# connections Annual Report & Seasonal Newsletter of Spencer Hospital

## What's Inside

SIGNA

**2024 Annual Report** to the Community

Advancements in **Prostate Cancer Diagnosis** 

Innovations in **Emergency Care** 

**Community Building Through Teddy Bears** 



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# Innovation for Elevated Service

As we open the pages of this edition of Health Connections, I'm proud to share both a reflection on the past year and an exciting glimpse into the future of Spencer Hospital. Each edition offers an opportunity to update you—our valued patients, families, and neighbors—on the meaningful progress we've made and the plans guiding our future.

This past year has been one of both challenges and triumphs, and I am incredibly proud to report that Spencer Hospital has once again been recognized nationally as a Top 100 Rural Hospital—for the 10th consecutive year. Even more impressively, we were named a Top 20 Rural Hospital for the third time. These accolades are more than just honors; they are a testament to the unwavering dedication of our team of healthcare professionals who deliver exceptional care to our patients every single day.

As an independent rural hospital, we face many of the pressures and uncertainties that challenge healthcare systems across the country. Yet, our commitment to maintaining our independence remains strong. It's this independence that allows us to be nimble and responsive to the unique needs of our community, offering high-quality, personalized care close to home. Much of what we've accomplished this year has been made possible through the generous support of the Spencer Regional Healthcare Foundation and our dedicated donors. Your belief in our mission fuels our ability to grow, innovate, and care for more patients in more ways.

One of the ways we continue to elevate our services is by embracing advanced care options, including telehealth and partnerships with visiting specialists. We're proud to bring expertise in areas such as pediatric cardiology and pulmonology, cardiology, vascular, and interventional services—right here to our local facility. We understand the value and importance of receiving excellent care without having to travel far, and we remain committed to meeting that need.

As we look ahead, we are guided by a newly completed five-year strategic plan. This plan is the result of collaboration and thoughtful input from our staff, medical providers, patients and families, community leaders, and the Spencer Hospital Board of Trustees. It positions us to not only respond to current healthcare needs but to proactively prepare for the future—ensuring we continue to be a trusted healthcare partner for generations to come.



Thank you to our incredible staff and to each of you in the community for your continued trust, partnership, and support. Together, we will continue to ensure Spencer Hospital remains a strong, innovative, and compassionate presence in the lives of those we serve.

With gratitude,

Brinda Luponmales

Brenda Tiefenthaler President, Spencer Hospital



FY24: SPENCER HOSPITAL

ANNUAL REPORT

# By the numbers



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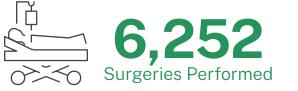


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# Spencer Hospital Enhances Local Diagnostic Care with **Prostate MRI and Fusion-Guided Biopsy Services**

Spencer Hospital recently introduced an important advancement in cancer diagnostics: the addition of prostate MRI and fusion-guided prostate biopsy services. In just a few short months, these new offerings have already made a meaningful difference—helping over 120 patients receive high-quality diagnostic care right here in Spencer, without the need to travel out-of-town.

The initiative for these new services began with Dr. Charlotte Caligiuri, a board-certified urologist with Northwest Iowa Urologists, P.C., who provides care at Spencer Hospital. Each year, Dr. Caligiuri was sending a growing number of patients to distant facilities for prostate MRIs and fusion-guided biopsies — procedures not previously available in the region. Recognizing how burdensome this travel was for patients and families, she approached Spencer Hospital administration with a clear message: Spencer needed to offer these services locally.

Hospital leadership embraced her vision and began working to bring these cutting-edge technologies to the community. With the necessary upgrades to imaging equipment, and a skilled team already in place, the service launched in November 2024.

"This is a game-changer for our patients," said Dr. Caligiuri. "The commitment Spencer Hospital has shown in bringing fusion-guided biopsies and prostate MRIs here locally speaks volumes. Offering these advanced diagnostic services in our own community will directly benefit patients, which is the ultimate goal."

Prostate cancer is a leading health concern, affecting one in eight men in the United States. It is also the most commonly treated cancer at Spencer Hospital's Abben Cancer Center, making accurate, early diagnosis critical for the community.

A prostate MRI is a highly detailed, non-invasive imaging test that allows radiologists to examine the prostate for any abnormalities. Each scan takes about 35 to 40 minutes and is read by Dr. Timothy Hurst, an experienced radiologist and Spencer native.



If an abnormality is found, a fusion-guided prostate biopsy performed by Dr. Caligiuri may follow. This advanced technique merges the MRI images with real-time ultrasound during the biopsy, enabling precise targeting of suspicious areas. This dramatically improves diagnostic accuracy, reduces the risk of missing cancer, and lessens the need for repeat biopsies.

"These new services allow us to detect prostate cancer earlier and more accurately," said Dr. Hurst. "Spencer Hospital's continued investment in advanced imaging technology makes a tangible difference in the lives of patients. High-quality imaging is the foundation of accurate diagnosis and effective treatment. I'm proud to be part of a team that prioritizes innovation to save lives."

If a patient's MRI and biopsy lead to a cancer diagnosis, most patients can continue their full course of treatment locally through the Abben Cancer Center of Spencer Hospital.

The Abben Cancer Center is known for providing personalized, compassionate care that includes radiation therapy, chemotherapy, and comprehensive medical oncology services — all coordinated within a single, supportive setting.

"Patients facing a cancer diagnosis are already under a great deal of stress," Dr. Caligiuri added. "Taking away the burden of travel for testing and biopsies helps reduce anxiety and keeps patients surrounded by their support system."

The successful implementation of these services was made possible through a major upgrade to Spencer Hospital's MRI system, funded by the Spencer Regional Healthcare Foundation. "This investment in diagnostic excellence was made possible because of the generosity of our donors," said Brenda Tiefenthaler, Spencer Hospital President. "Their commitment allows us to bring the best of healthcare closer to home, ensuring our community members don't have to travel to receive lifesaving care."

Tiefenthaler also emphasized the hospital's mission: "At Spencer Hospital, we are committed to promoting healthier lives by offering quality care close to home. Expanding services like these not only enhances our clinical capabilities, but it also ensures our patients can remain in the comfort of their community throughout every step of their healthcare journey."

As the program continues to grow, even more individuals in the region will be able to take advantage of these life-saving diagnostic tools without leaving northwest lowa — and for some, that access has already made a life-changing difference.

Just ask Mike Prange, a longtime employee at Spencer Hospital. During his annual checkup, Mike's doctor noticed an increase in his PSA levels and recommended a prostate MRI. Thanks to the hospital's newly added diagnostic services, Mike was able to schedule the scan right at Spencer Hospital. The MRI results led to a fusion-guided prostate biopsy, which confirmed the presence of cancer.

Because these services were offered locally, Mike didn't have to travel hours away or delay testing. "If I had to drive to Sioux Falls and take a couple days off work just for short tests, I might have put it off until a 'better time,'' Mike shared. "Instead, I was able to take just a couple hours off work, get it done here at the hospital where I've spent my career, and start moving forward. That made all the difference."

Now on his journey toward becoming cancer-free, Mike feels confident and supported by the team at Spencer Hospital. "Everyone has been kind, professional, and incredibly supportive," he said. "I truly believe the early diagnosis will lead to a better outcome. God is looking over me, and I'm thankful this technology is available at Spencer Hospital."

Mike encourages others not to wait when it comes to their health. "Get your regular checkups, listen to your doctor, and don't put it off. Early diagnosis — especially now that it's convenient at Spencer Hospital — can save lives."

Diagnostic Imaging

Procedures

By investing in the most advanced technology and building a team of highly trained specialists, Spencer Hospital continues to raise the standard of care in rural healthcare. The integration of prostate MRI, fusion-guided biopsy, and comprehensive treatment at the Abben Cancer Center means patients receive comprehensive diagnosis and care — close to where they call home.



Above: MRI imaging of a prostate



Spencer Hospital Fast Facts in 2024



# Spencer Hospital's New Emergency Department: **A Modern Space Designed for Patient Privacy, Safety, and Efficiency**



For decades, Spencer Hospital has provided exceptional, compassionate emergency care to the region. As we look to the future, Spencer Hospital is preparing to elevate the patient experience further with the opening of a newly constructed Emergency Department in late 2025. This modern facility has been purposefully designed to support efficient care delivery while enhancing patient privacy and comfort.

The new Emergency Department (ED) has a modern layout that is both intuitive and patient-focused. Key among the enhancements is the introduction of a private triage room. "Currently, triage takes place in a more open setting. While our staff manages this with professionalism and discretion, the new private triage area will provide patients with greater privacy during their initial assessment," shared Dr. Bruce Feldmann, Medical Director of Spencer Hospital's Emergency Department.

Dr. Feldmann also emphasized the strategic layout of the new ED. "At the heart of the department is a staff-

only inner core, surrounded by patient and trauma rooms. This design fosters efficient collaboration among care teams while maintaining a more calm and private environment for patients."

The new Emergency Department features eight standardized patient exam rooms that will be set up identically, a shift from the current setup in which rooms are tailored to specific needs. This change allows any provider or nurse to deliver care seamlessly in any room, increasing efficiency and reducing the need to move patients from one space to another. Every room will also be equipped with a digital information board to keep patients informed about their care journey, giving patients and their families greater peace of mind and a clearer understanding of their treatment progress.

Two of the eight rooms have been designed with additional safety features to support patients experiencing a behavioral health emergency. These rooms will offer an environment that minimizes the risk of self-harm, while still being comfortable and appropriate for any patient, ensuring that safety and dignity remain top priorities.

#### NEW EMERGENCY DEPARTMENT



For critical care situations, the new Emergency Department will house two private trauma bays with a connecting doorway, allowing providers to move seamlessly between rooms when necessary. Just like the exam rooms, the trauma bays will be equipped identically to support efficiency and clinical consistency. The enclosed design adds an extra layer of privacy for patients during critical moments of care.

Patient transport has also been carefully considered in the new design. The new ambulance bay, located adjacent to the trauma bays, will provide ample space for two ambulances to unload patients in a climate-controlled, protected environment. "This improvement ensures patient comfort and privacy," says Ambulance Director, Chris Meyer. "It also streamlines transitions between ambulance personnel and hospital staff." Ambulance services from Spencer and surrounding communities will benefit from the enhanced access and layout.

The redesigned ED also creates a more welcoming space for patients' families. A spacious lobby with privacy-minded registration areas and expanded seating will provide a more comfortable experience for visitors. Thanks to the generosity of the Spencer Hospital Auxiliary, child-friendly activity benches will help keep young visitors engaged.

Located on what was formerly East 11th Street, the new ED site bridges Spencer Hospital and the Medical Arts Building via a climate-controlled connector. This design not only expands the emergency facility's footprint but also creates an efficient, sheltered passage for patients and staff.



The ED's new entrance is more visible from Grand Avenue, ensuring easier access in times of emergency. A covered drop-off zone further protects patients arriving by vehicle from the elements.

"Our new Emergency Department reflects a commitment to continual improvement," said Brenda Tiefenthaler, President of Spencer Hospital. "While our environment is changing, the compassionate, expert care we're known for remains the same. The new facility simply enables us to deliver that care with greater privacy, comfort, and efficiency."

As we approach the opening later this year, final construction details and finishing touches are being completed. In the coming weeks, staff and local emergency responders will participate in in-depth training sessions to familiarize themselves with the new space to ensure they are fully prepared to operate efficiently and effectively in the new environment. Spencer Hospital is also planning several public open house events, giving the community the opportunity to tour the new Emergency Department before it officially opens its doors. These events will offer a chance to see firsthand how the new space enhances the exceptional emergency care Spencer Hospital is known for.

#### RECOGNITIONS



Spencer Hospital Named Top 100 Hospital for 10th Consecutive Year

Spencer Hospital has once again earned national recognition as one of the Top 100 Rural & Community Hospitals by The Chartis Center for Rural Health.

This year marks an extraordinary milestone — the tenth consecutive year the hospital has received this distinction, making Spencer Hospital the only hospital in lowa to be recognized every year since the award's inception.

This consistent achievement reflects the hospital's unwavering commitment to delivering exceptional care, driving innovation, and ensuring accessibility for the communities it serves. It underscores Spencer Hospital's role as a benchmark for rural healthcare excellence in both the state and the nation.





### Spencer Hospital Named 2025 Large Business of the Year

In addition to national healthcare accolades, Spencer Hospital has been recognized locally as the 2025 Iowa Lakes Corridor Large Business of the Year. This award celebrates the hospital's longstanding impact as both a healthcare provider and community leader.

Since its founding in 1915, Spencer Hospital has evolved to meet the ever-changing needs of the region, investing in innovation, infrastructure, and its people. This honor acknowledges the hospital's continued growth, commitment to excellence, and its integral role in supporting the health and vitality of the region.

### Spencer Hospital Named One of the Nation's Top 20 Rural Hospitals



Building on its Top 100 recognition, Spencer Hospital has also been named one of the **TOP 20 RURAL & COMMUNITY HOSPITALS IN THE UNITED STATES** by the National Rural Health Association. This prestigious designation is drawn from The Chartis Center's Top 100 list and highlights hospitals that demonstrate superior performance across quality, outcomes, and patient satisfaction.

This marks the third time Spencer Hospital has received Top 20 honors, with previous selections in 2022 and 2024. It's a tribute to the expertise, compassion, and collaboration of the entire hospital team, who consistently strive to provide patient-centered care that improves health outcomes and strengthens community trust.

# Ashley Betz-Jones Named 2025 Iowa Lakes Corridor Young Professional of the Year



Spencer Hospital is proud to announce that Ashley Betz-Jones, Director of Rehabilitative Services, has been named the 2025 lowa Lakes Corridor Young Professional of the Year. This award recognizes Ashley's exceptional leadership, community involvement, and unwavering dedication to helping others. As a trusted coworker and integral team member, Ashley's positive attitude and dedication make her highly deserving of this honor.

With over a decade of experience, Ashley leads with compassion and strength. She balances her professional role with active contributions to the community, serving on the Spencer Chamber of Commerce Board, volunteering with Sacred Heart youth formation, coaching soccer, and supporting SYC lowa. Her leadership was especially evident during the 2024 summer floods, where she played a pivotal role in recovery efforts across Spencer and Sioux Rapids, ensuring continuous healthcare access.

Ashley's dedication to Spencer Hospital's core values continues to inspire those around her. She brings humor, warmth, and approachability to every situation, creating an environment where others feel heard and comfortable. We are proud to have her on our team, and this welldeserved recognition is a testament to her remarkable leadership and impact on our community. Congratulations, Ashley!

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# Lisa Nielsen Iowa's 2025 Great Iowa Nurses

Lisa Nielsen, a dedicated Radiation Oncology Nurse, has been honored as one of Iowa's 2025 Great Iowa Nurses. This recognition celebrates exceptional nursing professionals who go above and beyond in their care and commitment. Lisa's selection highlights her deep dedication to the nursing profession and her tireless efforts to support patients through some of the most difficult times in their lives.

With a passion for patient-centered care, Lisa embodies the qualities of compassion, expertise, and leadership. She is widely known for her unwavering commitment to providing safe, high-quality treatment to individuals battling cancer. Her role extends beyond medical care, as she offers emotional support and reassurance, helping patients navigate the physical and emotional challenges of their diagnoses.

# Great States

Lisa's recognition as a Great lowa Nurse is a powerful testament to her selflessness, professionalism, and dedication to improving lives. She consistently demonstrates a high standard of excellence that uplifts those around her and enhances the overall quality of care in her department.

Her patients, colleagues, and the broader community celebrate this well-deserved honor, recognizing Lisa as a true leader in her field. She represents the very best of nursing, inspiring others through her kindness, resilience, and unwavering commitment to making a difference.



# Spencer Hospital's Teddy Bear Clinic: Building Community Connections Through Outreach

At Spencer Hospital, healthcare is about more than just treating illnesses — it's about creating connections, building trust, and fostering a sense of community. One of the most heartwarming examples of this commitment took place this February, when Spencer Hospital welcomed over 350 regional firstgrade students for a special Teddy Bear Clinic and hospital tour. The event was part of the hospital's broader outreach efforts aimed at making healthcare approachable, accessible, and reassuring for community members of all ages.

Outreach events like the Teddy Bear Clinic serve a vital purpose. They help demystify healthcare by creating positive, engaging experiences that replace fear with familiarity. For many children, hospitals are places associated with sickness, discomfort, or even fear. By inviting students into the hospital for a fun and educational visit, Spencer Hospital is turning those perceptions around and planting the seeds for a lifelong, trusting relationship with healthcare providers.

The Teddy Bear Clinic was designed with intention and care, offering young students a first glimpse into the world of healthcare in a nonthreatening, joyful environment. Upon arrival, students were greeted with high-fives from a life-sized teddy bear, immediately setting a playful and welcoming tone for the day.



From there, students broke into small groups and rotated through several interactive stations throughout the hospital.

The tour included stops in key departments such as the medical-surgical inpatient unit, same-day surgery area, the rehabilitative services therapy pool, laboratory, and diagnostic imaging. These visits were more than just a walkthrough — they offered tangible learning opportunities, giving children a behind-the-scenes look at how hospitals work and introducing them to the friendly faces who might care for them or their loved ones in the future.

A standout feature of the event was, of course, the Teddy Bear Clinic itself. Thanks to a generous donation from the Build-A-Bear Foundation, each child received a teddy bear to name and care for during the event. The bears were not only adorable companions, but also tools for learning. With their teddy in tow, each student participated in simulated healthcare experiences: a wellness check-up with a provider, a lab test complete with a band-aid, an x-ray exam, and even a splint fitting if their bear had a "booboo." These interactive activities offered a meaningful way for children to understand common healthcare procedures in a way that was both accessible and fun.

#### TEDDY BEAR CLINIC



# Spencer Hospital President Brenda Tiefenthaler reflected on the motivation behind the event:

"Often, children come to the hospital when they or a loved one are sick, and it can be a little scary. We wanted to create an opportunity for the students in our region to visit the hospital in a fun way, allowing them to learn that Spencer Hospital and everyone who works here are here to help them."

That goal was certainly achieved. Not only did the students leave with their teddy bears, x-ray images, and toothbrushes, but they also carried home a sense of ease and joy tied to their experience at Spencer Hospital. Teachers and parents shared that in the days following the visit, children enthusiastically played "doctor" at home, pretending to care for their teddy bears just as they had during the clinic. These playful reenactments are powerful - they show that the children internalized their experience and see healthcare not as something to fear, but as something positive and even fun.

Angel Smith, Director of Clay County Public Health, emphasized the broader significance of the event. "The Teddy Bear Clinic was a wonderful opportunity for area first graders to learn that visiting the doctor for routine check-ups and vaccinations is safe and important for their health. Through engaging, hands-on activities, we were able to ease fears and build trust in a healthcare setting. Outreach events like this are essential in fostering a positive relationship between children and medical professionals, setting the foundation for a lifetime of good health."

Beyond the impact on the children, events like the Teddy Bear Clinic are also incredibly rewarding for hospital staff. These joyful, community-centered experiences provide healthcare professionals the chance to engage with people outside the context of illness or crisis. It's an opportunity to be part of moments filled with laughter, learning, and connection. For the staff at Spencer Hospital, this type of community engagement reaffirms their mission and reminds them of the human side of healthcare.

As a cornerstone institution in the region, Spencer Hospital understands that serving the community means more than delivering medical care — it means actively participating in the life of the community. Hosting events like the Teddy Bear Clinic reinforces this commitment by building relationships, educating the next generation, and creating meaningful, positive interactions that extend well beyond hospital walls.

Spencer Hospital is proud to be a place of compassion, learning, and community. Through outreach efforts like these, we continue to demonstrate that healthcare is not just about treating illness — it's about caring for people, connecting with them, and making sure they know they're never alone.



### Daisy Award Honors Extraordinary Nurses TWO NURSES RECEIVE DAISY AWARDS FOR PROVIDING EXCEPTIONAL CARE



## Jade Zimmerman Home Health/Hospice

Jade was nominated by a family member of a patient who wrote: "When my dad started hospice, Jade was assigned to his care. She was an absolute blessing. I asked her for weekly email updates about my dad's health, and she not only provided those but also installed a notebook in his room for additional communication. She shared insights from her visits, including snippets of her farming conversations with dad that captured his quick wit, even in his final chapter. Jade and my dad bonded deeply over their shared understanding of farming. She was kind, compassionate, and attentive, holding his hand during visits and always advocating for his care. She implemented thoughtful ideas like companion dogs and volunteer visits, ensuring dad's comfort and reducing my worries from afar. Jade's compassionate care during dad's last nine months was a gift to him, my mom, and me. She kept us informed, adjusted his care as needed, and was a bright light in the hardest time of my life. I'll forever be grateful for her."

Spencer Hos

The DAISY Award

Amber Dalen

For Extraordinary Nur

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# Amber Dalen Behavioral Health

Amber was nominated by two patients who wrote: "I was admitted to the hospital after enduring a period of traumatic challenges in my life. Despite my husband and I being a strong team, fostering and adopting children, the strain of medical issues and biological parent inference pushed me to a breaking point. Overwhelmed with despair, I attempted to take my own life. When I arrived at Spencer Hospital, I was weak and hurting. One nurse, Amber, stood out to me, offering the right words at the right time to help me rediscover hope. She reminded me it's okay to lean on others and receive care after giving so much. Amber's compassion, expertise, and encouragement to celebrate small victories were life-changing. She helped me find peace, adjust treatments, and regain strength. I'm forever grateful to her and to Spencer Hospital for the outstanding care provided by remarkable nurses like Amber."

## Gem Award Recognizes Employees Who "Go The Extra Mile"



### Brad Krei Valet, Valet Services

Brad was nominated by a coworker who shared: "I was walking by Valet and saw a family friend, a 94-year-old man, chatting with our valets. He had just moved into an assisted living facility and was excited about it, but he told me, 'Well, I've had a bad morning.' He explained that a facility employee had started his car remotely, and he drove to the hospital for his appointment, only to realize later that his keys were still at home. He couldn't believe his car had driven without them! But then he told me that Brad Krei went WAY above and beyond to help him out — driving all the way to his place to retrieve his keys and bringing them back so he could get on with his day. I was so glad I stopped to say hi and hear this story of how Brad went the extra mile. This is why we are 'Care You Trust From People You Know' — why we truly connect with our patients. Our valets do so much more than just park cars, and I'm proud of their willingness to go above and beyond."

### Joel Wassom Director, Plant Operations

Joel was nominated by a coworker who shared Joel's soft spot for children who were visiting the hospital, "When a grown man goes out and buys a giant teddy bear costume for a work event out of the goodness of his heart, you know he has gone the extra mile to make others happy. This is exactly what happened with Joel Wassom. Usually busy overseeing the daily operations of our Plant Operations department, Joel took it upon himself to purchase a mascot-quality teddy bear costume for our Teddy Bear Clinic, where we hosted over 300 first graders from area schools. After realizing the costume needed modifications to fit his tall frame, he spent hours customizing it. On the day of the event, it was heartwarming to see the giant teddy bear greeting each child with a hug and high-five. The kids LOVED the teddy bear! We were so thankful to see Joel put down his regular tools and step into the role of the teddy bear for the sake of the kids."

Spencer Hospital



# Bringing Specialized Care Close to Home: Spencer Hospital's Telemedicine Services & Visiting Specialist Outreach Clinics

At Spencer Hospital, providing quality healthcare close to home is more than just a goal — it's a commitment to the wellbeing of the Spencer region and surrounding communities. Through the hospital's robust Telemedicine Services and Visiting Specialist Outreach Clinics, patients can access advanced medical care without the burden of long-distance travel.

"Access to healthcare is critical for the wellbeing of our community," says Brenda Tiefenthaler, President of Spencer Hospital. "Our Telemedicine and Visiting Specialist services allow patients to receive the care they need, close to home, surrounded by their support systems."

In addition to a strong team of local physicians, Spencer Hospital collaborates with specialists around the area who travel to the facility on a regular basis. These visiting experts provide in-person care in a wide range of specialties, helping reduce the need for patients to leave the region for specialized consultations or treatments. Outreach services currently offered include pediatric cardiology and pediatric pulmonology, dermatology, vascular care, orthotics and prosthetics, and cardiology.

Spencer Hospital also offers Telemedicine Services as a convenient and secure method of connecting with specialists. This technology enables two-way visual communication between the patient and physician,



supported by high-resolution cameras that allow for detailed examinations. Specially trained registered nurses are present during each telemedicine appointment to assist with clinical assessments, ensuring patients receive thorough and attentive care.

Telemedicine appointments are available in numerous specialties, including cardiology, endocrinology, gastroenterology, genetic counseling, hepatology, neurology, infectious disease, and pulmonology.

"Our telemedicine program bridges the distance between patients and specialists," says Melissa Brent, Director of ICU and Telemedicine. "It helps remove common barriers to care like travel time and time away from work or family, while ensuring patients still receive personalized, high-quality attention."

By eliminating the need for frequent travel, Spencer Hospital's Visiting Specialist and Telemedicine Services enhance patient outcomes, reduce stress, and make specialized healthcare more accessible for everyone. It's another way Spencer Hospital brings its mission of Healthier Together to life — by providing expert care close to home.

# Spencer Hospital Expands Campus with New Property Acquisition



#### )) Spencer Hospital is excited to announce a major step 分 forward in its commitment to community healthcare.

This summer, the hospital will expand its campus by purchasing the Medical Arts Building, home to Avera Medical Group Spencer, and its adjacent parking lot. This important milestone is made possible through the generous support of the Spencer Regional Healthcare Foundation.

For years, Spencer Hospital has leased the building from private investors. Now, with increasing demand for family healthcare providers highlighted by the recent addition of a new provider in April and another joining this fall — the need to update and expand the facility has become clear. Planned renovations include adding more pod spaces to better serve the growing needs of the community.

Owning this property gives Spencer Hospital the opportunity to invest in long-term improvements and ensure continued access to high-quality healthcare to meet the evolving needs of our patients and provide exceptional care well into the future.



### Advancing Local Care Through State-ofthe-Art Imaging

Spencer Hospital is once again raising the bar for healthcare in the Iowa Great Lakes Region with the addition of a new Nuclear Medicine Camera with SPECT CT, made possible through the generous support of the Spencer Regional Healthcare Foundation. This advanced imaging system represents a major step forward in diagnostic capabilities, providing patients with access to cutting-edge technology close to home.

The new SPECT CT (Single Photon Emission Computed Tomography with Computed Tomography) system uses small amounts of radioactive material to evaluate the function and structure of organs with remarkable precision. It offers clearer images, faster scan times, and reduced radiation exposure enhancing both accuracy and patient safety.

This technology plays a critical role in diagnosing and monitoring conditions in oncology, cardiology, and urology, supporting detailed scans of the heart, lungs, kidneys, thyroid, and more. Spencer Hospital is the only facility in the region to offer in-house Nuclear Medicine SPECT CT imaging, keeping more than 400 patients annually from needing to travel for essential diagnostic tests.

By offering state-of-the-art imaging locally, the Spencer Hospital empowers physicians with better tools for diagnosis and treatment planning, ensuring patients receive timely, high-quality care right in their own community.

Thanks to the forward-thinking investment by the Spencer Regional Healthcare Foundation, Spencer Hospital is not only transforming patient experiences but also redefining what it means to have exceptional care, close to home.





# **Donors Making a Difference in 2024**



**Invested in Services** 







towards a New CT Scanner at Abben Cancer Center to improve diagnostic capabilities for patients at Abben and Spencer Hospital.

### **12 New** Stryker Wheelchairs

Hospital-wide, these wheelchairs enhance patient safety and comfort during transportation.

### **275** Diabetic Education Kits

Provided to newly diagnosed diabetic patients, helping them make necessary lifestyle changes for better health management.



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### **3 New Benches** and Patio Lights

added to the hospital park, offering a peaceful spot for patients, families, and community members to enjoy a stroll.

### **30+ New** Sensory Toys

for our pediatric rehabilitation services, provide essential therapeutic tools for young patients.

#### **90** Employees supported through flood recovery assistance



### **15 Robotic** Companion Pets

(cats & dogs) for Hospice patients who need an extra friend to bring them comfort

### 40+ Patients Helped by the Patient Needs Fund

This fund offers critical assistance for transportation and gas, meal support, medical equipment, clothing, and other individualized needs, ensuring that patients have access to the care and resources they need during challenging times.

### **Spencer Regional Healthcare Foundation Board**

Wes Simpson, President; Nate Schmidt, Vice President; Jill Davis, Treasurer; Mike Bryan, Amanda Bare, Joe Conover, Marianne Fuchsen, Ben Hollesen, Cole Milbrath, Marcia Ramstack, Pat Reno, Dr. Nathan Rohling, Dr. Sonia Sather, Brent Swart, Brenda Tiefenthaler, and Kim Upah; Sara Taylor, Executive Director

#### NEW STATE-OF-THE-ART AQUISITIONS



Thanks to a generous contribution from the Spencer Regional Healthcare Foundation, Spencer Hospital's Physical Therapy Department has acquired new state-of-the-art vestibular goggles—an exciting advancement in diagnosing and treating vestibular disorders.

Vestibular disorders affect the inner ear's balance system and can lead to symptoms like dizziness, vertigo, unsteadiness, and even falls.

These conditions are especially common in older adults, with nearly 40% individuals over 70 experiencing Benign Paroxysmal Positional Vertigo (BPPV) — a leading cause of vertigo.

The new infrared vestibular goggles allow clinicians to observe subtle, involuntary eye movements (nystagmus) in real time, which are key indicators of vestibular dysfunction. By eliminating visual fixation and enhancing eyetracking accuracy through infrared cameras, these goggles offer a much clearer picture of what's happening in the patient's inner ear. This allows for faster, more accurate diagnoses of conditions like BPPV, vestibular neuritis, and more. Once diagnosed, patients can begin Vestibular Rehabilitation Therapy (VRT) — a specialized form of physical therapy at Spencer Hospital. VRT uses targeted maneuvers and balance exercises to reposition dislodged crystals in the inner ear (as with BPPV) and retrain the brain to compensate for vestibular loss. Many patients with BPPV experience significant relief after just 1 to 3 sessions, with most recovering fully within five.

For older adults, this means fewer falls, improved balance, and better quality of life. The addition of vestibular goggles strengthens Spencer Hospital's commitment to delivering precise, high-quality care — and it wouldn't have been possible without the support of the Spencer Regional Healthcare Foundation. Their investment in this technology ensures that our community has access to the very best in diagnostic and rehabilitative care.

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# Thank you for your caring support

#### **GIFTS:**

BY A&B BUSINESS, INC. BY AAA COLLECTIONS, INC BY KEVIN & CHERYL AHERN BY TERESA ANDERSON BY ANONYMOUS DONORS BY HEATHER BAIER **BY CHAD & ANGIE BALDWIN** BY CASEY BAKER BY RYAN & AMANDA BARE **BY KURT & KAREN BAUERMEISTER** BY RONALD & MARLYCE BAUERMEISTER BY ROSE BEAULIEU BY BRITTANY BERNIER BY BLACK KNIGHTS CAR CLUB **BY JILL BOBOLZ** BY SANDRA BOISEN BY RONALD & JANICE BOON BY TRISHA BOOTH BY STEVE & MARTI BOMGAARS BY BOMGAARS-LADIES NIGHT 2024 BY ELIZABETH BORTH BY JOHN BJORNSTAD **BY SHANE & TESS BRANT** BY MATTHEW BRANUM BY MICHAEL & JACKIE BRYAN **BY BILL & KAREN BUMGARNER** BY CMBA BY CHRISTINE CAREY BY PAT & SUE CARR BY DR. DAVID & JANE CHRIST **BY JIM & JULIE CHRISTENSEN** BY BRAXTON & ALANA CLARK BY CLAY COUNTY COMMUNITY FOUNDATION BY MATT & MOLLY CONLON **BY PATRICK & KRISTY CONNOR** BY NEAL & KITTY CONOVER **BY CONQUERING CANCER 4** O'BRIEN COUNTY **BY JOHN & CAROLE LEA COTTON** BY DR. RONALD & PAMELA CRESWELL BY AMIE CROATT BY MONICA DAMMANN **BY PAUL & CANDACE DANIELS BY GRANT & JENNIFER DAU** BY JAMAE DAU BY CASSIE DAVIDS BY DR. PHIL & PEG DEFFER BY NICHOLE DEHAAN **BY BARRY & JODY DELOSS** BY DR. JIM & JULIE DELPERDANG BY TAMMY DEVLAEMINCK BY DARLENE DEWITT **BY JESSICA DIRKS** BY ANITA DONALDSON BY LYNDSEY DREIER **BY JAMIE ELBERT** BY MANDY ERDMAN BY HEATHER ESSEX BY AMY ESSICK BY CINDY ESSICK **BY FARMERS TRUST & SAVINGS** BANK BY MAKAYLA FASSLER

BY MARY FAULSTICH BY KASEY FEAR BY TODD & MANDY FINE **BY NATE & LINDSAY FITZGERALD** BY SALLIE FITZPATRICK BY DAWN & CLAYTON FLETCHER BY DR. JOHN & KATHRYN FOLLOWS BY DANETTE & NATHAN FORBES **BY JOHN & MARY FRANKEN** BY LONELLE FRANKER **BY DAVID & TERI FRERICHS** BY SARAH FREDERICK **BY GARFIELD-HERDLAND** COMMUNITY DRIVE BY GARY & KATHY GRAVE **BY JUSTIN GREGG** BY BETTY GROEN BY GALE & TERRY GRUHN BY CRYSTAL HANDY BY LARRY & CATHIE HARDEN BY BRENDA HARDERS BY DENNY & NANCY HARMON BY HARRIS LAKE PARK-NATIONAL HONOR SOCIETY-PINK-OUT NIGHT BY DOUG & SANDY HART BY KEVIN & REYNE HARTKEMEYER **BY JUSTIN & LAURA HEIKENS** BY DR. JEFFRE & SHELLY HELMINK BY DONALD HEMPHILL **BY JUDITH HEMPHILL** BY LARRY & REBECCA HENNINGS **BY JUSTIN & BETH HENNINGSEN** BY ANGELA HETRICK **BY JOHN & SUSAN HILSABECK** BY RYAN & RACHEL HOFFMAN BY TERRY & RENEE HOTT BY DR. JASON & JOSIE HOUGH BY MARI HOWARD BY KIMBERLY HURLBURT BY JAMIE IGOU **BY JACK LINKS BY LORI JENNINGS** BY HOLLY JENSEN BY HALEY JEWELL BY ROGER & MARYANN JOBST **BY LAURA & TYLER JOHNSON** BY ROBERT & LINDA JOHNSON BY SANDRA JOHNSON BY SHELBY JOHNSON BY CLINTON & PATTY JONES BY STANLEY & JODENE JONGMA BY KATHRYN KIDD BY LARRY KING & DIANNE BINDER BY MELLISSA KONRADY **BY DANA & NANCY KRAMER** BY BRAD & LORI KREI BY ANDREA KRUSE BY MATT & KIM KUEHLER BY KATHY LANSINK BY DALE & TRACI LARSON BY MARI LU LARSON BY MARK & KATHY LAWSON BY MIKE & RETHA LENHART BY STEVE & SHARI LENSING BY GRANT & DELINDA LEU BY MARK & FAE LYKKE BY MICAELA MAEYAERT BY JUDY MAHRT

BY PETER & DIANE MAISENBACH BY LAURA MANWARREN **BY BURLIN & ALICE MATTHEWS** BY JANELL MARTINI BY SETH & ANGELA MCCAULLEY BY ED & JENNIFER MEYER BY RAY & NOREEN MEYER BY COLE & HANNAH MILBRATH BY CURT MILLER BY KEN & STACY MOL BY SYLVIA MOORE BY KELSEY MORISCH BY LANA MORTENSON BY MR. B'S FLOORING BY ALI MUILENBURG BY ELSIE MUNSON EDUCATIONAL TRUST BY RACHEL NEEMAN BY DAN & SUSAN NELSON BY DONALD & MARLENE NIELSEN BY SANDRA NORBY BY TOM & GAIL NUGENT BY BRUCE & HOLLY NYSTROM BY PARKS MARINA, INC. BY ERIN O'BRIEN BY GARY OGBURN BY JUDITH OLSON BY ROBERTA PAQUIN BY DAVID PARTLOW **BY GARY & LISA PETERS** BY BRIAN & REBECCA PETERSON BY WAYNE & JEANETTE PETERSEN **BY ALAN & CAROL PIERCE** BY ANN POLASCHEK BY DAVE & SHARYL POTRATZ **BY MIKE PRANGE** BY TOM & VIRGINIA RABEL **BY JOHN & MARY RAHN** BY PHILIP J. RATH **BY JORDAN & CHELSEA REED** BY JAY & BUCKY REHNSTROM BY BOB & PAT RENO BY RITA REZABEK BY KIMBERLY RHODE BY ROSS & BEVERLY RINEHART BY RUTH RODIE BY CLIFF & MARLYS ROGGENBURG BY DR. NATHAN & NINA ROHLING BY TOM & KAE ROTI BY LARRY & TAMMY ROZEBOOM BY PATRICK RUPE BY AMANDA SANDERSON BY SOMER SAXTON BY MICHAEL & ANGIE SCHAUER BY DR. BREA & NATHAN SCHMIDT BY CHUCK & PAT SCHMIDT BY JIM & PAT SCHULLER BY PATTY SCHULZ BY DARLENE SEVEREID BY JAMES SIEH **BY JOE SIKORA** BY WES & AMY SIMPSON BY SIOUX CENTRAL-VOLLEYBALL PINK-OUT BY DANIEL & KAREN SKELTON BY ANGEL SMITH BY TANYA SNARSKI-CARLSON **BY KELLY & TERESA SNYDER** 

BY COURTNEY SOENEN BY SPENCER VOLUNTEER FIRE DEPARTMENT, INC. BY CURT & BECKY STOLTZ BY SHEILA STOREY **BY JEFF & CARLA SWANK** BY TIM & MINDY SYLVESTER BY MARCIA TAYLOR BY SPENSER & SARA TAYLOR BY JESSICA THOMPSON BY ANNA THOMPSON-SCHMIDT BY CHAROLETTE THOMPSON **BY JEFF & BRENDA TIEFENTHALER** BY JOHN & HEIDI TOALE BY DENISE TOLZMANN BY HANNAH TRIERWEILER BY THOMAS TUTTLE TRUST BY JAMES UNRAU BY TROY & KIM UPAH BY JOHN & AMY JO VANDER HAAG BY DALE & DENEITT VAN DEN BROEKE BY MARILYN VEFLIN BY DENA VOGTS BY JODY VOLLMER BY ALBERT & GWYN VOSS BY LAURA WAGENAAR BY DENNIS WAGNER BY WALDEN CHARITABLE FOUNDATION BY JOEL & JANET WASSOM BY MARY ANN WASSOM BY SYDNEY WEBB BY GAYLE WEISKIRCHER BY JOHN & LINDA WEISKIRCHER BY HARVEY & MARJEAN WESTERMAN BY NICHOLE WHITE BY NANCY WHITTENBURG BY JENNIFER WILLIAMS BY MERLYN & SONNA WINTHER BY WINTHER, STAVE & CO., LLP BY DENA WINTZ BY RACHEL WOOTEN BY DR. AMANDA & JASON YOUNG BY KYLEE ZINN **BY JOHN & SUSAN ZULK** BY MARISA ZWEIFEL

#### **IN HONOR OF:**

DR. DAVID CHRIST BY BILL & KAREN BUMGARNER

CHARLIE CROUCH BY DARYL & MARY WIERDA

MERILEE TAYLOR BY LINDA TAYLOR

#### **IN MEMORY OF:**

LOWELL & ROSE ANDERSON BY DENISE ANDERSON

WENDELL ANDERSON BY MYRA COOVER BY ROGER & JACKIE MANN

**BEV ANDIS** BY ROGER & JACKIE MANN

JEANNE BLINK BY ROGER & JACKIE MANN

Gifts listed are those which were made since the October 2024 edition of Health Connections.

DOROTHY BECK BY MAREEN ERWIN

**REDGE BERG** BY DIANE BERG

BUTCH BERGENDAHL BY LINDA BERGENDAHL

SUSANNE BICKNESE BY PAM GUDE

WAYNE BISHOP BY MARY BETH BISHOP

DEL BROCKSHUS BY MAREEN ERWIN

DIANE BROWN BY ROGER & JACKIE MANN

**DON BRYAN** BY LINDA BRYAN

#### KNOX CAMPBELL

BY DIANE BERG BY MYRA COOVER BY MAREEN ERWIN BY DAVID & JANE KRUSE

CHASE CASWELL BY BECKY CASWELL BARBARA CHRISTENSON BY DAVID CHRISTENSON

#### **BARB & HAROLD CHRISTENSEN** BY RON & MAUREEN CHRISTENSEN

DELBERT CLAGUE

BY WANETA CLAGUE ROGER CLARK BY SYLVIA SCHOER BY JOAN WALLER

#### COOKIE MEMORIAL

BY DENISE COOK BY BRENT & CHRISTIE CUTTELL BY DOLL DISTRIBUTING LLC BY KELLY & TATUM GEERDES BY HEATHER JOHNSON BY DONALD & MARLENE NIELSEN BY JILL REISER BY NEIL & MAGGIE SCHARNBERG BY MEGAN SMITH BY KEVIN THIESSEN BY TYLER & ASHLEY TESSUM BY BRANDON TEWES

MELVIN CORNWELL BY KAREN CORNWELL

DR. ROBERT COZINE BY NANCY COZINE

LANNY DILLINGHAM BY ARDINE DILLINGHAM

ARDIE DODGE BY MARIETTA SMITH-JOHNSON

**DON DODGE** BY MARIETTA SMITH-JOHNSON

MAURICE & JEANNE DREW BY LOREN & DENISE REIT

KATE DUNCAN BY GARY & MONICA JOHANNSEN

JACK EASTER BY JACKIE EASTER

MARION & LOLA BELLE FLINT BY ANITA EARLY

JOHN FOX BY DARRELL AND JUDY FOX

PENNY GOEDICKE BY DAVID GOEDICKE JIM GRAHAM

BY JERRY & SHERRY GROENEWOLD

#### **ALLAN HANSEN**

BY ANONYMOUS DONOR BY GALEN & ANN BANKS BY JIM & DIANE BECKER BY MAREEN ERWIN BY LYNN & CHRISTINE HANSEN BY RUTH HANSEN BY RUTH HANSEN BY NELSON JEWELRY, LTD. BY MADELYN PALMER BY JACKIE PETERSEN BY CANDRA SEVERSON BY SPIELMAN LLC BY AUDLEY & MARY TENSEN BY DAVE & KRIS TOAY BY DAN & BETH VAN HOVE BY PAUL & DEONA VANDEBERG

LOUISE HALES

BY MARIETTA SMITH-JOHNSON

**ARLENE HARGRAVE** BY DAVE & DIANE HARGRAVE

BARB HARTMAN BY HARTMANN FAMILY

ED HEIKENS BY TIM & KRISTIN HEIKENS

**DON HEITER** BY TIM & KRISTIN HEIKENS

**CLARENCE "CLICK" HELLINGA BY EVERETT & KRISTIN BYERS** BY COOPERATIVE FARMERS **ELEVATOR** BY PATRICIA HALSE BY ROB & GERI JACOBS **BY LOIS KENINGER BY STEVE & JENNIFER KRUMMEN BY CHERYL LANGFITT** BY BRUCE & KATHLEEN OSTERMAN **BY LANETTE & DENNIS PEARSON BY DARREN & LISA RENSINK BY RONALD & CAROLYN RUBSAM** BY DAVE & NANCY SCHRAM BY B.J. & JULIE SCHULLER BY KATHY WOLTERS

ROBERT HIBMA BY STEVE & JENNIFER KRUMMEN

HUSBAND & DAUGHTER BY BETTY LEE

MIKE HYNES BY TRACI HYNES

SANDRA IGOU BY GALE IGOU

BOB & MONICA JENSEN BY PAM GUDE

MEREDITH JOHNSTON BY PAM GUDE

**KEN KAHLEY** BY DIANE BERG BY JACKIE PETERSEN BY BRUCE & LUANN TAMISIEA

CHARLES KEENE BY ADA COMPTON BY TRIX KEENE & FAMILY BY MARK SCHULZ

VINCENT KENINGER BY FAMILY OF VINCENT KENINGER

BEVERLY KIMBALL BY DIANE KIMBALL

MARCIA KUEHLER BY MAREEN ERWIN **DEBRA SUSIE LATTNER** BY DAVID & LINDA SUSIE

JANNIS LIEKURG BY MARIETTA SMITH-JOHNSON

LAURA LUNDQUIST BY FAMILY & FRIENDS OF LAURA LUNDQUIST

BRAD LYNCH BY DAVE & SHARYL POTRATZ & WESLEY

BESS MADSEN BY COLLEEN ROUSE

MARK MANN BY ROGER & JACKIE MANN

KATIE MCCLURG BY JOHN & KARMON AMSLER BY JOHN & DEA BIRTWISTLE BY CAROLYN FLINT BY OLIVIA HART BY JILL HEINEN BY TERESA JOHNSON BY DAN MCCLURG BY MARY MCCLURG BY ROBERT & KATHI PETERSEN BY SL CLASS OF 1982 BY CHRIS & ELIZABETH WARD

LORELEI MEETER BY MAREEN ERWIN

RUTH MILLER BY JOYCE MILLER

VERLE MILTON BY DARLENE MILTON

DOUG MCMULLEN BY JOHN & DEBRA BOTHOF BY PAT & SUE CARR BY TERRY & VALERIE CURRY BY RUSS & GRETCHEN GONDEK BY BUD & KAREN HALDER BY WENDY MCMULLEN BY DICK & JANIS RABENHOLD BY LEO & COLETTE ROSSITER BY BRUCE & LUANN TAMISIEA

HEIDI MOGUSH BY RICHARD & ANN HARVES

**BETTY J. MUNDUS** BY BRUCE & GAYLE SIMONS

DENNIS NORGAARD BY ANGIE & DAN CLAUS BY PETE & ROSEMARY NORGAARD BY ZECH & TINA NORGAARD FAMILY

BILL & EVELYN ORIGER BY KENNY & DIANE HAISMAN

JUDY ORRISON BY BILL ORRISON

PHILIP OVIATT BY LEO & SHARON MATTHEWS

CHUCK POHAR BY MAREEN ERWIN BY ROGER & JACKIE MANN

MITCH POOCK BY JERRY & WINIFRED POOCK

JEAN PUTERBAUGH BY NANCY COZINE BY RICHARD & ANN HARVES

MARLENE REYNOLDS BY MARIETTA SMITH-JOHNSON

MARY SUE ROBINSON BY DENISE ANDERSON MAX ROUSE BY DARLENE WHITE

DON SCHOER BY SYLVIA SCHOER

JERRY SCOTT BY MAREEN ERWIN

LYNDA SCHMIDT BY GORDON SCHMIDT

SARA SCHMIDT BY MAREEN ERWIN BY BREA & NATE SCHMIDT BY SYLVIA SCHOER BY JOAN WALLER

DELBERT & MARLENE SCHULTZ BY DENISE ANDERSON

JEFF SHINKLE BY DAN & JANET SHINKLE

ELWOOD SMITH BY MARIETTA SMITH-JOHNSON

JAY STEFFEN BY MIKE & SARAH FREDERICK BY DAVID & JANE KRUSE BY COLLEEN ROUSE

**ROBERT & DEAN STEUBEN** BY RICK & JOANNE FOLLON

WILLIAM "BILL" SWART BY BONNY SWART BY BRENT & MANDY SWART

**BUD & LORRAINE TAYLOR** BY MERILEE TAYLOR

MICHAEL TAYLOR BY MERILEE TAYLOR

AUDREY THIESSEN BY AUDREY THIESSEN FAMILY

BRIDGET THIESSEN BY CONNIE & MYRON ELG

PAUL UNTERBRINK BY DAVID & JANE KRUSE

MARIETTA WAHLMAN BY MARIETTA SMITH-JOHNSON

DONNA & MAX WALLER BY JOAN WALLER

DIANE WEHRER BY CRAIG WOODFORD

MELVIN WHALEN BY FAMILY OF MELVIN WHALEN

VERNON WHITTENBURG BY KATHLEEN WHITTENBURG

**LOU WILLIAMSON** BY COLLEEN ROUSE

NORM WOELBER BY MARLA WOELBER

BOB VER HEUL BY JILL & BRIAN DAVIS

MARY KAY ZINN BY DIANE BERG BY DAN & JANET SHINKLE

#### **ENDOWMENT:**

BY RYAN & ANNE JOHNSON BY DAN VAN BERKUM BY GARY & KATHY GRAVE

