



HCHC proves to be the right fit for New London couple

For first time parents, finding a healthcare provider to deliver your new bundle of joy is not a decision to be taken lightly. For Samantha and Ross Schmeiser of New London, Henry County Health Center offered everything they desired and more.

Their oldest daughter, Madison, was born in 2015 followed by their second daughter, Peyton, who came along a year later. The couple knew from their positive first experience that HCHC was the only option for their second baby.

"I loved the way I was treated when I had Madison, so I wouldn't have gone anywhere else with Peyton," said Samantha. "I couldn't have asked for a better team to have helped with our girls. Hands down HCHC has blown me away with how amazing the girls and I were treated during our stay and follow up appointments."

Samantha did her homework when selecting healthcare professionals for her prenatal care and delivery. She talked with several friends, and also researched midwives. The results of her search revealed that midwives are hands-on and would allow Samantha the opportunity to have an active learning experience. She wanted personalized care which is exactly what she received at HCHC.

"I decided I definitely wanted a midwife which wasn't offered at every hospital. HCHC has two certified nurse-midwives, the hospital is close to home, and the recommendations from friends who had already experienced HCHC were much better than other hospitals. All of that made it a pretty easy decision for us to come here," she explained.

continued on page 3



"I couldn't have asked for better care when it came to bedside manner. From start to finish it's been an awesome relationship we've developed with them."

HENRY COUNTY HEALTH CENTER
HEALTH UPDATE
APRIL, MAY, JUNE 2017

HCHC IN THE COMMUNITY 2

HCHC IN THE COMMUNITY 3

FOUNDATION 4

FOUNDATION 5

HCHC UPDATE 6

PARK PLACE ELDER LIVING 7

BUMP & BRUISE PROGRAM..... 8

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

“I absolutely love helping this community that I live and work in. Knowing that I can help in such a little way that can potentially save a life someday means a lot to me and is the right thing to do as a health center for our community.” Dan Walderbach, EMS Director

Local partnership shows commitment to community health

Henry County Health Center recognizes the value of community partnerships to ensure the health and wellness of area residents. Recently HCHC partnered with the Mt. Pleasant Community School District for a lifesaving project that directly impacts the health of students, staff and visitors.

The Mt. Pleasant Community School District needed to replace all three of their current Automated External Defibrillators (AEDs) located at the Middle School, High School and Mapleleaf Athletic Complex. These portable electronic devices check heart rhythms, and if the heart stops beating, send shocks to the heart to restore a heart rhythm in a life-threatening situation.

“The district’s AEDs were outdated and replacement parts were no longer available. The schools host many public events, and the AED could potentially save the life of any student, staff or community member who may be at the school at the time of a life threatening situation. Middle school and high school students and staff are taught CPR and are introduced to the use of an AED,” explained Sue Weiss, MPCSD nurse.

Weiss, along with fellow school nurse Jennifer Striegel, contacted HCHC EMS Director Dan Walderbach for AED recommendations. After some research, he contacted the nurses about an AED grant.

“When I was approached by the school district nursing staff asking about grant funding for new AED’s, I found a grant to fully fund them,” explained Walderbach.

He was able to get the district three new AEDs, and offered to assist with the setup of the devices and provide staff education.

“MPCSD appreciates this generosity and willingness to submit the grant. This saved the



Pictured is (l-r): MPCSD Athletic Director Scot Lamm, Nurse Sue Weiss, EMS Director Dan Walderbach, Nurse Jennifer Striegel, Superintendent John Henrikson.

school district a significant amount of money, and most importantly access to the AEDs ensures the health and safety of students, staff and community members attending school events ,” explained Weiss. “Our district is very fortunate to have HCHC available to provide health services for our students, staff and community members, along with ambulances at home football games, assistance with CPR training, support with our new AEDs, flu clinics for staff by Public Health, and staff wellness screens.”

MPCSD Superintendent John Henrikson agrees with the value of the HCHC/MPCSD relationship, stating, “Mt. Pleasant is very fortunate to have such a community-minded health facility as HCHC. Our school district has been the recipient of many generous acts by our hospital. The gift of the AEDs to our school district is another example of HCHC’s generosity and commitment to our community.”

HCHC sponsors SHIP program

Are you going to be eligible for Medicare in the near future? Have you been on Medicare for a while and want to better understand what it offers? Do you have a family member you help with Medicare issues?

Choosing Medicare and related health care coverage can be challenging. That’s why SHIP, the Senior Health Insurance Information Program, offers confidential, one-on-one counseling throughout Iowa from trained volunteers who have been in your shoes. This free, confidential service is offered by the State of Iowa to help Iowans make informed decisions about Medicare and other health coverage. Henry County Health Center is the local sponsor for SHIP in Henry County and offers counseling by three SHIP counselors. These individuals are trained by the state and do not sell or promote any insurance companies, policies or agents.

In addition to counseling, “Welcome to Medicare” seminars are offered throughout the year and cover Medicare Part A and Part B benefits, the prescription drug benefit (Part D), Medicare Advantage plans and Medicare supplement insurance. For more information and to set up an appointment with a SHIP counselor, please call 319-385-6724.

continued from page 1 **HCHC proves to be the right fit for New London couple**

Certified Nurse-Midwives Kendra Bonnesen and Kari Payne work as a team with HCHC Obstetrician/Gynecologist Robert Smith, M.D., to provide maternity care for area residents. Samantha met with both certified nurse-midwives throughout her pregnancy, so on the day she delivered she already knew both of them which made her very comfortable. She was also seen by Dr. Smith and felt at ease with him as well knowing if she needed intervention from an OB/GYN he would be there.

There were several positives that stood out to Samantha about her care. She was pleased with the appointments and the detailed explanations and received thorough answers to questions that she easily understood.

“I recommend a midwife because they are very hands-on and I received so much information. I really felt more like a friend than just another patient. It made my husband and I more comfortable and we were never confused about anything. Kari and Kendra made sure we were

completely okay with their answers before we left our appointment,” she said.

When it came to the actual deliveries of their babies, the Schmeisers were very satisfied with the care they received.

“I couldn’t have asked for better care when it came to bedside manner. They anticipated what I needed before I knew what I needed. I love that if I saw them outside the hospital they would know my name and my children’s names. From

“I definitely feel that having the certified nurse-midwives was an advantage because they knew our situation personally, and they were also very supportive of our choice to go as natural as possible. I had awesome care that was very personalized. I felt like I was coming more to a family than an appointment.”

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HCHC Foundation Announces Grant Award Recipients

Henry County Health Center Foundation announced New London Community School District Wellness Program and Midwest Old Threshers as its 2016 Grant Award Recipients. The Foundation presented \$3,000 to each of these organizations for various projects supporting health related initiatives.

Barb Meyer of the New London Community School District accepted a gift for its Wellness Program. This project will address several aspects of wellness including healthy choices, fitness, health risk education, nutrition, social and financial aspects. The vision for the program is to start with employees of NLCS D, expand to students, and then open the program to include all the community over a period of time.

HCHC Foundation also presented a check to Terry McWilliams for a combined effort with Midwest Old Threshers for the construction of an air-conditioned first aid station. This new structure will provide a controlled environment for basic first aid needs, a place to seek attention for heat related symptoms and other medical emergencies during Midwest Old Threshers Reunion.

The HCHC Foundation is a 501(c)3, non-profit organization whose mission is to promote, fund and deliver important health related initiatives for the benefit of residents of Henry County and surrounding areas.



Pictured is (l-r): Paula Bliven, Austin Burns, Bridget Swailes, Jen Loyd and Barb Meyer with NLCS D Wellness Program, and Mark Hemen, HCHC Foundation Director.



Pictured is (l-r): Dan Walderbach, HCHC EMS Director; Terry McWilliams, CEO of Midwest Old Threshers; and Mark Hemen, HCHC Foundation Director.

“It is our pleasure to fund projects such as these that share our strong commitment to the future well-being of our area residents. And our supporters will be able to see their contributions generating positive changes for individuals and families right here in Henry County.”

Mark Hemen, Foundation Director

Check out our new Facebook page...



www.facebook.com/henrycountyhealthcenterfoundation

Henry County Health Center Foundation has started its own Facebook page. Simply open your internet browser and type in www.facebook.com/henrycountyhealthcenterfoundation. Like us and keep up to date with important Foundation information including campaign details, grant awardees, golf outing information and more.

SAVE THE DATE!
Wednesday, August 9, 2017

**Henry County Health Center
FOUNDATION GOLF EVENT**
Register Today!
hempenm@hchc.org



FOUNDATION

HCHC Auxiliary donation enhances patient safety

The Henry County Health Center Auxiliary recently donated \$30,000 to the health center for equipment purchases in Emergency Medical Services and Maternity Services. Both purchases will enhance patient and staff safety.



Pictured looking at the new Power-LOAD™ is (l-r) Auxiliary Vice President Donna Matheny, Treasurer Joy Gilleard, Gift Shop Chair Sandy Eiffert, along with EMS Director Dan Walderbach and Public Information Assistant/Auxiliary Liaison Kirsten Heardt.

HCHC EMS is pleased to announce that its newest ambulance has integrated the latest technology in crew and patient safety with Power-LOAD™ from Stryker EMS. This system hydraulically loads and unloads the stretcher into this ambulance, drastically reducing the potential for EMT/ Paramedic and patient injuries.

“This system is not new to the industry, but we are one of the first ambulance services in our area to introduce it,” said EMS Director Dan Walderbach. “I cannot thank the HCHC Auxiliary enough for their kind support in helping us make this purchase. This helps improve staff

and patient care/safety in our community. As ambulance safety regulations change, this puts us ahead of those standards and improves our injury prevention for our staff as well.”

Power-LOAD™ uses a system of battery-powered hydraulics that supports up to 870 pounds. HCHC EMS is already looking at installing this system in the next ambulance purchase.

The Auxiliary donation also purchased new delivery room lights for Maternity Services. With this upgrade, HCHC can assure that patients will receive safe and accurate care.

“We are very appreciative of all that HCHC’s Auxiliary does for Maternity Services. From the smoke/carbon monoxide detectors to the swaddle sacs that each patient receives, our patients are very thankful. These items help promote safety when the patients are discharged. We feel very fortunate that the Auxiliary is so supportive of Maternity Services,” commented Shayla Malone, Maternity Services Director.

The HCHC Auxiliary’s membership dues and fundraisers held throughout the year support the many programs and services of HCHC which directly benefit our patients. If you are interested in becoming an Auxiliary member for just \$5 a year or if you are interested in volunteer opportunities, call 319-385-6524.



Connect with us online!

Learn more about HCHC through digital media opportunities! Visit our redesigned web site at www.hchc.org for valuable information about HCHC services and programs, careers, to find a doctor/clinic, access the Patient Portal, and to view videos, patient testimonials, news releases and more! You can also subscribe to our monthly email newsletter to receive updates on the latest HCHC news and events.

Look for us on Facebook and YouTube, too! Be sure to check out all of these digital media opportunities to keep up to date on the latest HCHC news and events!



Park Place staff receives important training

Ensuring the safety of our elders is priority for the staff at Park Place Elder Living. This includes caring for elders’ mental, physical, emotional and spiritual well-being. This is why holding a recent staff training class on dementia is so important to the overall quality of care given to Park Place elders.

“We recently had a dementia training class for our staff and reviewed how to care for those individuals who have dementia. I would like to have a class for the family members and anyone

with dementia, and understanding behaviors associated with dementia. Direct care staff will be given this training initially prior to working with Park Place elders with dementia and then training will be given annually. This education will also be shared with the community.

“This training helps families understand what their family members are going through and how to better care for them. The families will hopefully feel assured that their family member is getting the care they deserve.”

Michelle Hanson, Executive Director of Park Place Elder Living

“In addition, this is very important training for the staff to better understand how to give individual care to elders with dementia. This will also help with the frustration that is sometimes present when it is difficult to communicate and care for those particular individuals.”

Although dementia has been common in the elderly who call long term care facilities home, discovering ways to help these individuals has become an important focus. At Park Place, safety measures for elders with dementia are already in place. In the very near future, all staff will be completing dementia training which will help bring peace of mind to elders’ loved ones.

who is interested in learning similar information in the next couple of months,” said Michelle Hanson, Executive Director of Park Place Elder Living.

The dementia training reviews understanding dementia, communication with the individual

Are you a senior needing assistance to remain in your home?

Henry County Public Health’s Homemaker Program is a valuable resource that can help!

Our homemakers are trained to:

- Provide personal care.
- Assist with light housekeeping, errands and food preparation.

Cost of the program ranges from \$0-\$30 per hour based on client’s income and other resources.

**Call
319.385.6724
for more
information**



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PHYSICAL THERAPY

Bump and Bruise Program

Henry County Health Center's Bump and Bruise Program offers **FREE ASSESSMENTS** of middle school and high school students injured in an extracurricular activity.

Please call
Rehabilitation
Services at
319.385.6102 to set
up an appointment
with a physical
therapist.



PHYSICIANS & CLINICS
of **HCHC**

WAYLAND COMMUNITY CLINIC
Jessie Anderson, DNP, 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 &
Kendra Bonnesen, ARNP)
and Fridays (Dr. Judge-Ellis &
Dr. Anderson)

8:30 a.m.–Noon and 1 p.m.–5 p.m.
Wednesdays (Dr. 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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