

the pulse

KOSSUTH REGIONAL HEALTH CENTER * WINTER 2016

Cardiac Rehab at KRHC: Then and Now

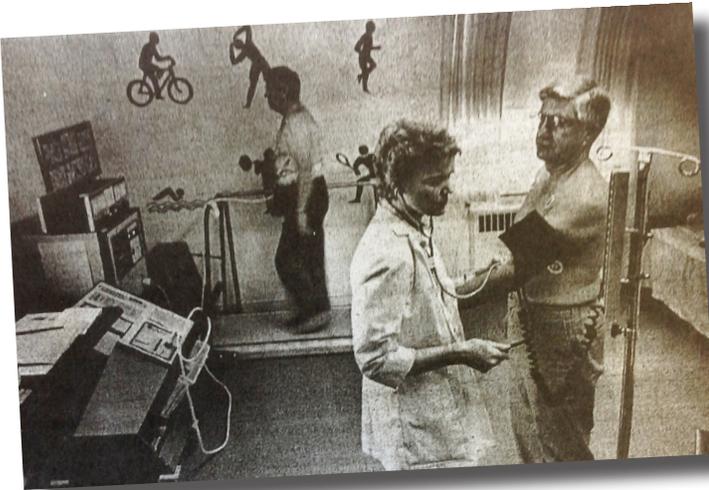


Photo courtesy of the Algona Upper Des Moines.

Nearly 30 years after Mike Schaaf made his initial visit to Kossuth Regional Health Center's brand new Cardiac Rehab Department (left) both he and the department are going strong. Today, Mike continues to seek his cardiac care from KRHC (below). Read more about Mike's story on page 7.



Book Donation



Thanks to the Beta Omicron Chapter of Delta Kappa Gamma for a book donation to the Kossuth Growing Healthy Kids program. Pictured above: Jane Dreyer, left, presents the donation to KRHC employee Salena Siefken.

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From the Administrator



Understanding and responding to the twist and turns of healthcare can be a rollercoaster and this year has been no exception.

The latest excitement has come from the world of Medicaid and our state's eventual transition to a privately managed Medicaid program. As I write this column, the final picture of

what this will look like is still evolving. Many of us are left waiting to see what happens next.

Kossuth Regional Health Center is waiting for direction from the state on how to move forward. We are waiting on contract negotiations with insurance companies. We are waiting for information on what to tell our patients. We are waiting to hear when the program will officially start.

People who depend on Medicaid for health care coverage are also waiting. Across the state, more than 560,000 people enrolled in Medicaid are impacted by these decisions. Locally we have nearly 2,000 Kossuth County Medicaid enrollees.

It can be difficult to sit tight and wait, with so many details still up in the air. While there are still many questions, I am glad to say there are also some certain truths.

First, KRHC will continue to provide care to Medicaid patients. Enrollees in Iowa can continue to see their health care providers, and use their Iowa Medicaid card for health care services.

Second, our employees in Patient Financial Services are available for your questions. They can't tell you what they don't know, but they can tell you which companies KRHC has contracted with for coverage and whatever further details the state provides.

We understand the health care and insurance coverage can feel like a wild ride we didn't choose to be on. We will do our best to keep you informed of the decisions that impact our region and local patients.

A handwritten signature in black ink, appearing to read 'Scott Curtis'.

-Scott Curtis, KRHC Administrator

Zaugg to join KRHC full time



Greg Zaugg, P.A.-c

Greg Zaugg, board certified physician assistant, came to KRHC in July to see patients two days a week. Soon he will join the medical staff as a full-time provider.

"Greg Zaugg was able to step in and help out at a key time for us this summer," said Scott Curtis, KRHC Administrator. "We are pleased to add him to our medical staff on a full-time basis."

Zaugg specializes in emergency medicine and family medicine. Most recently, he served as an emergency room provider for Story County Medical Center in Nevada, Iowa.

Zaugg served our country in military for the past 28 years. Most recently, he was with the Marine Corps as a member of the Iowa National Guard before retiring with the rank of Major this past October. Prior to this, he served in the Naval Reserves and active duty with the Navy. He served two deployments, one with the Forward Operating Base Taji, Iraq as well as overseas with Operation Desert Shield and Desert Storm.

For more information about KRHC providers, please visit www.krhc.com.

Auxiliary News

Bake Sale exceeds expectations



Thanks to great support from our Auxiliary bakers and craft sale attendees, the annual Auxiliary Bake Sale was a hit. The event exceeded its goal, raising more than \$1,500 for Auxiliary projects. Thank you to chair Sonny Christensen and all who supported this fundraiser.



Enjoy
helping
others?

**Become a SHIIP
volunteer!**

POD tours a success

Thanks to Jean Kent and Marilyn Gale for their work in coordinating the fall Pediatric Orientation Days. All Kossuth County first grade students are invited to join their class for a tour of KRHC. We appreciate all the classes who came for a visit to learn about KRHC and the services we provide.

SHIIP, the Senior Health Insurance Information Program, is available to offer Medicare beneficiaries unbiased information and assistance regarding health insurance choices. If you would enjoy helping older adults learn about their Medicare options, consider joining our volunteer team. Training is provided. Contact Dave and Peg Skilling for more information by calling 515-295-2451, ext. 452.

Employee Recognition and Retirements

Kossuth Regional Health Center celebrated milestone years of staff service at its annual employee recognition banquet on December 10. In addition to honoring staff for their years of service, staff members retiring in the year 2015 were also recognized.

35 years of service

- Diane Gerber, Surgery
- Lori Bode, Physical Therapy

30 years of service

- Mary Hilbert, Community Health and Hospice
- Kari Brace, Retail Pharmacy
- Carla Schmidt, Patient Financial Services

25 years of service

- Joann Briggs, Clinic
- Deb Hefty, Health Information Management
- Michael Arndorfer, Hospital
- Kim Dahlhauser, Occupational Therapy

20 years of service

- Denise Elliott, Clinic,
- Jo Lighter, Community Health and Hospice

- Pam Smith, Purchasing,
- Kathleen Shipler, Surgery,
- Kip Ewen, Hospital Pharmacy
- Terrie Shipler, Purchasing

15 years of service

- Deb Schulz, Clinic,
- Stephanie Capesius, Hospital RN
- Julie Baxter, Clinic,
- Michal Johnson, Health Information Management
- Linda Ristau, Patient Financial Services

10 years of service

- Kelly Kramer, Hospital Lab
- Juliana Bormann, Clinic
- Nicole Long, Dietary
- Amber Carlson, Clinic
- Jenny Roethler, Surgery
- Erin Shaw, Community Health and Hospice

Five years of service

- James Glassell, Hospital Lab
- Katie Frerichs, Hospital RN
- Samantha Parks, Hospital Lab
- Chris Kern, Physical Therapy
- Ben Cox, Surgery
- Julie Poepppe, Clinic

2015 Staff Retirements

- Betty Harms- 13 years
- Nancy Erickson- 33 years
- Dixie Meyer- 27 years
- Mary Hilbert- 30 years
- Bonnie Hartman- 37 years
- Hallie Maloney- 17 years
- Sue Mergen- 39 years
- Cindy Beekman- 34 years

January 2016 Retirees

- Becky Lancaster- 13 years
- Joanne Molacek- 33 years

Great things come in small packages

Great Expectations Event on January 27

Free Giveaways Info for Parents *Children welcome!*

- **Breastfeeding Chat group** – Bring your baby to relax for conversation with other moms, with Q&A led by one of our certified breastfeeding educators
- **Solve the Daycare Dilemma** - where can you find a daycare person? Come to this Lunch and Learn to find out about daycare options in our community.
- **Free resources and giveaways** for parents, caregivers and those who are expecting.
- **All are welcome** to attend this free event at KRHC. Find out more at www.krhc.com.



Free classes for new and expecting parents *Childbirth and breastfeeding education at KRHC*

Planning a new addition to the family? Kossuth Regional Health Center offers childbirth education throughout the year for new and expecting parents.

Childbirth education classes are free to expecting parents who plan to deliver at KRHC (\$25 fee if you plan to deliver elsewhere). This class is will be held in Conference Room E/F on the following Saturdays from 9 a.m. to 4 p.m. with a break for lunch: January 16, March 26, June 11, August 13 and October 15.

Expecting parents, partners or support people are

also welcome to attend free Breastfeeding Basics classes for information about the benefits of breastfeeding and how to get started with your newborn, troubleshooting ideas and more. Classes are held from 6:30 to 9 p.m. in Conference Rooms E/F on the following dates: January 20, March 30, June 15, August 17 and October 19.

Participants are asked to pre-register for either the childbirth or breastfeeding classes by calling KRHC Community Health at 515-295-4430.

Hip, Hip Hooray

How the Mercy Network worked together for this patient's double hip replacement

When life got to be a real pain in the hip for former Lucia Wallace Elementary teacher Diane Kleineweber, she found relief with help from KRHC and Dr. Crane from the Mason City Clinic.

Kleineweber initially didn't think anything about her hip issue, but gradually the pain grew worse and worse.

"It was about two years ago that I noticed 'clicks' on both sides of my hips when I walked," she said. "By August 2014 I could barely walk I was in such pain."

Diane went to see her primary provider Mark Davis, P.A.-c at KRHC. He initially put her through physical therapy and some exercises, but the pain continued.

"Even snow birding from January through March of early 2015 in Florida didn't bring much relief for me. I could not walk more than a block, the pain was radiating through my groin on both sides. I couldn't stand it any longer," Diane said.

Davis referred her to see Dr. Michael Crane, a visiting orthopedic surgeon who comes to KRHC from the Mason City Clinic.

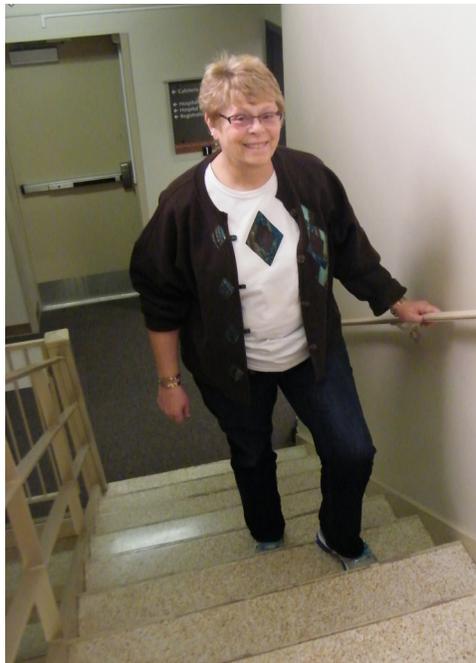
"We have several specialists, like Dr. Crane, who can see patients at KRHC in our specialty clinic. This is convenient for our patients. It improves access to care and increases communication and coordination amongst providers as well," Davis said.

Diane had surgery on both hips. After the procedure on her right



PAIN NO MORE - Diane Kleineweber is pictured here with her care team. Dr. Crane of the Mason City Clinic, her physical therapist Chris Kern and Mark Davis, P.A.-c.

A STEP UP - Today Diane has no trouble taking the stairs, now that her hip pain is gone.



hip in May 2015, she was walking within days of the surgery. A month later, she had surgery on the left hip.

Following surgery Diane went to physical therapy at KRHC. She was pleased to discover that her physical therapist would be Chris Kern, a former student of hers.

"Mark Davis and Chris Kern live in my neighborhood. We know each other and I trust them. Dr. Crane was very conscientious and has tremendous medical knowledge."

Today, Diane walks two miles everyday. According to Dr. Crane, her quick recovery was partly due to her personal dedication and diligence to the rehab process.

"With all joint surgeries we really like to get patients up and walking the same day of their surgery which starts the healing and recovery process," said Dr. Crane. "Diane did well because she is healthy and was very motivated."

Together Mason City Clinic specialists and KRHC staff work in unison to deliver highly skilled orthopedic care including ACL reconstructions, total knee, total hip, total and reverse shoulder surgeries and carpal tunnel release to patients in a 100 mile radius of Mason City covering 14 counties.

For more information about visiting specialists at KRHC, please visit www.krhc.com.

Essential Health Acupuncture adds staff



Licensed acupuncturist Rauchelle Meschke begins treatment on patient Amber Weydert. RIGHT: Alyse uses the cupping technique and also traditional acupuncture needles during treatment.



Rauchelle Meschke was joined by Alyse Meyers in November at Essential Health Acupuncture. Join them for an Open House on January 14 from 4 to 6 p.m. for a meet and greet.

Ever wondered about what acupuncture could do for you? Join the staff at Essential Health Acupuncture for an Open House on January 14 from 4 to 6 p.m. to find out!

Alyse Meyers, state licensed acupuncturist and nationally certified Oriental Medicine practitioner, began seeing patients in November. Meyers is an Algona native and alum of Bishop Garrigan High School. She earned a Masters of Acupuncture and Oriental Medicine from Northwestern Health Sciences University in Bloomington, MN.

During her clinical training, Meyers mastered treatments for acute injuries and surgeries at the University of Minnesota Medical Center. She also has experience in treating people with brain and spinal cord injuries, pediatrics and pediatric oncology.

"My training program provided me with patients of all ages in a variety of health care settings," Meyers said. "I am prepared to treat a range of clients from those with severe conditions to those seeking increased health and wellness."

Meyers joins licensed acupuncturist Rauchelle Meschke, who has been offering acupuncture and Traditional Chinese Medicine at KRHC since 2008.

Throughout the past four years, Meyers served as an intern and performed observation hours under Meschke's supervision.

"Alyse will be a great asset to Essential Health Acupuncture and I'm pleased to welcome her on board," Meschke said.

Patients seek the care of an acupuncturist for a variety of reasons. Amber Weydert of Algona has found it an effective treatment for her.

"I initially came to acupuncture for stress relief and immunity boosting. I've continued with it for these reasons, but also for relief from sports injuries and inflammation in my body," Weydert said. "I wholly trust the Essential Health Acupuncture staff, appreciate the level of education Rauchelle and Alyse have and the professional atmosphere they provide."

For more information call 515-295-4469 or visit <http://www.krhc.com/acupuncture-services>.



essential health
ACUPUNCTURE

Acupuncture Open House

January 14 from 4 to 6 p.m.

4:45 Acupuncture Q&A

5:15 p.m. Treatment Demo

Acupuncture Hours

Mondays 7 a.m. to 5 p.m.

Thursdays 8 a.m. to 6 p.m.

515-295-4469

Cardiac Rehab



Continued from page 1

One might say Mike Schaaf appreciates the cardiac rehab program at Kossuth Regional Health Center with “all his heart”. Nearly 30 years ago he was one of KRHC’s first cardiac patients. Today he continues to depend on the staff for his cardiac care.

His introduction to cardiac rehab was back in 1988, after a double by-pass surgery. Under the direction of therapist Jake Jacobusse, cardiac rehab had just become available at KRHC.

“Dr. Richards sent me to Des Moines Methodist Hospital for my surgery. Then I came back to Algona for cardiac rehab,” Schaaf said. “All we had was a bike and a treadmill back then. It was all in one room.”

Today the therapy and rehab department extends over much of the second floor of the hospital and offers multiple bikes, treadmills, weights, and other specialized tools for patients to use in recovery. The department has grown in size and in personnel. In the years following his double by-pass surgery, Schaaf found himself back in cardiac rehab a couple of times after he had stints put in. In the fall of 2015, he was once again a cardiac patient, after valve replacement surgery.

Schaaf said his doctors in Des Moines were impressed with the high level of care available in Algona.

“This place is highly thought of,” he said. “The facilities are great. The personnel has been great. We’re lucky to have this in the area with the staff we have. They are doing a great job out here.”

For the first time, Schaaf took part in the formal education component of cardiac care at KRHC. Monthly education sessions are offered in a small-group setting with other patients. For patients trying to make some healthy lifestyle changes after heart surgery or a heart attack, the education provided during this time provides some timely information.

Heart Health Tips

MONITOR YOURSELF

Schedule regular checkups. Knowing how you “should feel” you realize when something is off.

PAY ATTENTION TO PAIN

If your legs, arms, jaw, or teeth hurt, don’t ignore it. Not everyone has the same symptoms of a heart attack. “I’ve never had the shortness of breath,” said heart patient Mike Schaaf. “I never had the chest pain thing. After my first one, they told me when I had a pain that was not normal, to come in because it was probably my heart.”

KNOW YOUR FAMILY HISTORY

Knowing your history helps you understand your risk. All the men in Schaaf’s family had heart trouble. His dad died from heart issues at 54, and three uncles passed away by their mid-60s. His maternal grandfather died at 55 and both paternal grandparents died at 77. Mike turned 77 on October 25, 2015. “It was in the family,” he said. “I’ll probably outlive them all.”

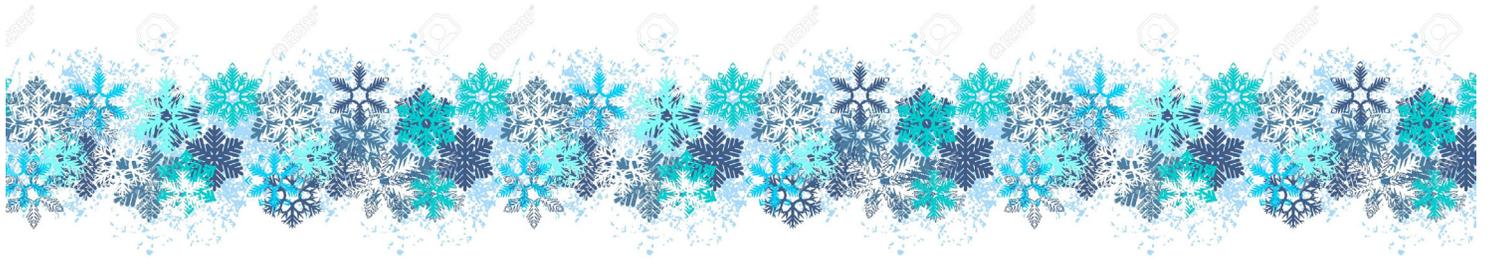
“Patients get a thick packet of information at the time of their heart event, but they’re not always able to absorb all of it at that time,” said Rhonda Sexton, R.N. “We’ve found that waiting a couple of weeks afterwards works wells. That’s when people are ready to learn. We use American Heart Association materials and videos, as well as group discussion and support. It’s a small group, with family members invited to participate.”

The sessions are led by Sexton and Cindy Beekman, R.N. Schaaf agrees that these educational opportunities are time well spent, especially the opportunity to network with other heart patients.

“It’s good to see what they have tried,” he said. “We talk about the medications given, exercise to do and dietary information. It was good. We talked about things I hadn’t heard about before.”

For more information about cardiac rehab at KRHC, contact Physical Therapy at 515-295-4672.

POSTAL CUSTOMER



KRHC Events

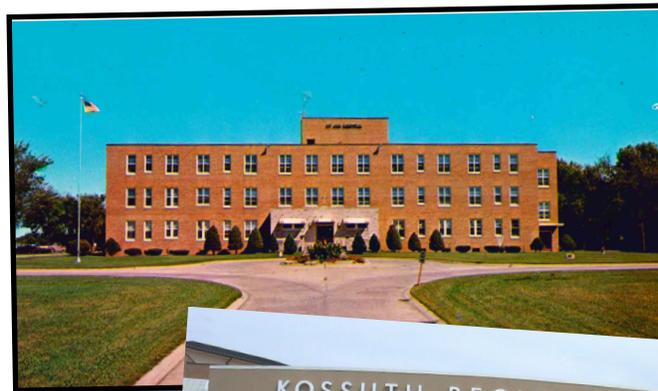
Essential Health Coffee
January 14 from 4 to 6 p.m.
Join the staff at Essential Health Acupuncture for an open house. All are welcome!

Childbirth Education Class
Saturday, January 16
from 9 a.m. to 4 p.m. in KRHC Conference Rooms E/F
Free for those delivering at KRHC. Call 295-4430 to register.

Breastfeeding Basics
Wednesday, January 20
from 6:30 to 9 p.m. in Conference Rooms E/F at KRHC. To join this free class call 295-4430.

Great Expectations
Wednesday, January 27
Come to KRHC for sessions about breastfeeding, daycare, plus free giveaways. Visit www.krhc.com for more info.

Because YOU Gave...



YOU Made a Difference in Healthcare

Thank you
from the KRHC Foundation