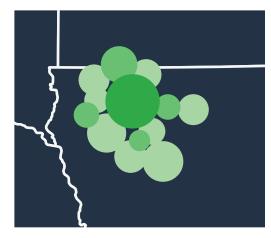
CITIZENS FROM MORE THAN HALF OF THE STATES IN THE COUNTRY - FROM ALASKA TO FLORIDA, CALIFORNIA TO NEW YORK, AND, OF COURSE, THE MIDWESTERN HEARTLAND STATES - RECEIVED CARE AT SPENCER HOSPITAL LAST YEAR. YET THE MAJORITY OF PATIENTS RECEIVING CARE AT SPENCER HOSPITAL WERE NORTHWEST IOWANS.

Many of those from afar are travelers to the area, visiting family and friends, or simply passing through and find themselves in need of healthcare services. Yet, consistently each year, Spencer Hospital's patients represent the region of northwest lowa, with approximately 50 percent of patients receiving care at the hospital traveling from outside of Clay County.

"People choose where they receive healthcare services based on a number of variables," commented Susan Zulk, vice president of marketing & fund development for Spencer Hospital. "Naturally, proximity to home is an important factor in that decision. Yet, of the many other reasons why people may choose more distant healthcare facility include the skill and reputation of a physician or other care provider, unique services offered, quality scores of a facility, cost, and if the facility is included in the patient's insurance plan network."

Most patients who live outside of Clay County and choose

Spencer Hospital for services come from adjoining counties, such as Dickinson, Palo Alto, and O'Brien. Others travel from greater distances, representing counties such as Kossuth, Webster and Calhoun.



Spencer Hospital cares for patients from various states throughout the country; yet the majority of Spencer Hospital patients travel from throughout the northwest lowa region for care.

The McPhail family travels from Early in Sac County to Spencer for pediatric therapy services. Grayer McPhail's mom, Adriane, commented: "We could have found therapy closer, yet we choose Spencer Hospital's program for their experience and expertise."

Zulk added: "Over the years, Spencer Hospital leadership has been committed to supporting services which are

CHUCK BUSKE | POCAHONTAS, IOWA | 1 HOUR DRIVE

When Chuck Buske of Pocahontas received a diagnosis of cancer at Mayo Clinic and radiation treatment was prescribed, he asked if he could seek care closer to home. "The radiation oncologist asked where I had in mind, and I told her the Abben Cancer Center in Spencer." Chuck recalled that his Mayo physician didn't hesitate, saying that she knew of Dr. Nordstrom, Abben Cancer Center's recently retired radiation oncologist, and shared that he was highly regarded in the radiation oncology community.

"When we got home from Mayo, I telephoned the Abben Cancer Center and the first person I talked to was one of the nurses, Pam Altenhofen," Chuck recalls. "At this point in time I wasn't in the best shape emotionally. Pam must have sensed my mental state because she was very comforting and caring, very knowledgeable, and made me feel at ease from almost the beginning of our conversation. It was at this point that I knew that I had made the right choice with Spencer Hospital's Abben Cancer Center for my cancer treatment, and I didn't need to look anywhere else. As my treatments progressed, the Abben staff kept me informed of everything that was being done and what would be happening."

Chuck said he's also sought care from other healthcare professionals serving Spencer Hospital and is extremely satisfied. "Sure, there are other facilities that are closer than Spencer, but I know that when I make the trip to Spencer I'm going to get the best treatment available," he remarked. "I've had more experience with health care facilities than I care to admit, and there just isn't any better than Spencer."



Continued...

somewhat unique to rural hospitals, in an effort to meet the needs of citizens in our community and region. Such services include behavioral health, dialysis treatment, comprehensive cancer care, pediatric rehabilitation, and surgical services not always found in small and mid-sized hospitals.

"Our board of trustees truly takes the mission of Spencer Hospital to heart – they join our employees and medical staff in their 'dedication to promoting healthier lives' for people in our region."

GRAYER MCPHAIL | EARLY, IOWA | 1 HOUR DRIVE

Adriane McPhail and her three-year-old son Grayer experience a nearly two-hour round trip twice each week as they travel from the family's home in Early, located in Sac County, to Spencer Hospital for Grayer's therapy appointments.

"I don't mind the trip at all," Adriane says. "Grayer is getting the best therapy at Spencer Hospital which will help him thrive throughout the years. We could have found therapy closer, yet we choose Spencer Hospital's program for the experience and expertise the therapists have for working with pediatric patients."

The McPhails relocated last summer from Grand Island, NE to Early, and Adriane said one of the first things she did was to locate therapy services for Grayer.

"Our Area Education Association recommended Spencer Hospital's CAMPS program, saying that we'd find the best pediatric therapy services there, and we did. We absolutely love the program," she remarked.

CAMPS – Children Achieving Maximum Potential through Supportive Services – is Spencer Hospital's pediatric rehabilitation program, encompassing speech, physical therapy and occupational therapy services. Grayer utilizes all three program, enjoying speech the most. "He can be a bit stubborn," his mom chuckled. "PT and OT make him work a little harder than he'd like to at times."

She added, "The therapists are great with Grayer and they also teach me random skills throughout the therapy sessions that I can do at home with my son. We feel very lucky to have found Spencer Hospital's CAMPs program."

NICOLE STUDER | WESLEY, IOWA | 1 HOUR 10 MINUTE DRIVE

When Nicole Studer of Wesley – located 15-20 minutes east of Algona in Kossuth County - discovered she needed shoulder surgery to repair a cartilage tear, she didn't hesitate where she would seek care.

"I chose Spencer Hospital because I had heard great things about the orthopedic surgeons that work there," she explained. "My mom and sister both had surgery at Spencer Hospital and were pleased with the results. So, their opinions made me feel safe with choosing them as well."

Nicole said that in addition to learning from family members about the quality of care provided, she also valued having information and answers to her questions. She also liked how her surgeon, Dr. Jason Hough of Northwest lowa Bone, Joint & Sports Surgeons, who personalized her care, working with Nicole to learn her goals and strive to meet them.

"I really appreciated the nurses that were always willing to answer my questions. Going into surgery I was extremely nervous, but the nurses were willing to help me and answer the many questions that I had," she recalled.

"I also appreciated how my surgeon valued the activities that I wanted to resume after surgery," Nicole added. "I was very insistent on getting back to my normal routine, which includes teaching, running and CrossFit. Dr. Hough gave me clear and easy to follow restrictions so that I was able to return to my normal routine quickly and safely."



COMMON PURPOSE ATTRACTS CO-WORKERS

EMPLOYEES COMMUTE FROM MULTIPLE COMMUNITIES ACROSS REGION

WITH OVER 500 FRIENDLY FACES EMPLOYED BY SPENCER HOSPITAL, THE CO-WORKER POPULATION IS SIMILAR IN SIZE TO A RURAL IOWA TOWN. Yet, these individuals reside in several northwest lowa and southern Minnesota communities, some commuting greater than 50 miles to enrich Spencer Hospital's healthcare team.

Currently, approximately 45 percent of Spencer Hospital's workforce reside outside of Clay County. Of those staff members who travel, the majority live in the eight counties adjacent to Clay, yet some hospital employees travel even further, coming from southern Minnesota, and other lowa counties.

Hospital president Bill Bumgarner says that the hospital strives to create an environment that attracts and retains highly skilled professionals who are committed to excellence.

"Our co-workers are drawn together from a diverse geographical area with a commitment to a common purpose, collaborating to offer high quality care to our patients while also supporting their loved ones," Bumgarner remarked.

Human resources director Michael Schauer shared that for the size of organization, the turnover rate at Spencer Hospital is low compared to industry standards.

"The number of hospital co-workers has steadily remained around the 530 mark for several years, fluctuating depending on service demand. With that large number of people, there is always some fluidity in our workforce as people retire, relocate or change jobs for family or other reasons. Yet we're fortunate to retain many great team members and attract quality applicants too," Schauer said.

Bumgarner added, "We have an exceptional team of professionals. I'm proud of their dedication to meet and exceed the expectations of our patients every day."



MICAH VANDE VEGTE, RN | MEDICAL/SURGICAL PATIENT CARE ORANGE CITY & SPIRIT LAKE | 1 HOUR, 10 MINUTE COMMUTE | 1 YEAR OF SERVICE

I'm from northwest lowa and grew up coming to the Lakes area and have always loved the Okoboji area. During college I had a clinical rotation with Spencer Hospital Community Health Services and was impressed with how friendly everyone was and how well various departments work together.

When I graduated from Dordt College, I knew I wanted to stay in the area and had the opportunity to stay at our family home in Spirit Lake. I went online and compared the area hospitals for patient satisfaction scores, clinical outcomes, patient comments and other statistics, and I really liked what I saw for Spencer Hospital. Plus, during the interview I learned about the strength of the hospital and programs in place to focus on the patient's care and experience. I also liked the range of services offered here, including cancer treatment and multi-specialty surgery center. I'm very happy I chose Spencer Hospital.



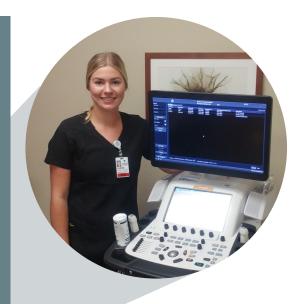
CARRIE ARNDORFER, CARDIAC SONOGRAPHER | DIAGNOSTIC IMAGING SERVICES

BANCROFT, IOWA | 1 HOUR COMMUTE

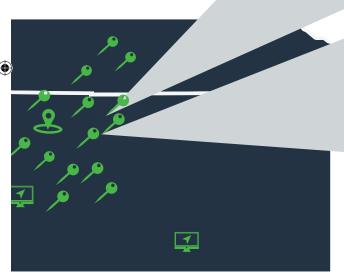
My field is quite specialized, which can make finding a job in rural lowa somewhat difficult. Previously I worked for Mayo Clinic in Rochester and after my husband and I got engaged, I transferred to Mayo in Mankato, MN, and was really hoping to find something closer to home.

Once I saw the position available in Spencer and learned that providing echocardiogram on a full-time basis rather than a visiting clinic would be a new service, I thought it was a really incredible opportunity to help bring great technology to a smaller community. I also thought it would be interesting to learn things from a 'start-up' perspective, as in my previous jobs I was hired into established echo labs.

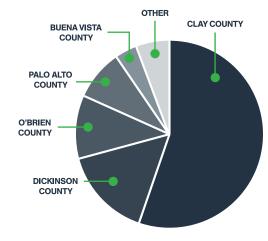
When I came for my interview, I fell in love with the smaller, family-friendly atmosphere here. I could definitely see myself as part of the Spencer Hospital team. I enjoy my morning commute. My 5:30 AM alarm is sometimes daunting, but that hour each morning is when I drink my coffee, listen to a podcast or an audiobook, and have the added bonus of catching some great sunrises!







Fifty-five percent of Spencer Hospital's co-workers reside in Clay County communities and most of the other commute from adjoining counties, yet some travel even further and a few even work remotely.



TIM BIRKEY, STRENGTH & CONDITIONING COACH | ATHLETIC ENHANCEMENT

ALGONA, IOWA | 50 MILE COMMUTE | 18 YEARS OF SERVICE

Spencer Hospital's Athletic Enhancement is a unique program that has allowed me to work with a wide variety of populations - high school athletes, college athletes, all ages of general population clients, cardiac rehab patients, and others. Each population presents different challenges and needs. The variety makes programing fun and I enjoy the fact that no one day is the same.

The commute is worth it to me. First of all, I enjoy my job and the people I am able to impact through working at the hospital. I don't wake up dreading going to work; I enjoy it. Secondly, I like the small, family feel of working at the hospital.

The sheer length of the drive is sometimes challenging and then winter driving always presents problems from time to time. Yet, when weather doesn't present challenges, I enjoy the morning drive. It gives me a chance to drink a cup of coffee, listen to ESPN radio and collect my thoughts for the day.

DR. CALIGIURI INTRODUCES NEW KIDNEY STONE PROCEDURE TO REGION



THOSE WHO HAVE
EXPERIENCED A KIDNEY
STONE PASSING FROM THE
KIDNEYS THROUGH A URETER INTO THEIR
BLADDER ARE PAINFULLY FAMILIAR WITH THE

SYMPTOMS. And, if the stone didn't pass naturally, they may have undergone a procedure at Spencer Hospital where the stone was broken up through lithotripsy to pass more easily, or actually have had the stone retrieved through a surgical procedure. Yet, what happens to the large stones that remain in the kidney?

A large stone – typically around 2 centimeters in size - may not create symptoms for all patients. Yet, others may experience pain in their flank area or may have reoccurring bladder infections. Plus, the chances of the stones naturally trying to pass and either getting stuck in the ureter or traveling a painful path to the bladder remains a possibility.

Locally, large kidney stones have been routinely treated with external shockwave lithotripsy, a procedure designed to help break up a large stone into smaller, more manageable pieces. Yet, lithotripsy is not always successful. In the past, another option was to send patients to a distant facility to undergo a special procedure called percutaneous nephrolithotomy. With the recent addition of urologist Dr. Charlotte Caligiuri to Northwest lowa Urology and the Spencer Hospital medical staff, this procedure can now be performed close to home.

"I am excited to be offering this service to patients in need that would otherwise need to travel two to three hours to receive similar care," expressed Dr. Caligiuri. Since starting her practice in Spencer in early

2019, Dr. Caligiuri has implemented this procedure into her practice at Spencer Hospital.

She explained that this minimally invasive procedure is performed by surgically inserting a small scope directly into the patient's kidney.

The kidney stone is broken up using both ultrasonic wave energy and ballistic shockwave energy and all the pieces are removed through the scope. The patient typically stays overnight in the hospital and then returns for a follow-up check approximately two weeks later and for stent removal.

To support Dr. Caligiuri in performing this procedure, the Spencer Regional Healthcare Foundation funded the purchase of a new lithotripter unit and also an upgrade of the laser used to assist in breaking up kidney stones.

"We're thrilled to work with Dr. Caligiuri in providing this service to patients in our region," commented Matt Cooper, Spencer Hospital surgical center director. "She's a delight to work with and a very talented surgeon. We provide a wide variety of surgical specialties and continue to evaluate the potential of new services to provide care locally."



A PERSONAL PERSEPECTIVE

PHYSICIAN APPRECIATES SPENCER HOSPITAL'S HOSPICE CARE PROVIDED FOR MOTHER



NINE DAYS OF LAUGHTER, TEARS, SINGING, BEAUTIFUL LAKESIDE SUNSETS, GRANDCHILDREN'S HUGS, MEMORY-SHARING, OPPORTUNITIES TO SPEAK OF UNDYING LOVE AND CHANCES TO SAY GOODBYE.

As Bonnie Albertson often said to her four children and grandchildren during her final days under hospice care, "I know you love me, and you know I love you. That's all that matters."

Bonnie's eldest daughter, Dr. Sonia Sather, is a long-time family practice physician who recently transitioned from her patient practice to serve as a hospitalist at Spencer Hospital. Dr. Sather had witnessed the benefits of hospice services for many patients over the years. As a daughter, she experienced and appreciated the services of the Hospice of Spencer Hospital team in providing end-of-life care to her mother and support to the entire family as well.

"Hospice care is really important for families, as they're scared and they don't know what to expect during those last months or days. Their biggest concern is they want their loved one to be comfortable and they appreciate having help in understanding what they can expect," Dr. Sather said. "No matter how much you know it's coming; you're never fully prepared. Just having the hospice social workers and nurses who know what to expect and how to share that information is really helpful."

Her mother, Bonnie, had lived with Parkinson's disease for 17 years. During many of those years her symptoms were well managed through medication and exercise, yet in the last five

years of her life, the progression of the disease quickened its pace. Knowing her prognosis, Bonnie had an advanced directive for end-of-life care and had discussed her wishes with her family.

"Mom was hospitalized and we knew she didn't want to be intubated," Dr. Sather recalled, "So instead she was placed on a bi-pap machine, which basically was doing the work for her. At that point, Mom was alert and responsive, so we asked her if her wishes remained the same, and they did. She didn't want further, long-term intervention, so the answer for us was hospice care."

"The hospital's hospice care was wonderful," Dr. Sather said. "They made sure we had all the supplies we needed and everything to help make her comfortable. They taught us how to do all her care and reviewed all her medications with us, and just kept us informed of what to anticipate. They were very responsive and supportive. Hospice had scheduled times they would visit, yet if we called, they'd be there if we needed something."

For Sonia, being a hospice patient's daughter yet also a trained physician was a bit of "a blessing and a curse," she said. "Every now and then, I was surprised. For example, on Sunday after we took Mom home, she was sleeping pretty much constantly and at times there would be long gaps between breaths. I informed my family this could be expected and that this may be our final moments with her. Music is big in our family so my husband Ryan started playing the piano. Everyone was singing along, and then we notice Mom was awake, singing too."

Family and friends enjoyed several moments and memories with Bonnie before she passed away a few days later. Hospice services continued as the hospital team assisted with many transition questions and provided bereavement services and materials throughout the first year.

"As a physician and as a daughter, I've found so many benefits through the expert care and guidance of Spencer Hospital's hospice team," Dr. Sather commented. "We greatly appreciated their care and their caring."



REHAB @THE CLINIC PROVIDES CONVENIENT, AFFORDABLE OUTPATIENT PHYSICAL THERAPY



IN A CONTINUING EFFORT TO MAKE HEALTHCARE SERVICES MORE CONVENIENT AND AFFORDABLE, SPENCER HOSPITAL HAS OPENED REHAB @ THE CLINIC, A FREE-STANDING OUTPATIENT REHABILITATION THERAPY CLINIC LOCATED ON SECOND FLOOR OF THE SPENCER MEDICAL ARTS BUILDING.

"It's the same great care from the same great Spencer Hospital physical therapists, just at an alternative location, which for some people, based on insurance coverage, is a more cost-effective option," explained Jordan Reed, director of Rehabilitative Services.

Depending on a person's insurance coverage, therapy services in a clinic setting can be provided based on their plan's primary care copayment rather than being fully applied towards a patient's deductible. A co-payment is typically less expensive than a payment towards an annual deductible.

"With the opening of Rehab @The Clinic, we now offer four options in the area for outpatient physical therapy care," Reed said.

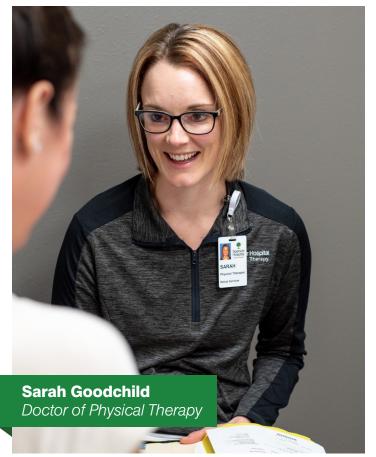
"We offer both inpatient and outpatient treatment at Spencer Hospital, and outpatient physical therapy at Milford Family Care, Sioux Rapids Family Care and Rehab @ the Clinic in Spencer.

"When we receive a referral or a call regarding a person's need for physical therapy, we will assess which location makes most sense for that person based on their health needs, accessibility factors and insurance coverage," Reed explained.

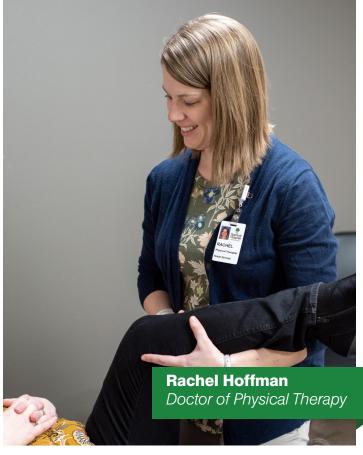
OPTIONS FOR THERAPY

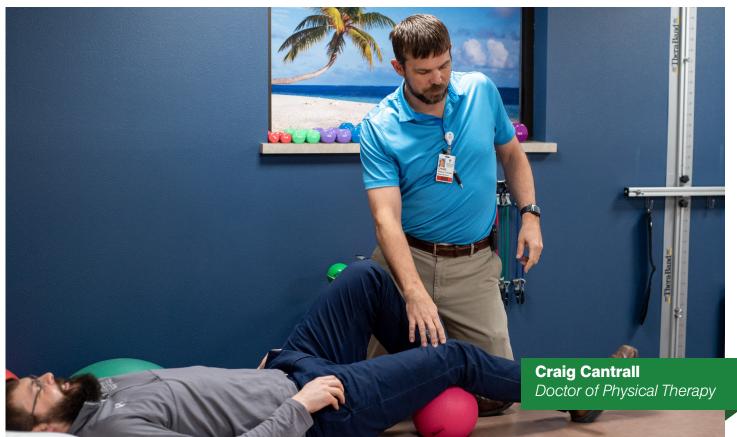
THE PHYSICAL THERAPY PROFESSIONALS OF SPENCER
HOSPITAL PROVIDE SERVICES IN SEVERAL LOCATIONS
TO BEST FITTHE NEEDS OF EACH PATIENT.





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DR. MARKS JOINS ABBEN CANCER CENTER



ABBEN CANCER CENTER OF SPENCER HOSPITAL HAS WELCOMED EXPERIENCED RADIATION ONCOLOGIST MICHAEL MARKS, MD, PHD TO ITS CARE TEAM. Dr. Marks has more than two decades of experience in cancer treatment.

He earned his medical degree from the University of Alabama School of Medicine and also also has a doctorate in biochemistry from the University of Alabama in Birmingham.

Dr. Marks is a diplomate of the American Board of Radiology and the National Board of Medical Examiners.

Dr. Marks commented, "The healthcare team at Spencer Hospital and Spencer's medical community are exceptional. Our goal is to provide the best in cancer care for the people of northwest lowa."

MESSEROLE NAMED EDUCATOR OF THE YEAR



RECENTLY THE IOWA EMERGENCY MEDICAL SERVICES ASSOCIATION (IEMSA) RECOGNIZED JEFFREY MESSEROLE AS IEMSA INSTRUCTOR OF THE YEAR. Jeff was nominated for the honor by Clay County Emergency Services Director Tammy McKeever, who commented: "Jeff has dedicated his I

Services Director Tammy McKeever, who commented: "Jeff has dedicated his life to teaching and instructing not only locally, but internationally. He cares for his students and outcomes of their training. The Clay County EMS Association feels blessed to have such as asset locally."

Messerole has been involved in emergency medical services for 37 years, starting as combat medic in the United States Army and later an EMT, then Advanced EMT, and currently as a paramedic for the past 33 years. He began teaching CPR in 1982 and found he really enjoyed it, so he continued to teach while actively working in the emergency medicine field. When he joined Spencer Hospital in 2007, he transitioned to being a full-time instructor.

"I really teaching enjoy complex hands-on skills, such as resuscitation of adults and children," Messerole said. "It's rewarding when I am lecturing or doing hands-on skills and the light bulb comes on, and I can see the student just got and understood what was in front of them. Seeing their confidence increase and then when they achieve certification, I like knowing I had a part in that, and that they have learned skills which they can use to help others."

He added: "Medical education is constantly changing and we in medicine are lifelong learners. We should never stop learning. I learn new things most every day in my work here at Spencer Hospital and I can't wait to share them with staff. I am only able to do that because of the support I get from leadership, the HRD department to include Danelle, Lisa, and April. Without their help I would not be nearly as effective as I am. I believe I have been given a tremendous opportunity to assist others in achieving the best outcomes for the patients here at Spencer Hospital and I am honored for that opportunity."



EXTRAORDINARY NURSES RECOGNIZED

NATIONAL DAISY AWARD DESIGNED TO SPECIFICALLY HONOR NURSES

TWO SPENCER HOSPITAL NURSES – KATIE NELSEN AND DENNIS BECK - WERE RECENTLY HONORED FOR PROVIDING EXTRAORDINARY CARE AS THEY WERE PRESENTED THE FALL 2018 DAISY AWARDS.

Katie Nelsen is a registered nurse on the medical-surgical inpatient unit. She was nominated for being a great nurse overall, and specifically for the compassionate care she provided a frightened patient who has dementia.

Katie's nominator noted: "The patient was confused and need reassuring often. Katie made sure to calmly explain the situation over and over again to the patient. She also stayed with the patient and held her hand until the patient was calm. Katie made sure the patient was physically safe and emotionally okay."

Dennis Beck is a registered nurse on the behavioral health unit. He was nominated by a patient who noted that Dennis was "her saving grace" during her hospitalization and care. "He treated me with dignity and respect and, most importantly, empathy," his nominator wrote. "I cannot describe in words how much this nurse meant to me during my stay. He was part of the group of people who literally saved my life."

Spencer Hospital recognizes two outstanding nurses semiannually, presenting them with the Daisy Award. This national award was created by a family who was touched by the extraordinary care and compassion provided to their son during his hospitalization. Anyone can nominate a nurse for a Daisy award. Forms are available within the hospital and on the Spencer Hospital website.



OUTSTANDING CO-WORKERS HONORED

GEM AWARD ACKNOWLEDGES COWORKERS WHO GO ABOVE AND BEYOND

CONGRATULATIONS TO SPENCER HOSPITAL'S FALL 2018 GEM AWARD WINNERS, VIOLETTE HENNINGSON AND MYRON HESEBECK! GEM AWARDS – WHICH STANDS FOR "GOING THE EXTRA MILE" – ARE PRESENTED TWICE EACH YEAR TO TWO OUTSTANDING CO-WORKERS.

Violette was nominated by a patient who was so impressed by Violette's compassion and the care she provided. The nominator noted: "Violette went out of her way to make my stay the best! Never forget how valuable you are to the people you meet every day."

Myron was recognized for a specific time he came in two hours prior to the start of his shift to clean up after a broken pipe. The nominator noted that this wasn't a one-time incident as routinely Myron performs acts of kindness and additional service to support his team and assure quality in the hospital's

environmental services efforts. "Myron cares so much about his co-workers that he never wants to put the burden of extra work on them."





Spencer Regional Healthcare Foundation

A Year in Review - July 1, 2017 - June 30, 2018

Top Moments for the Spencer Regional Healthcare Foundation

As our community of donors grows, so does the impact made through the Spencer Regional Healthcare Foundation. Thanks to generous donors of past and present whose generous gifts helped yield these highlights.

Foundation Celebrates 25 Years!

In 1993 the Spencer Regional Healthcare Foundation was founded to provide a specific entity to foster gifts for the enhancement of local healthcare. Since that time, millions of dollars have been invested in new technology,

programs and services provided through Spencer Hospital. As an approved charitable organization, gifts made to the Foundation provide donors not only the joy of making a gift, but also the tax benefits of giving.

First Distribution of Endowment Funds

The Looking Forward, Giving Back campaign sought to establish a permanent endowment to support Spencer Hospital's healthcare mission. Donors from across the region came together and raised over \$2.5 million. This past spring

marked the first distribution of the endowment fund which provided an additional \$89,300 in grant funding. This is in addition to the traditional grants from the Foundation's general fund.

Foundation Commits \$250,000 for Warner Dialysis Project

This past summer, Warner Dialysis of Spencer Hospital officially opened the doors of its new location on West 18th Street. In line with the mission of enhancing healthcare,

the Foundation used designated funds and requested donations to assist with this much anticipate project, supporting patient comfort items.

Anonymous Challenge Grant Encourages Giving

Celebrated on the Tuesday following Thanksgiving, Giving Tuesday kicks off the charitable season. The Foundation also uses this time to encourage and celebrate Spencer Hospital's vibrant employee giving program. This year, an anonymous donor provided a \$2,500 challenge grant to see if the employees of Spencer Hospital could raise \$2,500 on Giving Tuesday. In a single day, 94 employees came together to contribute \$3,900!





\$443,650 Total Donated

Popular Gifts

There are many ways you can give through the Foundation to meet your charitable goals.

Active Donors in FY18



Repeat Donors

New Donors

PROVIDE a gift. Make an IMPACT. Please JOIN us!

Spencer Regional Healthcare Foundation 1200 First Ave. E. Spencer, IA 51301 (712) 264-6226 giving@spencerhospital.org

www.SpencerHospital.org



Memorial Giving Kent & Dixie Zalaznik

"Memorial gifts let me remember my friends in a way that will help others. What a wonderful gift."



Gift of Grain Don & Marlene Nielsen

"We enjoy the ease of gifting grain. Spencer Hospital has always been there for us and we've appreciated the care."



IRA Roll-over Bob & Delores Barringer

"We enjoy the tax benefits for us and the impact we can make with this generous gift.



Partial Beneficiary in Estate Plan Delores Salzkorn

"Delores very much appreciated the Spencer healthcare system and utilized their services frequently. She realized how important it was to have a medical

system available for herself and the community. Therefore, she wanted to support it anyway she could. She was also a volunteer for many years there, and enjoyed helping wherever she was needed." Denise Nielsen, niece of Delores



Your Gifts at Work. Grant Statistics

Our Mission Is Clear. Enhance Local Healthcare

Your donation will enhance the care you, your family and neighbors can receive at Spencer Hospital.



\$487,345 Total Granted

Local healthcare is essential in our rural community.



Abben Cancer Center



Education



Athletic Enhancement/ Cardiac Rehab



Diabetic Education



Guest Needs



Warner Dialysis Centers



Surgery Center



Community Health Services



Diagnostic Imaging



Hospice of Spencer Hospital Services



Women's Health

Thankyou for making a difference!

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YOUR CARING SUPPORT THANK YOU

GIFTS

By Kevin	&	Cheryl	Ahern
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By Chad & Angie Baldwin

By Amanda Bare

By Rob & Delores Barringer

By Ronald & Marlyce Bauermeister

By John Bjornstad

By Black Knights Car Club

By Jill Bobolz

By Marilyn Bock

By Sandra Boisen

By Bomgaars-Ladies Night Out

By Dale & Karen Brandt

By Gerry & Jodie Bredlow

By Mr. & Mrs. Brian Brodersen

By Jamie & Mary Brosnahan

By Kim Brouwer

By Lois Brown Estate

By Bill & Karen Bumgarner

By CMBA Architects

By Mason & Stephanie Cady

By Bill & Jane Campbell

By Carol Campbell

By Jim & Julie Christensen

By Charity Kids Club

By Phil & Siri Christy

By Clay Mutual Insurance

By Community State Bank Employees-

Pink & Blue Jeans Day

By Congregational Ladies Aid of

Greenville

By Matt & Molly Conlon

By Patrick & Kristy Connor

By Neal & Kitty Conover

By Tom & Betsy Cornwall

By John & Carole Lea Cotton

By Lyle Cretsinger

By Mike & Merry Crotty

By Michaela Cullen

By Melissa & Don Cunningham

By Jennifer Dau

By Brian & Jill Davis

By Gregory & Anna Davis

By Doug & Lisa Dekkenga

By Arvin & Kathleen Druvenga

By Doug & Kathy Duncan

By Myron & Connie Elg

By Employment Connections

By Mandy Erdman

By Dr. Philip & Peg Deffer

By Jerry & Judy Erickson

By Amy Essick

By Farmers Trust & Savings Bank

By Carole Feldhacker

By First English Luthern Church

By Sid & Amy Fitch

BY Dawn & Clayton Fletcher

By Scot & Brenda Francis

By Roger & Karen Fread

By Sharon Frederick

By Garfield-Herdland Community Drive

By Dr. Curt & Sam Geyer

By David Goedicke

By Steve & Kim Grell

By Adam & Mindy Gress

By Gloria Guerttman

By Larry & Cathie Harden

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By Dave & Diane Hargrave

By Denny & Nancy Harmon

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By Darren Hasbrouck

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By Greg & Susan Hauswirth

By Cindy Heida

By Larry & Rebecca Hennings

By Angela Hetrick

By Carolyn Hicks

By Jim & Tammy Higgins

By Ryan & Rachel Hoffman

By Gary & Ann Holck

By Ben & Val Hollesen

By Patricia Hossack

By Terry & Renee Hott

By Lorrie Huffman

By Kimberly Hurlburt

By Jerry IIIg

By Bruce & Judy Iverson

By Lori Jennings

Gifts listed are those which were made since the August 2018 edition of Health Connections.

By Meredith & Linda Johnston

By Sean Johnson

By Tyler & Laura Johnson

By Stanley & Jodene Jongma

By Angela Kabrick

By Herb & Arla Kintigh

By Dr. Jason & Lindsey Keonin

By Jarold & Donna Krogman

By Matt Kuehler

By Scott & Becky Lawson

By Steven & Shari Lensing

By Marjorie Lorenzen

By Janell Martini

By MWI Components, L.C.

By Nate McCormick

By Travis McGuire

By Candace McGuire

By Roxy McLaren

By Curt & Anita Miller

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By Mel & Margaret Molitor

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By Alicia Nissen

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By Gary & Lisa Peters

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By Alan & Carol Pierce

By Jerry & Winnie Poock

By Randy & Deb Pontious

By David & Sharyl Potratz

By Dr. Stephanie Johnson & Paul Rekow By Dr. Glenn & Beth Preston

Spencer Regional Healthcare Foundation Board



Standing: Ben Hollesen, John Rahn, Nate Schmidt, Dr. Charlie Crouch, Wes Simpson, Sid Fitch and Bill Bumgarner. Seated: Mindy Gress, Executive Director; Pat Reno, Linda Kunzmann and Susan Zulk, VP-Marketing & Fund Development. Not pictured: Myra Coover, John Cotton, Jill Davis, Steve Lensing, Marcia Ramstack, Lisa Steffen and Kim Upah.

By Tom & Virginia Rabel

By John & Mary Rahn

By Philip & Marcia Ramstack

By Jay & Bucky Rehnstrom

By Tom & Mary Reissner

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By Bob & Pat Reno

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By Tanya Snarski-Carlson & Kevin

Carlson

By Kelly & Teresa Snyder

By Spencer Hy-Noon Kiwanis

By Spencer Insurance Services

By Dennis & Diane Spooner

By Joe & Nicole Steele

By Tye & Lisa Steffen

By Curt & Becky Stoltz

By Jennifer Struve

By Danelle Stumbo

By Jeff & Carla Swank

By Tim & Mindy Sylvester

By John & Heidi Toale

By John & Elizabeth Tonsfeldt

By Truist

By Troy & Kim Upah

By Jay & Shantel Van Gelder

By Tom & Wendy Van Tassell

By Bob Vander Tuig

By Albert & Gwyn Voss

By Laura Wagenaar

By Alice Wagner

By Joel & Janet Wassom

By Kirk & Jeri Wescott

By Kimberly Whisenant

By Jennifer Williams

By Tamara Williams By Tammy Wilson By Mike & Jodi Wimmer

By Winther, Stave & Co, LLP Employees

By Nancy Whittenburg & Gary Nelsen

By Katie Wolters

By David & Debbie Woodcock

By Paul Wooten

By Dr. Amanda & Jason Young

By John & Susan Zulk

By Marisa Zweifel

IN HONOR OF

Delores Barringer

By Marietta Smith-Johnson

Dwight Conover

By Virginia Bubke

Neal Conover

By Virginia Bubke

Austin Crew

By Faith Lutheran Church

Roger Crouch

By Veronica Doede



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Luke Rouse By Colleen Rouse

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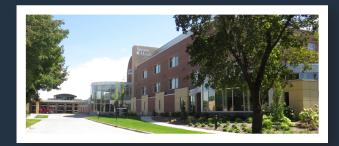


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Thank You for Your Support

Spencer Hospital is leading the way to better health.



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Warner Dialysis 1721 W 18 St Spencer, IA (712) 264-6464



Avera Medical Group Spencer 116th East 11th St, #101 Spencer, lowa (712) 264-3500



Abben Cancer Center 1200 First Ave East Spencer, lowa (712) 264-6550



Sioux Rapids Family Care 113 Second Street Sioux Rapids, Iowa (712) 283-2723



Warner Dialysis 3150 18th Street Spirit Lake, Iowa (712) 336-2910



Milford Family Care 2004 Okoboji Ave. Milford, Iowa (712) 338-2461