

health Connections

WINTER 2018

Seasonal Newsletter of Spencer Hospital



BETTER SLEEP, BETTER HEALTH

YOUR GUIDE TO IMPROVED REST

2017 ANNUAL REPORT EDITION

INSIDE THIS ISSUE

- Benefits of a Good Night's Rest
- Foods to Help You Sleep
- Recognizing Outstanding Co-Workers
- Appreciating Our Donors
- Annual Report Statistics
- and much more!*

A Message TO OUR COMMUNITY

A NEW COMMITMENT NEEDED FOR LONG-TERM HEALTH POLICY PROGRESS

On pages 10 and 11 of this edition of *Health Connections* is an article highlighting the many resources offered by Spencer Hospital and its affiliated medical staff to help achieve improved health outcomes on an individual basis.

A healthy individual, a healthy family, a healthy community, a healthy society . . . to achieve that end personal wellness must be our primary emphasis joined by timely and efficient treatment when necessary. To succeed, it will be critical to establish innovative care models that ensure a sustainable national health policy into the future. Unfortunately, government – at both the state and national levels – has been adrift in making progress toward achieving long-term healthcare security for those it serves.

Among other essential responsibilities – such as providing for a strong national defense and an effective education system – government must also provide the framework for meaningful access to healthcare for all its citizens. But any opportunity to forge an effective national health policy has been bogged down in partisan divide for too many years, often seeking fast – and not sustainable – solutions to a complex issue.

Health policy in the United States cannot be advanced through the continued erosion of insurance benefits to individual citizens and inadequate payment updates – even cuts – to healthcare providers.

The State of Iowa's decision to turn over its Medicaid program to for-profit private insurance carriers is one such example. This major policy change was done rapidly and without engagement with Iowans who receive care or the healthcare entities providing services. The state legislature didn't have the opportunity to vote on a change to one of the state's

largest policy commitments. This change was pursued through direct administrative action to achieve swift budget savings. Not surprisingly, Medicaid managed care is struggling and facing ever-increasing criticism from the both sides of the political aisle.

At the federal level, some congressional leaders aspire to transition the Medicare program to a "voucher" system, whereby senior citizens receive a set dollar amount to buy insurance coverage. There's no guarantee the benefits would be consistent with those Americans have invested into for decades. As for Medicaid, the same leaders would send federal dollars to the individual state as block grants. Block granting is an easy way for the federal government to manage its costs while shifting the hard work of ensuring overall program integrity to the states.

Our elected officials at both the federal and state level must understand that advancing a national healthcare policy – one that improves quality and better manages cost – will require a lengthy and deliberative process. The engagement of major stakeholders and health policy experts will be essential. It won't be possible without somehow narrowing the partisan divide. Upfront investment will also be required to achieve long-term cost efficiencies.

A reshaping of how care is provided and paid for will also be necessary, moving towards contemporary models for population health management. These models must include a greater reliance on health promotion programming to reverse trends of chronic medical conditions and the higher costs associated with them. Reimbursement models must also be adapted to encourage innovation that

brings more cost efficiency to the process of care. Healthcare providers like Spencer Hospital will need to further improve care outcomes. And every citizen will have to do his and her part by eating healthier diets, exercising more and visiting their family physician on a regular basis.

Many Americans take healthcare security for granted. In fact, it's fragile for all of us. Most everyone is one job loss or a fast-tracked legislative bill away from insurance coverage being unaffordable or substantially altered. We must expect more from our elected officials . . . to confront hard policy challenges with evidenced based concepts, thoughtfulness and caring.

How healthcare policy is managed in the years ahead will have a direct impact on the future success of Spencer Hospital and the breadth of services available to our community and region. Watch closely. Analyze the debate beyond the lens of party politics. Healthcare security for you and your loved ones is what's at stake.



Bill Bumgarner, President

SPENCER HOSPITAL 2017 ANNUAL REPORT

TEAMWORK



518 FULL & PART-TIME STAFF MEMBERS



MISSION Spencer Hospital is dedicated to promoting healthier lives.

VISION Spencer Hospital, in collaboration with its medical staff, will be recognized as an exceptional regional healthcare center.



41 PHYSICIANS PROVIDING CARE



123 VOLUNTEERS

HEALTHCARE

261



BABIES BORN

6,348



SURGERIES PERFORMED

9,502



EMERGENCY VISITS

13,819



DIAGNOSTIC IMAGING PROCEDURES

125,502



LABORATORY TESTS

10,659



RADIATION ONCOLOGY TREATMENTS

\$32.5M

Annual Payroll and Benefits

\$11.3M

Purchases from Iowa Businesses

\$1.1M

Charity and Uncompensated Care

COMMUNITY

HEALTHIER

BLESSING IN DISGUISE

HUSBAND'S HEALTH SCARE LEADS TO BETTER SLEEP, IMPROVED HEALTH



COREY AND MISSY MEYER WITH THEIR TWO SONS - DREW, 3, AND TAYTEN, 6.

INITIALLY, IT SEEMED LIKE AN ORDINARY SUMMER'S NIGHT. YET, FOR COREY MEYER, THE EVENING WAS LIFE ALTERING.

Corey remembers that August night clearly. "I went to bed as usual, yet woke up 20 minutes later with my heart racing," he recalls. "I knew something wasn't right. It was scary."

The incident was frightening enough to prompt Corey to make an appointment with his family physician the next day. His physician diagnosed Corey as having atrial fibrillation which was confirmed with blood tests and an EKG. He underwent a procedure to return his heart to a regular rhythm, and his doctor also ordered a sleep study.

TOGETHER.

"I came into Spencer Hospital on the Sunday night of Labor Day weekend around 10 o'clock," Corey said. "They hooked me up to monitors, I slept a couple of hours and then woke up. At that point, the tech told me she'd seen enough and then connected me to a CPAP machine to see the difference it could make in improving my sleep."

Corey was diagnosed with severe obstructive sleep apnea and was prescribed a Bi-PAP unit to help keep his airway open while he sleeps. Most commonly prescribed are CPAP units which stands for "continuous positive airway pressure." Another type is a Bi-PAP which provides two levels of air pressure, one for when the wearer inhales and a different level of pressure when the sleeper exhales.

"When I had the study, it recorded that I was having up to 83 events in an hour and now I'm under 10 and have been as low as 0.2 per hour," Corey said. He explained that his sleep monitoring system records the quality of his sleep each night.

"I didn't notice before that I wasn't sleeping well, yet the difference is huge," he commented. "I now get seven to eight hours of sleep each night and wake up ready to go. It's pretty awesome."

Corey appreciates the staff of Avera Home Medical Equipment of Spencer Hospital for their assistance with fitting him for the right sleep system and their service. "I know you could purchase a system over the internet, yet you wouldn't have the service and easy access to supplies. They've been great help to me."

Not only is Corey sleeping better, his wife is too. Corey recognized that Missy also had apnea issues during the night and now both are breathing better now, thanks to sleep machines.

"I assumed I was tired all the time since I work full-time, have two young children, and just due to getting older," Missy said. "Boy, was I wrong. The first Saturday after I started therapy, I woke up on my own before 6 am, feeling rested and ready for the day! Corey and I were able to enjoy a cup of coffee together before the kids got up. It was the best Saturday we've had in a long time. I couldn't be happier with our results."

Missy and Corey noted that as they feel more rested, they've committed themselves to making other lifestyle changes, including incorporating fitness into their day and adjusting their diets.

"The whole process was a huge blessing in disguise," Missy commented.

"We've talked about making these lifestyle changes for years and now we are actually doing them. We are so very grateful we are on the right path to living healthier lives."

Corey encourages: "If people have any signs of sleep issues, I'd definitely encourage them to have a sleep study. As I mentioned, for me it was a life changing event. While it was a scary situation, because of it I'm so much healthier today."

"I didn't notice before that I wasn't sleeping well, yet the difference is huge. I now get seven to eight hours of sleep each night and wake up ready to go. It's pretty awesome."

- Corey Meyer

SLEEP: IT'S WHAT THE DOCTOR ORDERED

BY MATT HUMPAL, MD, AVERA MEDICAL GROUP SPENCER

“I LOVE SLEEP. MY LIFE HAS THE TENDENCY TO FALL APART WHEN I'M AWAKE, YOU KNOW?” - ERNEST HEMINGWAY

Sleep – it's something we all do, but in this time of rapidly advancing medical knowledge, it is still very much a mystery. One thing for certain though, is how important it is to get an adequate amount each night and that those who don't do so at their peril. The National Sleep Foundation recommends adults 18 to 60 years old get 7 to 9 hours of sleep every night. Adults 65 and older should get at least 7 hours of sleep each night. Children under 18 need much more sleep than adults and this varies by age.

Though people have known the necessity of sleep throughout time, we are finding more and more benefits of sleep as science continues to try to shine more light on this enigmatic phenomena. Adequate sleep has been shown to have a wide variety of psychological benefits – such as improving retention when learning new knowledge. Sleep has also been shown to increase one's attention span and allow for more alertness while awake. As many people already know, sufficient sleep also helps a great deal with problem solving and decision making. Lastly, sleep is absolutely key in maintaining a good and stable mood.

The benefits with sleep do not stop only at the mind – sleep is also essential for maintaining a healthy body. Studies have shown that sleep is necessary for the body to heal itself and maintain its working order. Continual sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke. Sleep also has a large role in hunger vs satiety. It has been shown that people are hungrier and have a difficult time keeping a healthy weight with inadequate amounts of sleep, often leading to obesity. And, as any parent will tell you, sleep is especially important with the growth, development and wellbeing of children.

So, what if you suspect you are not getting enough sleep?



DR HUMPAL JOINED AVERA MEDICAL GROUP SPENCER IN 2017.

Ultimately you may need to speak to your physician, but there are some easy things you can try first. Limiting alcohol and caffeine consumption throughout the day is very important in helping to facilitate healthy sleep – but limiting these two substances is especially important in the hours just before going to bed.

It is also crucial to try to maintain a similar sleep time and wake time every day of the week – even on weekends. This allows your body to fall into a rhythm where you will start to become tired shortly before the usual time you go to bed. Avoiding naps during the daytime and following an exercise regimen are also significant ways to make sure you are actually feeling tired when it comes time to go to bed. And, in this age of ever increasing bright electric screens, it is often very helpful to avoid electronics 30 minutes or more before going to bed. Yes, this includes your cell phone.

Now, if you've tried these strategies and still don't think you are getting enough shut-eye, it's probably time for you to see your physician. Often times bringing a sleep diary will assist your doctor with the diagnosis, so keeping track of the following things every day may help: The time you go to bed and when you fall asleep, number of times you awaken at night, number of times you get out of bed (such as to go to the bathroom), the time that you get up and if you take naps during the day.

YOUR RESOURCE FOR BETTER SLEEP

PARTNER WITH AVERA HOME MEDICAL EQUIPMENT OF SPENCER HOSPITAL



A BETTER NIGHT'S SLEEP CAN BE ACHIEVED WITH THE AID OF A DEVICE TO HELP KEEP A PERSON'S AIRWAY OPEN, MAKING A RESTFUL NIGHT'S SLEEP MORE PROBABLE.

Avera Home Medical Equipment of Spencer Hospital, located within the Medical Arts Building next to Avera Medical Group Spencer, provides equipment and service for a number of sleep assistance items and supplies.

"The process starts with a conversation with a person's family physician who, if the patient's symptoms point to a sleep issue, may order a sleep study," explained Tanya Snarski-Carlson, site manager for Avera Medical Equipment of Spencer Hospital. "Once the study is completed, the physician can order the appropriate device for the patient. Our staff receives all the documentation necessary to work with our insurance specialists to help secure insurance company approval."

The home medical equipment (HME) staff then schedules an appointment with the patient to fit the individual for the appropriate PAP (positive airway pressure) machine, mask and needed accessories. There are several types of CPAP units available and also Bi-PAP machines, which better meet the needs of some patients. The HME staff can help select the best option based on the physician's order.

"We provide service on the machines and replacement supplies such as filters, hoses, cushions, masks and more," Carlson explained. "We also have several other products which can be beneficial," she added, citing CPAP pillows which are specifically contoured to support a sleeper's head

and neck while accommodating space for the hose and face mask.

"A product we're really excited to offer is SoClean which is an amazing system for disinfecting CPAP machines and all of the attached accessories," Carlson said. "It's very important that a machine remains clean so that if you get a cold, or to remove bacteria from repeated uses, you're not re-infecting yourself when you use your sleep machine at night."

The SoClean unit uses activated oxygen to eliminate 99.9 percent of any bacteria that could be contaminating a CPAP, mask, hoses and other components. "It doesn't use water or chemicals and cleans from the head gear all the way to inside the machine," she added. "It's so easy, so important and such a time-saver too,"

The home medical equipment store also carries the Air Mini, which is a travel-sized CPAP, so small that it fits into a person's palm.

"The units and the many accessories that we carry are geared towards promoting better sleep, which in turn provides better health. This is just one of the ways our team can help people with their healthcare needs," Carlson expressed. "It's one of the many fun parts of our job."

Avera Home Medical Equipment of Spencer Hospital is located in the Spencer Medical Arts Building, 116 E. 11th Street, Suite 104 in Spencer. Store hours are 10 am – 4 pm each weekday.

SLEEP STUDIES 101

WHEN, WHY, AND HOW SLEEP STUDIES ARE PERFORMED

SPENCER HOSPITAL HAS PROVIDED A SLEEP STUDIES PROGRAM FOR MANY YEARS TO HELP PEOPLE DISCOVER THEIR SPECIFIC SLEEP CONCERNS AND RECEIVE NEEDED TREATMENT.

The hospital partners with SomniTech, a national sleep services organization, to provide trained technicians to perform sleep studies at Spencer Hospital.

Amber Brown, a certified cardiographic technician (CCT) and registered polysomnographic technologist (RPSGT), serves as the program's director of clinical operations. She recently provided insights into some commonly asked questions regarding sleep studies.

When should someone consider a sleep study?

There are many indicators that could point toward having a sleep study. Some of the strongest indicators are:

- Snoring
- Gasping for air
- Excessive daytime sleepiness
- Morning headaches
- Insomnia (or the inability to fall asleep)
- Confusion
- Difficulty concentrating
- Mood swings
- For women, post-menopause
- Restless sleep, and
- Frequent urination at night

Is a physician referral necessary?

To obtain a sleep study, you will want to visit with your primary care physician regarding your symptoms. If you and your physician determine a sleep study is needed, your doctor will send a referral for you to obtain a sleep study.

What are the basic steps of a sleep study?

The night of your sleep study appointment you will arrive to the hospital (at either 9 pm or 10 pm) and get checked in for

your appointment. You will be escorted to the sleep lab where the technician will place wires to monitor various aspects of your body while you sleep. Some wires will be attached to your head to monitor which stage of sleep you are in; some on your legs to monitor any leg movements; a couple EKG wires to monitor your heart rate and rhythm; a belt around your chest and stomach to monitor any effort of breathing; a cannula under your nose to monitor the airflow of your breathing; and an oximeter probe to monitor your oxygen saturation levels through the night.

The pre-monitoring process takes about 45 minutes. It seems like a lot of wires, but I promise eventually you will be able to fall asleep. I tell all patients not to worry about the wires, as that is our job as sleep technicians, to worry about them. Patients need to just focus on sleeping like they do each night. The technician will then monitor the patient throughout the night looking for any abnormal breathing events. If the patient has enough breathing events, they may end up being placed on a CPAP (continuous positive airway pressure) machine to help alleviate the abnormal breathing events. Patients are typically out of the hospital about 6 am the next day.

Can a sleep study be done in the home?

Some insurance companies encourage at home sleep testing as the first line of detection. However, it is important that you share all your signs, symptoms and previous diagnosis with your provider to assure the appropriate sleep study is ordered and performed. At home sleep tests cannot detect all sleep disorders, such as periodic limb movement, central sleep apnea, and REM behavior disorder, to name a few.

Describe the sleep study experience at Spencer Hospital. How frequently are studies performed locally?

Spencer Hospital is an exceptional sleep lab partner for Somnitech. The hospital has a fabulous sleep lab environment with comforts that allows for more of an at-home sleep experience. SomniTech is in Spencer often, with 397 studies performed during 2017 at the hospital.

GIVING NEW PARENTS PEACE OF MIND

REST EASIER KNOWING BABY'S HEALTH IS MONITORED



THERE ARE NUMEROUS REASONS FOR HAVING DIFFICULTY SLEEPING, AND BEING A NEW PARENT IS ONE OF THEM.

In addition to wakefulness caused by a hungry, wet, unhappy or bright-eyed, alert baby, tired parents sometimes are reluctant to give into their own drowsiness out of worry. Now peace of mind can be right at your fingertips... or actually, make that toes.

The Owlet Smart Sock 2 baby monitor uses clinically proven technology to track an infant's heart rate and oxygen levels. Using Bluetooth technology, the Smart Sock sends this information to a base station which is designed to notify parents – or whomever is near the base station – with lights and sounds if something appears to be wrong. Using Owlet's app, parents can view real-time wellness data and receive direct notifications on their phones.

"We started carrying the Owlet Smart Sock at our Spencer store in recent months," explained Tanya Snarski-Carlson, site manager for Avera Medical Equipment of Spencer Hospital. "It's exciting to have the Owlet available as many parents have heard of the technology and are excited to be able to purchase them locally and have assistance with their questions. Also, grandparents like them too, for reassurance for themselves and also as baby gifts. Giving peace of mind to new parents is a wonderful gift."

For more information on the Owlet, contact or stop by Spencer's Avera Home Medical Equipment location in the Spencer Medical Arts building at 116 E 11th St Ste. 104, Spencer, or call (712) 580-3923.

DID YOU KNOW?

**94% OF PARENTS REPORTED BETTER SLEEP QUALITY
WHILE USING THE OWLET SMART SOCK BABY MONITOR.**

-GLOBAL PEDIATRIC HEALTH, 2017

Focus on a healthier you

CHOOSE TO KNOW YOUR WELLNESS FACTORS

WHETHER YOU ESTABLISHED NEW YEAR'S RESOLUTIONS OR SKIPPED THAT STEP, 2018 IS YOUR YEAR TO OPTIMIZE YOUR HEALTH. Spencer Hospital is here to help and join you in a mutual goal of becoming Healthier Together.

Two important steps towards improving your health are:

1) Lifestyle changes. Yes, being ready to make good old fashioned, life-long health choices to move more and eat healthier.

2) Knowing your health status. What we don't know can hurt us. The sooner a health issue is detected, the sooner lifestyle changes or treatment can begin to improve a condition and hopefully cure a disease.



Spencer Hospital and local family practice affiliates of Avera Medical Group Spencer, Milford Family Care and Sioux Rapids Family Care, provide wellness assessments to help you determine your health status. The following are some important

screenings you should consider scheduling:

Annual Physical: Schedule an appointment with your family practitioner for a head-to-toe physical. During that time, visit with your physician regarding any of the screenings listed below to determine what is right for you.

Comprehensive Wellness Screening: The third Wednesday of each month – and every Wednesday in February's Heart Month - Spencer Hospital offers

appointments for wellness screenings. The screening takes only a few minutes and is a value at \$50. It includes a height and weight check, blood pressure and pulse check, and laboratory blood test analysis which screens for diabetes, anemia, heart, liver and kidney function. Blood testing analyzes blood sugar, creatinine, cholesterol, triglycerides, hemoglobin, white and red blood cell count, platelets, electrolytes, sodium, potassium, chloride and more. A body composition scale provides information on a person's body fat percentage, hydration and metabolic age. Call (712) 264-6636 for more information or to make an appointment. Pre-screening fasting is required.

Sleep Study: The lack of sleep can lead to serious health problems. While alertness is an obvious concern, lack of sleep can contribute to health issues such as diabetes and heart disease. Visit with your family physician to determine if a sleep study at Spencer Hospital is right for you.

Colonoscopy: Have you reached the milestone age of 50? Or, have any family members been diagnosed with colon health issues which would lead to an earlier-than-50 recommendation for a colon check? While often one of the most dreaded exams, in reality a colonoscopy is quick, painless and a highly effective way to identify colon health issues in early, easily treatable stages.

Planet Heart - Heart Check: Men over 40 and women over age 45 are encouraged to have a Heart Check. This includes a health and diet assessment and features taking a CT image of a person's heart to determine if any calcium build-up or blockage



New Year, New Goals



is present. This exam is reviewed by a radiologist and results will be sent to your physician; however, a doctor's order isn't necessary to schedule your exam. For the low

cost of \$50, this screening exam can identify and help advert serious health issues.

Planet Heart – Vascular Check: A vascular screening is actually three tests which are designed to detect vascular health conditions. Ultrasound technology is used to perform a carotid artery screening, abdominal aortic aneurysm screening and a peripheral artery disease screening. If vascular health issues are detected early, lifestyle changes or medication can help reduce risks of stroke, heart disease and other complications. A vascular screening is recommended for men over age 40 and women over 45. It is also \$50 and does not require a physician's order. Patients who undergo a vascular screening are encouraged to share their results with their family physician.

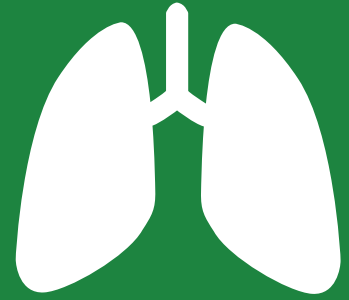
3D Mammography: Ladies, if you've had your 40th birthday, please schedule an annual mammogram.



Spencer Hospital's 3D mammography equipment and highly skilled technologists make having a mammogram as pleasant of an experience as possible.

Lung Screening: If you've been a lifelong smoker, you may wonder about your risk for lung cancer. Learn more about your lung health with a low-dose CT

scan which can help detect lung cancer in early, more treatable stages. A physician's order is required for a lung screening so visit with your doctor to determine if this screening is right for you.



Medicare Annual Wellness Visit: Did you know Medicare covers an annual wellness visit, absolutely free for Medicare recipients? The Wellness Visit is designed for you to talk with a nurse about your health history, your risk for certain diseases, the current state of your health and your plan for staying healthy. Call Avera Medical Group Spencer to learn more.

Athletic Enhancement & Wellness Center: Spencer Hospital offers a 24-hour fitness facility along with opportunities to schedule personalized fitness



training. Contact our Athletic Enhancement staff at (712) 264-6633 to learn more.

Follow Us: Our health experts routinely write articles regarding current health topics on the Spencer Hospital website under the Health & Wellness tab. Be sure to routinely check "Follow Our Blog" to get expert health tips. Also, subscribe to Spencer Hospital's e-Newsletter to receive the latest in local health news and events right in your email inbox.

SPENCER HOSPITAL IS LOOKING FORWARD TO HELPING YOU MEET YOUR HEALTH GOALS TO BECOME HEALTHIER TOGETHER IN 2018!

FOODS TO HELP YOU SLEEP

EATING YOUR WAY TO A BETTER NIGHT'S REST



FACT: WOMEN WHO REPORT BETTER SLEEP WERE 33 PERCENT MORE LIKELY TO HIT THEIR WEIGHT-LOSS GOALS, ACCORDING TO A STUDY PUBLISHED IN THE JOURNAL *OBESITY*. WHETHER YOU WANT TO DOZE YOUR WAY SLIM, OR YOU JUST WANT TO WAKE UP FEELING MORE REFRESHED IN THE MORNING, CHECK OUT THESE FOODS THAT HELP YOU SLEEP.

Kiwi

This green fruit may be the ultimate pre-bed snack. When volunteers ate two kiwis an hour before hitting the hay, they slept almost a full extra hour, found research from Taipei Medical University in Taiwan. Kiwis are full of vitamins C and E, serotonin and folate—all of which may help you snooze.

Soyfoods

Foods made with soy such as tofu, miso and edamame, are rich in isoflavones. These compounds increase the production of serotonin, a brain chemical that influences the body's sleep-wake cycle. Adults who ate two or more soy servings a day slept longer and reported the best-quality sleep, according to a 2015 Nutrition Journal study.

Fiber-Rich Foods

Eating more fiber could be key for better sleep. Eating fiber was associated with more restorative slow-wave sleep—the more you eat, the better you sleep—per a study published in the Journal of Clinical Sleep Medicine. Fiber prevents blood sugar surges that may lower melatonin. Get a fiber boost from beans, artichokes, bran cereal and quinoa.

Fish

Most fish—and especially salmon, halibut and tuna—boast

vitamin B6, which is needed to make melatonin (a sleep-inducing hormone triggered by darkness), according to an article published in the Annals of the New York Academy of Sciences.

Tart Cherry Juice

In a small study, melatonin-rich tart cherry juice was shown to aid sleep. When adults with chronic insomnia drank a cup of tart cherry juice twice a day they experienced some relief in the severity of their insomnia.

Yogurt

Dairy products like yogurt and milk boast healthy doses of calcium—and there's research that suggests being calcium-deficient may make it difficult to fall asleep.

Whole Grains

Bulgur, barley and other whole grains are rich in magnesium—and consuming too little magnesium may make it harder to stay asleep, reported the Journal of Orthomolecular Medicine.

Kale

Dairy products are well-known calcium-rich foods. But green leafy vegetables, such as kale and collards, also boast healthy doses of calcium. And research suggests that being calcium deficient may make it difficult to fall asleep.

Bananas

Bananas, well-known for being rich in potassium, are also a good source of Vitamin B6, which is needed to make melatonin (a sleep-inducing hormone triggered by darkness), according to an article published in the Annals of the New York Academy of Sciences.

NEW RADIOLOGIST JOINS LOCAL PRACTICE



RADIOLOGIST DR. NATHAN ROHLING HAS JOINED MIDWEST RADIOLOGY AND IMAGING.

A native of Minnesota, Dr. Rohling earned his bachelor's degree from Gustavus Adolphus College in St. Peter, MN. He graduated from Kirksville College of Osteopathic Medicine, located in Kirksville, MO. He also has a Master's in Business Administration from the University of Kansas.

Dr. Rohling served as department chief at Munson Army Health Center and also as interim deputy Commander for Clinical Services, also at Munson Army Medical Center. He completed his residency at Madigan Army Medical Center in Fort Lewis, WA.

Dr. Rohling and his wife Nina have a 14-month-old daughter, Nori.

FAMILY PHYSICIAN RELOCATES TO SPENCER



FAMILY MEDICINE PHYSICIAN DR. MATT HUMPAL JOINED AVERA MEDICAL GROUP SPENCER IN OCTOBER,

relocating from Red Oak, where he was part of the Montgomery County Medical Center medical staff.

Dr. Humpal graduated from Texas A&M University with a bachelor's degree in biology. He received his medical degree from the University of Texas School of Medicine and completed his residency through the Clarkson Family Medicine program in Omaha. He also served in the U.S. Army Reserve from 2001 to 2009, based at the U.S. Army Hospital in San Antonio.

Dr. Humpal and his wife Sarah have a son, Steven.



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Go to www.spencerhospital.org and sign up online.

TOM VAN TASSELL OFFERS SPIRITUAL CARE

HOSPICE SERVICE ADDRESSES COMPREHENSIVE NEEDS FOR PATIENTS AND FAMILIES



“THERE ARE TIMES IN LIFE THAT ARE FULL OF A SENSE OF THE HOLY. BIRTH IS ONE, AND SO IS THE END OF LIFE.”

The Rev. Tom Van Tassell, co-minister at First Congregational Church in Spencer, serves as spiritual director for Hospice of Spencer Hospital. Pastor

Tom, who co-ministers with his wife the Rev. Wendy Van Tassell, recalls he learned of the hospital’s comprehensive services for patients and families when he provided support for one of his church families who had received hospice services through the hospital program. That was in 1998, not long after the Van Tassells moved to Spencer. Pastor Tom assumed the role of spiritual director soon after.

“I wanted to learn to minister better to people nearing the end of life and to their families, and to learn more about the

philosophy of hospice,” explained Pastor Tom. “And I wanted to get to know and to support those special individuals who do hospice work.”

As spiritual director, Pastor Van Tassell is a member of a comprehensive team providing services to hospice patients and their loved ones. Addressing not only health concerns and physical comfort, but also emotional and spiritual needs.

“There are times in life that are full of a sense of the holy. Birth is one, and so is the end of life,” reflected Tom. “Those last weeks and months can be a time of hope, peace, and salvation, of mercy and forgiveness, blessing and love, and a sense of the presence of God. For the person of faith there is a sense of the transcendent and of eternal life, and for the Christian a knowledge that Jesus has gone before you and understands the journey of suffering and death. The spiritual component brings comfort and strength for the journey.”

Hospice services provide support for any health condition for patients in a late-in-life situation. “I hope people will come to realize that entering hospice is not giving up hope, it is embracing a different hope - hope for the best days possible, for times of grace and mercy, for reminiscing and blessing those one leaves behind, for receiving blessing and love,” Pastor Tom encouraged. “Entering hospice care brings support and care not only for the patient but for their family and loved ones. I hope people will therefore not wait until the very last days of this life to enter hospice.”

RECOGNIZING CO-WORKER ACHIEVEMENTS

Spencer Hospital pharmacists **Marisa Zweifel and Micaela Maeyaert** recently obtained board certification in pharmacotherapy through the Board of Pharmacy Specialties. Board certification through the Board of Pharmacy Specialties is recognized as the gold standard for determining which pharmacists are qualified to contribute at advanced practice levels, and is held by just ten percent of pharmacists nationwide.

EXTRAORDINARY CAREGIVERS HONORED

DAISY AWARD RECOGNIZES OUTSTANDING NURSES

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

Congratulations to our most recent Daisy Award recipients! Each year, Spencer Hospital awards four nurses with the Daisy Award, two each spring and two additional recipients in the fall.

Cathy Andela-Ruth, a Behavioral Health Services nurse, was recognized with a Daisy Award. She was nominated by a patient whose remarks include: "Cathy is a very caring nurse who has went above and beyond to help me get better. She listens. She suggests what will get me better sooner and has went out of her way to find information for me. What a wonderful nurse. She has changed my life for the better."

Ashley Weston, a registered nurse who works on the hospital's Medical/Surgical Unit, was nominated by the spouse of a patient who wrote, in part: "Ashley was very proactive in my husband's care. She listened to him and conveyed his issues to the doctors. Under her watch he made a huge leap forward and got to feeling much better. She

is a very caring and compassionate person and professional as well. We love the care he was given by Ashley!"

The Daisy Award recognizes outstanding nurses and is awarded twice each year at Spencer Hospital to two individuals each time. The next Daisy Awards will be made in May.

Cathy Andela-Ruth



ASHLEY WESTON



NOMINATE OUTSTANDING PERSONNEL

Have you encountered a Spencer Hospital employee who has made a difference? Consider nominating him or her for the DAISY or GEM Award.

The DAISY Award honorees personify Spencer Hospital's remarkable patient experience. These nurses consistently demonstrate excellence through their clinical expertise and extraordinary compassionate care. They are recognized as outstanding role models in our nursing community.

The GEM award – which stands for "Going the Extra Mile" –recognizes hospital personnel who provide extraordinary service. Our "GEMS" are people who sparkle and provide outstanding customer service, yielding "Wow!" moments.

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 under the "Patients & Visitors" tab.

EXTRAORDINARY COWORKERS HONORED

GEM AWARD RECOGNIZES COWORKERS WHO GO ABOVE AND BEYOND

THE GEM AWARD – WHICH STANDS FOR “GOING THE EXTRA MILE” – RECOGNIZES HOSPITAL STAFF MEMBERS WHO PROVIDE EXTRAORDINARY SERVICE.

In 2017 Spencer Hospital introduced the GEM Award to recognize co-workers who provide outstanding service to their community and co-workers.

The first two GEM Award honorees were Carla Swank, who is a member of the accounting department, and Greg Hauswirth, who works in the hospital's information technology department.

In the nomination letter for Greg, his patience, friendly demeanor and great teaching skills were noted. Carla was nominated for numerous times she's patiently provided instruction and assistance with spreadsheet files. Both were commended for providing exceptional customer service.

A banner is displayed in each honorees' department until the semi-annual awards are presented again. Each recipient received a certificate, a gem pin, and a beautiful, hand-crafted, stained glass sun catcher to display. Members of

the public are invited to nominate hospital staff members for the GEM Award. Forms are available at www.spencerhospital.org under the “Patients & Visitors” tab.

Carla Swank



GREG HAUSWIRTH



OUR HOSPITAL HERO: MARGARET MOLITOR

RECOGNIZING IOWA'S FINEST IN HEALTHCARE



IN OCTOBER, SPENCER HOSPITAL NURSE MARGARET MOLITOR WAS HONORED AT THE IOWA HOSPITAL ASSOCIATION'S ANNUAL MEETING AS A 2017 IOWA HOSPITAL HERO. Margaret was nominated for the daily compassion, skill and caring she provides her patients, their families and her co-workers. Hospital president Bill Bumgarner introduced Margaret at the meeting. Margaret was presented her award by the morning's keynote speaker, Jim Kelly, former NFL quarterback, four-time Super Bowl player and a member of the Pro Football Hall of Fame.

HEALTHCARE FOUNDATION AT A GLANCE



12 Gifts made to Spencer Regional Healthcare Foundation fund held with the Clay County Community Foundation

3 Gifts of Grain donations from local farmers and agricultural operations.

YOUR HELP MAKES GOOD THINGS HAPPEN!

STERIS TABLE



The Steris Table is specifically designed to assist in positioning patients having direct anterior hip replacement surgery which, for many patients, results in a shorter length of stay and faster recovery.

MUSIC THERAPY



Music Therapy provides relaxation, comfort and joy for patients receiving care through Hospice of Spencer Hospital. Foundation funds also support massage therapy for hospice patients.

AMBULANCE WIFI



Ambulances' WiFi Hot Spots enable emergency personnel to send real-time health data to the emergency department enroute to the hospital, providing valuable treatment information prior to arrival.

NEW TECHNOLOGY ENHANCES TRAINING

COMMUNITY INVITED TO SUPPORT ALEX SIMULATION MANIKIN

Imagine a nursing student being able to practice her response to a heart attack and then later play-back a recording taken from the patient's eyes of how she interacted with her and what skills she used to save her life.

This scenario is possible through use of a simulation manikin, Alex, which is being purchased for use at Spencer Hospital through donor gifts. In addition to an adult Alex, contributions to the Spencer Regional Healthcare Foundation also will make possible the purchase a pediatric manikin with similar simulation training capabilities.

"There are so many scenarios that can be designed to benefit not only a person new to healthcare, yet also scenarios that are great practice for seasoned healthcare providers to experience using these smart simulators," explained Jeff Messerole, Spencer Hospital educator.

Speech recognition ability enables the simulator to respond verbally to clinical interview questions and the high definition "IrisCam" is built into the simulator's eye and records digital video for live streaming and for review.

"I'm excited that the company that makes the Alex healthcare simulator is very open to hearing from us regarding what our training needs are," Messerole said. "I'm working with them to continue to develop scenarios which will continue to enhance



our team's learning experiences. It's an excellent way to experience a real-life healthcare situation without practicing on a real-life patient."

Contributions toward the two Alex simulation manikins, the adult and child, can be mailed in by using the donation slip below, or give online at www.spencerhospital.org and click on Donate!

FOR INFORMATION ON HOW YOU CAN MAKE A DIFFERENCE THROUGH YOUR SUPPORT OF LOCAL HEALTHCARE PLEASE CONTACT THE SPENCER REGIONAL HEALTHCARE FOUNDATION AT 712-264-6226.

Name _____ E-mail _____

Address _____ City _____ State _____ Zip _____

I would like my gift to remain anonymous. **Give a gift online at: www.spencerhospital.org and click on Donate!**

I am enclosing payment to Spencer Regional Healthcare Foundation in the amount of

\$1,000 \$500 \$250 \$100 \$50 I prefer to give \$ _____

We couldn't provide these lifesaving technologies without you. Thank you!

I would like my gift designated ALEX Area of greatest need Endowment OR

My Passion (Specific Department) _____

Please designate my gift In Memory/Honor Of (Please circle) _____

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

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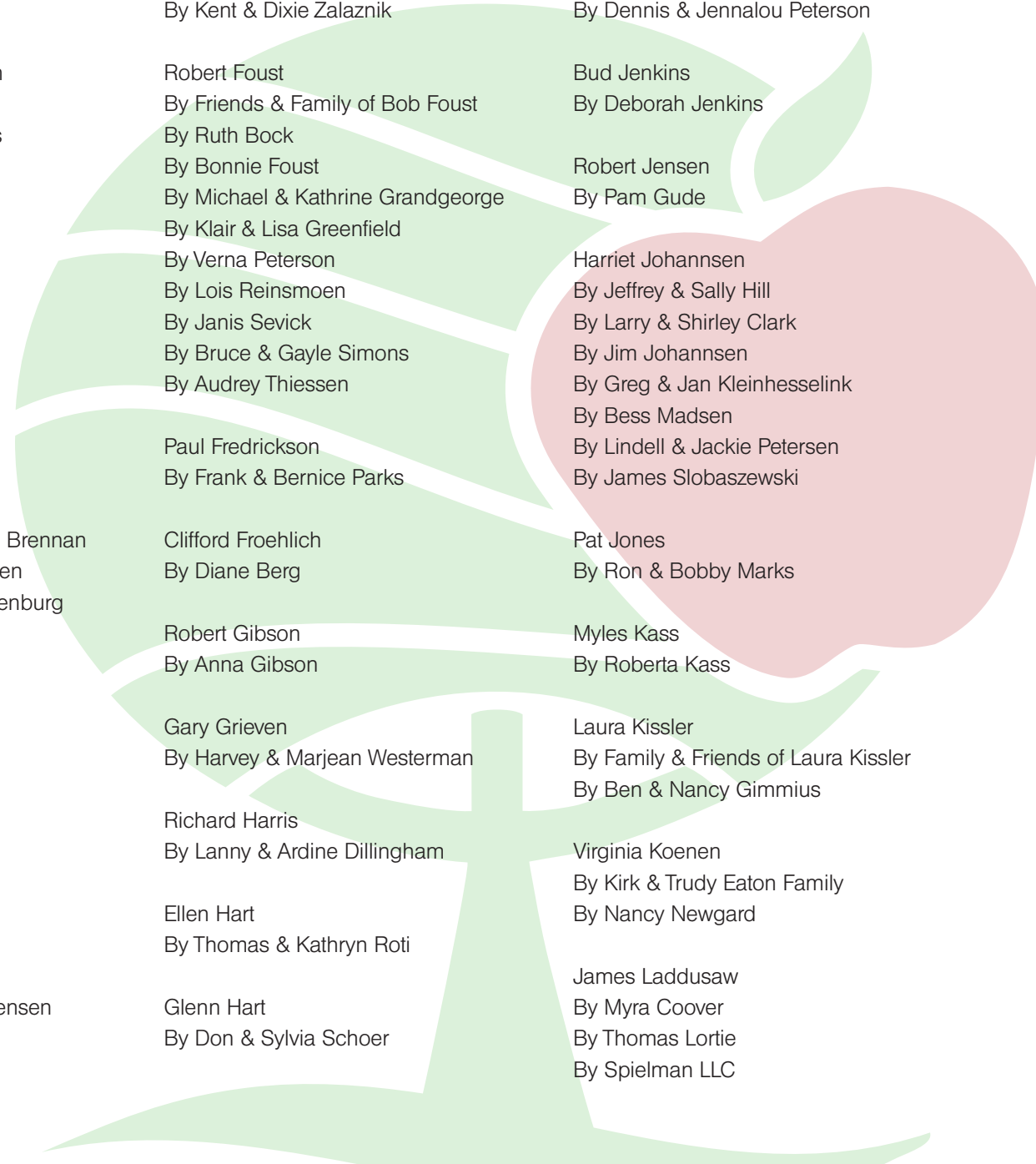
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Our success is made possible by the unwavering support of our community, physicians, employees and volunteers.

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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