

# Health Update

HENRY COUNTY  
HEALTH CENTER  
CARE YOU TRUST. COMPASSION YOU DESERVE.

MOUNT PLEASANT, IOWA  
JULY—SEPTEMBER 2014

## HCHC named 2014 Outstanding Rural Health Organization

Henry County Health Center was selected as the recipient of the 2014 Outstanding Rural Health Organization Award. This award is given by the National Rural Health Association (NRHA) and recognizes a community-based group or organization that has improved access to health services and information for rural people through innovative, comprehensive approaches. HCHC was presented with the award at the National Rural Health Association's 37th Annual Rural Health Conference on April 24th in Las Vegas.

Organizations considered for the award were evaluated on the following factors: outreach, preventive health and education, quality and efficiency of care, and strong community support and involvement. HCHC was nominated for this award by external vendor, HospitalPortal.net.

The nomination highlighted HCHC's commitment to the wellness of the community, featuring the health center's construction project, HCHC's preventive health and education/community support and involvement programs, and the success of the HCHC Foundation's *Close to Home Campaign* that demonstrates the support and positive sentiment that the community has for the health center.

"To be selected for the 2014 Outstanding Rural Health Organization Award is an

enormous honor. This is a testament to Henry County Health Center's commitment to our mission to enhance the health of individuals and our communities through high quality, effective and efficient services," explained HCHC CEO Robb Gardner.

*"I would like to express my sincere appreciation to our associates, medical staff, board of trustees and volunteers who are committed to delivering personalized, quality care that patients expect and deserve. We received this award because of their dedication and commitment to delivering high quality healthcare, and their work to meet the needs of area residents. Our patients are fortunate to have local access to quality healthcare services, provided by professionals they know and trust."*

HCHC CEO Robb Gardner

The NRHA's mission is to provide leadership on rural health issues. Membership consists of a diverse collection of individuals and organizations, all of whom share the common bond of an interest in rural health.

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# HCHC in the Community

## MPCHS students receive hands-on experience in healthcare



Pictured teaching MPCHS students about knee replacements is HCHC Board Certified Orthopedic Surgeon Dr. Joseph Tansey. The presentation was interactive as Dr. Tansey asked for student volunteers. Noah Brown (above) and Rob Pohren both volunteered, and Pohren (page 3) is shown experimenting with orthopedic equipment similar to that used during knee replacement surgery.

This spring, Mt. Pleasant Community High School students received a hands-on learning experience at Henry County Health Center. Students from Kathy Holtkamp's MPCHS Biotechnical Engineering class, a Project Lead the Way course, visited HCHC for a knee replacement presentation given by HCHC Board Certified Orthopedic Surgeon Dr. Joseph Tansey, giving them a unique learning opportunity.

"We were in the biomedical unit of the course and there are three

different subjects within that unit. At the time we went to HCHC, we were looking at knee replacements, materials the replacements are made from, the surgical procedure, and why people need knee replacements," explained Holtkamp. "The hospital has always been great with offering to let the students come visit, tour, and see all the different biomedical equipment. I explained to Dr. Tansey that we were in our orthopedics unit and wanted to know if the students could see what he does. He agreed and went even further and asked if they would be interested in actually doing the procedures on artificial bones. It was amazing."

Dr. Tansey gave the students a brief lesson in knee anatomy, the surgery process, conditions that can necessitate a knee replacement, and how the components work. Dr. Tansey then encouraged students to participate in a demonstration of a mock knee replacement surgery and allowed the students to practice using surgical instruments provided that day by an orthopedic vendor. They were able to hold the knee components in their hands, and feel the weight and structure. They experienced how the parts fit onto the knee and how they work. Holtkamp felt this was all extremely beneficial to enhancing the students' knowledge in the subject area.

*"Without Dr. Tansey, the students would have only been able to see pictures of the knee replacement components. With Dr. Tansey they were able to hold and feel the parts, to see how they actually fit on the knee, what they are made of, and how Dr. Tansey decides which size fits the patient best. They watched a video and did a virtual knee replacement surgery, but nothing compares to actually using the tools, the guides and the saws. They all loved it!"*

Kathy Holtkamp, MPCHS instructor

"Dr. Tansey went above and beyond. Not only was it very fascinating, but it was an experience the students will always remember. More importantly it really impacted the students and made them think about their future careers. The students were so excited to share about their experience, that by the end of the day when they returned to school, most of the students in school were talking about it. The next day I had random students asking me about the trip."

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# HCHC Update

## HCHC opens Women's Center

### RADIOLOGY ADDS NEW MAMMOGRAPHY MACHINE

Henry County Health Center's construction project is nearly complete. All major interior work inside the health center is now finished, which includes the construction of a new Women's Center in Radiology.

Female patients now have a new private and comfortable waiting area with direct entry to mammography, bone density and ultrasound testing. A charitable bequest to the HCHC Foundation for the Imogene and George Nuding estate was used to purchase a new Hologic mammography machine which is located within the new Women's Center and dedicated to the Nudings.

HCHC is committed to the health and wellness of area women and the fight against breast cancer. This is why the addition of the Hologic mammography machine is so important. Area women have access to this high quality diagnostic equipment and can find comfort

in knowing that they are receiving accurate diagnostic testing performed by mammography technicians who are specifically trained in this area of healthcare. The advantage of the new machine is that future upgrades can be made to offer even more enhanced imaging for breast cancer screening.

All women can get breast cancer, even those with no family history of the disease. Henry County Health Center would like to remind women that early detection is the best protection against breast cancer, so schedule your annual mammogram and call 319-385-6157.



### *continued from page 2 MPCHS students receive hands-on experience in healthcare*

Not only did the students benefit from the experience, but HCHC did as well. The health center places high value on interaction with area youth and giving back to our area communities through partnerships such as this.

"I feel we are very fortunate that we have a hospital that cares about the future of our students. I am always being offered educational help from HCHC. In the past, we have taken lab tours and had offers to set up blood typing labs in biology. We have toured the MRI machine in the Radiology Department and were able to

watch an ECG done on a student. I have also spoken with CEO Robb Gardner who has many ideas about future learning opportunities for our students at HCHC," commented Holtkamp.

As an educator, Holtkamp finds these opportunities important for the students as they are exposed to the different careers that are available. "Many students are still undecided what their course of study will be in college. I feel the more careers we can introduce them to, the better idea they might have of what they would like to do in the future."

# HCHC Associate Achievements

## Van Dorin selected for state nursing award

Shelley Van Dorin of Mt. Pleasant, Community Health Nurse at Henry County Health Center, has been selected as one of the 100 Great Iowa Nurses for 2014. This award recognizes Van Dorin's meaningful and lasting contribution to humanity and the nursing profession, in addition to being viewed as a mentor to others.

Individuals receiving the award exemplify all of the principles on which the 100 Great Iowa Nurses Celebration was founded. This year there were over 500 applicants, with only 100 nurses recognized.

"There just is never a time that Shelley isn't willing to jump in and give her full effort to help out. When our department has the opportunity to work with students, Shelley is always ready to take time to make sure the student has a great learning experience," explained Travis Johnson, Community Health Director at Henry County Health Center.

Johnson explained that the Transitions in Care program

led by Van Dorin allows her numerous opportunities to help people in significant ways. From teaching patients how to adjust medical equipment in their home, to spending hours on the phone with physician providers and insurance companies trying to find affordable solutions for patients to get the medications they need, it is clear why she was selected for this honor.

"Shelley is truly gifted in that she can work one-on-one with a patient and provide high quality direct service, but in the next breath, look big picture and really understand population health and how we make changes that improve the health and safety of our entire county and communities," said Johnson.



## Ruggles wins International Nancy Fox Leadership Award

Known for her eclectic style and poodle sidekick, Bella, Carol Ruggles, Coordinator of Elder Events at Henry County Health Center's Park Place Elder Living in Mt. Pleasant, has a vision. Her vision coincides with the Eden Alternative Philosophy to create a life for Elders that is vibrant; full of growth, opportunity, beauty, and saturated with a deep sense of well-being.

Ruggles recently attended the International Eden Alternative Conference in Nashville, Tennessee, where she was presented with the International Nancy Fox Leadership Award. The Award recognizes the embodiment of leadership in thought, word, and deed of anyone involved in the Eden Alternative journey. She has been on her Eden journey since 1998, when she became a Certified Eden Associate. Committing further to the philosophy, she became an Eden Mentor in 2005, and went on to become a Certified Eden Educator in 2009.

After becoming an Eden Associate, Ruggles worked with Park Place Elder Living's Elders, Care Partners and Henry County Health Center's Board of Trustees to make Park Place Elder

Living one of the few Registered Eden Homes in Iowa in 1999. They have been an Eden Home for almost 15 years now, and have never looked back.

"I am so grateful to HCHC's administration, especially past CEO Robert Miller, and the Board of Trustees for their blessings to move forward at the beginning of our Eden Journey," Ruggles remarked.

*"The continuing support from our current administration, CEO Robb Gardner and Park Place Elder Living Administrator Bill Grimm, is invaluable to our success. And of course, we could never have achieved any of this without our Elders and Care Partners."*



# HCHC Foundation

## Remembering the Past and Providing for the Future



Donald Young had carried the unofficial title of “Henry County Historian” for a long time. His recent passing will certainly leave a void for those seeking information about our area’s heritage. But Mr. Young’s legacy did not end with his death. For the man who enjoyed history, ensuring the future was also very important. Through a bequest in his will, Mr. Young has gifted Henry County Health Center his home and adjacent property. We wish to express our gratitude for his generosity and for helping us continue important work in our communities.

## The Rewards of Creative Planned Giving

As Henry County Health Center confronts the challenges of future healthcare issues, we know that the generosity of those who assist us will make all the difference in our success. That is why HCHC Foundation seeks your support.

We also, however, want to make sure that you benefit from making a gift to us. In addition to knowing you’re making a difference in the lives of others, the best gift plans can also improve your own financial and tax situation.

We invite you to explore opportunities at our website [www.hchc.org/foundation](http://www.hchc.org/foundation) (under *Planned Giving - Ways to Give*) that combine your philanthropic giving with your financial needs and tax-planning strategies.

From this site, you can compare different types of gifts through the “Build Your Gift” planner; learn more about what assets are most commonly used to fund gifts such as IRAs, savings bonds or life insurance; and explore different ways to make a donation with bequests, charitable remainder trusts or charitable gift annuities. The “Gift Illustrator” allows you to calculate the potential income tax and capital gains tax savings associated with various gift scenarios. With thorough gift planning, you can secure your own financial future, as well as ours.

We recommend that you seek professional counsel when designing a gift that benefits the people and organizations you care about most. An attorney or financial advisor specializing in estate planning can help you plan for tomorrow and receive maximum benefits today.

## A charitable gift in your will or trust is right for you if:

- ✓ You want the opportunity to guide decisions about the future ownership of your possessions and the legacy you leave behind.
- ✓ You have a will or living trust or are ready to create one.
- ✓ You want to make sure your support of HCHC is still available after your lifetime.
- ✓ You want to balance your generosity to us with an assurance that loved ones are taken care of first.
- ✓ You want to maintain the flexibility to change your mind about your gifts at any time.

Call the HCHC Foundation at 319/385-6541 today to learn more about including us in your will or trust.

# Care you trust

## Relief from the pain

### MCKENZIE THERAPY PROVES EFFECTIVE FOR PATIENTS

After being diagnosed with a herniated disc, Jeanne Foecke of Pilot Grove had specific thoughts on what she did and didn't want. She knew that she wanted relief from the pain, but she didn't want to have to undergo neck surgery to get that relief.

When Foecke was referred to a spine surgeon, she was apprehensive about the recommended course of treatment. She was pleasantly surprised when the nurse practitioner suggested the first step of physical therapy. She was referred to Henry County Health Center's Rehabilitation Services Department to see Christina White, MPT, Certified McKenzie Therapist.

"I was relieved to be told to try physical therapy first. Since I had never had physical therapy before I didn't know what to expect. After going through McKenzie Therapy with Christina, I think she's a miracle worker. I would definitely recommend it and I have to a couple of my friends," commented Foecke.

She started therapy on March 19 for a duration of 14 sessions. By the third visit, Foecke already noticed that her pain was less intense.

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## Olson appointed to HCHC Board of Trustees

Sally Olson of Mt. Pleasant was appointed to serve on the Henry County Health Center Board of Trustees at the Board's monthly meeting in May. Olson filled the position left vacant by retiring Board of Trustee Richard Garrels.

Olson isn't new to HCHC. Over the past several years she has served on the HCHC Foundation Board. "It has been an exciting time to be part of that organization as

it worked to financially support the capital campaign. Being part of the campaign gave me the opportunity to interact with community members on behalf of the Foundation. It was very satisfying to be part of such a wonderful project that helped to improve healthcare for Henry County residents," commented Olson.

Olson has been actively involved in the community for years. Most recently, she retired after 34 years of teaching school, of which 29 years were in the Mt. Pleasant Community School District. She is a member of T.T.T. Chapter DD which supports camping experiences for young girls. Through their business Olson-Powell Memorial Chapel, she and her husband, Tim, are members of the Mt. Pleasant Area Chamber Alliance. She also currently serves as a deacon and is a member of the Mission Committee for First Presbyterian Church.

Now in a new phase of her life, Olson looks forward to beginning her new position as an HCHC Trustee. "I was delighted to be asked to serve on the HCHC Board of Trustees. I take that commitment very seriously. The people that serve on the Board and have served in the past are highly respected people in our community. It will be an honor to work and learn from them," Olson commented.

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# Compassion you deserve

continued from page 6 *Relief from pain*

Now that she's finished therapy, the pain between her shoulders, neck, arm and hand are gone. That is due to the therapy visits, but the patient also personally played a role in her recovery as the full benefit of McKenzie comes from the patient committing to performing the exercises on their own multiple times a day.

"I did the exercises when I was supposed to. Christina advises if I know that I'm going to do something that might aggravate my condition, to do the exercise before the activity and then again after. I did that when I mowed and raked one day and I woke up the next morning feeling just fine. It is amazing," explained Foecke.

#### WHAT IS THE MCKENZIE METHOD?

The McKenzie Method focuses on the patient's ability to self-manage their condition with one to two exercises performed several times a day. The four stages to the method include reducing the symptoms, maintaining reduction of symptoms, returning to daily routine, and preventing reoccurrences.

"All four stages are addressed in therapy, with evaluation on the first visit to determine the appropriate exercise. The patient performs the exercise several times at home, usually along with a postural

correction exercise. The individual is seen on average one to three times per week for a short period to reassess their progress, modify the exercise if necessary, and to determine if they are ready to advance to the next stage. The main goal is for patients to return to activities they enjoy with less pain, along with developing an understanding of how to prevent the pain from reoccurring," explained White.

White began studying the McKenzie Method of Mechanical Diagnosis and Therapy five years ago, and became certified in September 2011. Through continued education, White learns more about the therapy and progresses in her knowledge about McKenzie. As a physical therapist, White is a true believer in the benefits of this therapy as she's seen first-hand the positive effects experienced by her patients.

"The McKenzie Method has the potential of working very quickly, which means the patients don't have to come to as many therapy visits. Patients also acquire more independence with these exercises which also translates into a reduction of therapy visits," explained White. "Many individuals suffer from neck, lower or mid back pain, and/or headaches and don't think they can get better without surgery. McKenzie has proved that it can be an alternative to surgery."

*The McKenzie Method can be a very effective therapy that helps individuals return to their everyday activities pain-free.*

continued from page 6 *Olson appointed to HCHC Board of Trustees*

"While serving on the Foundation Board, I have gained a deeper understanding of HCHC. I do believe that background will help to jump start my work on the Board of Trustees. Over the past many years, I have had the opportunity to meet many people from the area. Therefore, I do have a pulse for the community and the people who live here. It is my plan to be a level head that makes decisions for the benefit of healthcare."

Olson understands the importance and impact that our county hospital has for area residents from a personal perspective. "I can't imagine how different our lives would be without a local hospital that offers so many services. My elderly mother lived in Mt. Pleasant for five years prior to her death. We were able to take advantage of healthcare close to home. The convenience of being across town from medical assistance, as opposed to having to drive 30 to 50 miles, was beneficial. The personal and professional care she received was most comforting to my mother and to Tim and I as her primary caregivers," she explained. "Both Tim and I have also taken advantage of services provided by the hospital. We have been pleased with the staff and care we have received. Of course, HCHC certainly has an economic impact on our community as well. In my opinion, we would never want to be without HCHC."



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# Upcoming Events

## CARDIAC/PULMONARY SUPPORT GROUP

Friday, August 15, Noon  
Presentation by Devan Rhum, BS,  
RRT, RPSGT *"Sleep Studies"*  
Free lunch provided  
Health Education Center, HCHC

## DIABETES 2-HOUR FOLLOW-UP CLASS

Thursday, July 10, 2-4 p.m.  
Thursday, August 7, 2-4 p.m.  
Thursday, September 4, 2-4 p.m.  
Diabetes Education Center,  
Suite 24, HCHC

## DIABETES GROUP TRAINING

Tuesday, July 29  
Tuesday, August 19 & August 26  
Tuesday, September 23  
Call 385-6518 to register  
Diabetes Education Center,  
Suite 24, HCHC

## PRE-DIABETES CLASS

Tuesday, August 12, 12-1 p.m.  
Call 385-6518 to register  
Diabetes Education Center,  
Suite 24, HCHC

## COFFEE CLUB

**Free social hour discussing  
diabetes and other health topics**  
Friday, July 11, 9:30-10:30 a.m.  
Hy-Vee  
Friday, September 12, 8:30-9:30 a.m.  
Diabetes Education Center,  
Suite 24, HCHC

## HCHC AUXILIARY MEETING

Monday, July 14  
Monday, August 11  
Monday, September 8  
9:00 a.m. Monthly Meeting  
Classroom A1, HCHC

## PHYSICIANS & CLINICS of HCHC

### WAYLAND COMMUNITY CLINIC

**Jessie Anderson, ARNP**  
227 W. Main  
319.256.7100

Clinic held on Mondays and Thursdays  
8:30 a.m.–Noon and 1 p.m.–5 p.m.  
Wednesdays 8:30–11:30 a.m.

### WINFIELD COMMUNITY CLINIC

**Tess Judge-Ellis, DNP, ARNP**  
110 W. Pine  
319.257.6211

Clinic held on Tuesdays (Dr. Judge-Ellis)  
and Fridays (Dr. Judge-Ellis &  
Jessie Anderson)  
8:30 a.m.–Noon and 1 p.m.–5 p.m.  
Wednesdays (Jessie Anderson) 1–4:00 p.m.

This publication does not constitute professional medical advice. Although it is intended to be accurate, neither the publisher nor any other party assumes liability for loss or damage due to reliance on this material. If you have a medical question, consult your medical professional.

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