

Living Healthier

FOR FAMILIES IN CENTRAL IOWA

FALL 2020
ISSUE X



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PUBLISHED BY VAN DIEST
MEDICAL CENTER

A Message from the CEO



Lisa Ridge,
Chief Executive Officer

Fall Greetings! At Van Diest Medical Center, the health and safety of our patients, communities and staff is our top priority. The past several months have proven to be challenging for everyone. During these unprecedented times, I have been witness to many kind and selfless acts throughout our hospital and clinics. In times of difficulty and uncertainty, these heartwarming acts of kindness truly demonstrate how we, as an organization continue to live our mission and core values to enhance the lives of people in our community by providing exceptional, patient-centered health care.

As a community hospital, future sustainability and ensuring access to high quality health care including specialty and emergency services, remains a priority as well. With that in mind, I am excited to welcome the addition of the MercyOne Fort Dodge Clinic to our team at Van Diest Medical Center and Clinics. Unifying our practices allows us to partner together to strengthen and enhance both organizations and the care we deliver to all of our customers.

I continue to have a strong vision for our future and wish to thank the many partners with whom we work and the people we are privileged to serve. We are grateful for the trust our patients and area residents place in us and we thank you for your support of all essential workers at Van Diest Medical Center and Van Diest Family Health Clinics.

Welcome New VDMC Trustees



David Everson

David Everson was recently appointed to the Board of Trustees in June 2020 to fill a vacancy on the Board. David is Chief Financial Officer of Life & Health Care, Inc. in Webster City.

David resides in Webster City with his dog, Penny. He enjoys spending time outdoors working in his garden, riding the community bike trails, kayaking, cheering on the I-Cubs, and participating in local recreational sports leagues as a player or referee.



Kyle Heffernan

Kyle Heffernan was appointed to the Board of Trustees in January 2020 to fulfill an unexpired term on the Board. Kyle is a Doctor of Chiropractic practicing at Tindall Chiropractic in Webster City.

Kyle originally grew up in Eagle Grove, Iowa. He and his wife Lindsay now reside in Webster City with their four children. Kyle enjoys spending time with his family, utilizing Fuller Hall Recreation Center and coaching his children's activities. Kyle is also very involved in the community as a member of multiple committees and boards.

Van Diest Medical Center is excited to introduce our newest family health clinic,

Van Diest Family Health Clinic of Fort Dodge

A satellite clinic of Van Diest Medical Center, Fort Dodge Clinic opened in July 2020. Providing caring, friendly and patient-centered health care, Fort Dodge Clinic cares for the whole family.

Services Offered:

- Family Medicine
- Women's Health
- Occupational Medicine
- Chronic Disease Management
- Acute Care
- Minor Procedures
- Prevention & Routine Screenings
- Non-Emergent Care
- Health Coach Services



Pictured: The team at Van Diest Family Health Clinic Fort Dodge

Clinic Hours: Mon/Wed/Friday 7:00 AM - 5:00 PM
Tues/Thurs 8:00 AM - 7:00 PM

Call 515.955.9200 to schedule an appointment today!

WELCOME NEW VDFHC

Providers



Family Medicine physician John Birkett joined the Fort Dodge Clinic in 2016. Dr. Birkett completed his Bachelor of Science degree and Master of Science degree from the University of Iowa. He completed his medical internship at the University of Southern California. Dr. Birkett brings a wealth of knowledge to the practice with over 40 years of experience providing family medicine services.

John Birkett, MD

Board certified Family Medicine physician, Alan Nguyen also joined the Fort Dodge Clinic in 2016. Dr. Nguyen received his Bachelor of Science degree at Des Moines University. He received his Master of Science degree from Youngstown Ohio University of Osteopathic Medicine and the University of Nebraska College of Medicine. Dr. Nguyen has over 20 years of experience practicing family medicine.



Alan Nguyen, DO



Advanced Registered Nurse Practitioner Tricia Widlund began providing primary care services at the Fort Dodge Clinic in June 2017. Tricia completed her Bachelor of Science degree and Master of Science degree in Nursing from the University of Iowa. She has been working in family medicine since 2010.

Tricia Widlund, ARNP



THANK YOU to all of the area businesses and individuals who generously donated items and showed their support since the beginning of the Coronavirus pandemic. Van Diest Medical Center has received over 1000 homemade cloth masks, many supplies to make the masks, and numerous other donations.

Thank you to all who donated:

Vickie Wickham	Jen Vansickel & <i>thirty-one</i> donors	Betty Davis	Michael & Heidi Patterson	Kerry Pliner
Carla Johnson		Kristi Ahrens	Mari Kait Keane Family	Anna Anderson
Alice Heinrichs	Kerry Jacobsen	Chris Wright	Nicole Heinrichs	Dr. Nikki Ehn
Jackie Loux	Linda Bowers	Lisa VanDeer	Diane Sandman	Amy McDonough
Bonnie Leist	Renita Kerns	Alveda Kent	Dr. Gayette Grimm	Pat Edgerly
Robin Meyer	Ashley Allers	Amanda Meyer	United Church of Rowan,	Lisa Ridge
Roxanne Swenson	Bethel Westre	Katie Tolle	Quilters Circle	



Hamilton County EMS	Casey's
Hy-Vee of Webster City	Dr. Niegsch, DDS
McMurray Hatchery	Dr. Duane Smith, DDS
Seneca Foundry	Cakes by Jessica
Peterson Construction	St. Gregory Recovery Center
Coca-Cola	Webster City Community Schools
Deadend Graphix	Washboard Laundromat
Stratford Co-op	Webster City Chamber of Commerce
Kwik Star	Iowa Corn Growers Association
SpaceX	Webster City State Farm, Jerry Goebel
Vantec	

And thank you to our many anonymous donors!

If you have made a donation to our hospital or one of our clinics and are not included on this list, please accept our apologies for overlooking you. We are so appreciative of all of the generous donations.



*Mark your calendar for the
5th Annual Van Diest Medical Center Foundation*

GOLF OUTING

**SUNDAY, SEPTEMBER 27TH, 2020
12:00 PM, BRIGGS WOODS GOLF COURSE**



\$200 PER FOURSOME OR \$50 PER GOLFER

9-Hole Best Ball Scramble, Lunch & Special Proximity Games & Prizes!

CHECK IN BEGINS AT 11:00 AM



REGISTER ONLINE AT VANDIESTMC.ORG/REGISTRATION

To become a sponsor, or register for the event, visit vandiestmc.org or contact Lori Foster at 515.832.7877 or lfoster@vandiestmc.org.

Sponsorship confirmation must be received by Monday, September 21st to be included in program promotion.

(Sponsorship forms available online at vandiestmc.org)



ALL PROCEEDS TO BENEFIT THE VDMC EMERGENCY DEPARTMENT

THE *Foundation* OF CARE

As the first point of contact many people have with the health care system, primary care medicine is the frontline and foundation of care. The reality is, having a relationship with a primary care physician is one of the most important relationships anyone can have. A physician's main goal is to keep patients well, by providing preventive services, diagnosing and managing complex or chronic health conditions, and building long-lasting relationships and trusting bonds.

In recent months however, the delivery of routine health care has been upended due to the Coronavirus pandemic. Due in part to government mandated restrictions which limited elective services and procedures, and recommendations to 'stay home' during the pandemic, some patients have chosen to delay getting regular care. The physicians at Van Diest Family Health Clinic want to impress upon everyone the importance of seeking necessary health care services in a timely manner, now more than ever.

"Just because we have this pandemic going on doesn't mean the rest of your health care should stop," stressed Family Medicine physician Dr. Nikki Ehn. "Patients may have chronic diseases which need to be managed and we need to make sure we are monitoring kidney health, blood sugars, making sure medications are still correct, and doing the appropriate screenings to look for diseases which may come up, such as cancer screenings or heart disease screening. In light of a pandemic, we want to make sure we are managing any pre-existing conditions you may have or being proactive about the development of new conditions because that could increase your risk if you were to get sick."

Pediatrician Dr. Sushma Sahai added how important vaccines are, as outbreaks can happen at any time. Especially with the flu season fast approaching, patients are encouraged to get the influenza vaccine and other appropriate vaccinations to stay healthy.

Similarly the physicians stressed that it is better to catch things early, advocating for patients to be seen, rather than to wait if they notice a change in their health or are experiencing some type of pain. "Certainly if there are things that have been bothering you, whether in general or foot and ankle-related, there is so much more we can do if we address it early – a possible infection or emergency which may develop by delaying care can be much more challenging to treat down the road," shared Podiatrist Dr. Benjamin Willis.



Pictured Left to Right: Dr. Benjamin Willis, Dr. Nikki Ehn, Dr. Caleb Glawe, Dr. Sushma Sahai & Dr. Subhash Sahai

Although the reality for some patients is a level of concern associated with the risk of getting sick from other patients in a health care setting, Van Diest Family Health Clinic and Van Diest Medical Center have additional enhanced protocols in place to assure a safe environment for patients as well as the entire health care team:

- Patients are screened over the phone before an appointment
- All staff, patients and visitors are screened upon entry with temperature and Covid-19 symptom checks
- Everyone is required to wear a mask or face covering; cloth masks are provided for those who don't have one
- Staff members wear face masks and face shields
- Well and sick patients are separated into different waiting areas and seen in separate areas of the clinic
- Social/physical distancing is maintained in waiting areas
- Sick individuals are roomed immediately upon entry and remain in that same room
- One provider (wearing appropriate Personal Protective Equipment) is designated each day to see all sick patients allowing other providers to treat well patients, thereby reducing cross contamination
- Thorough cleaning of all rooms between patients and in public areas with appropriate infection control measures practiced

The physicians credit the entire team of caregivers serving as excellent resources for patients when they have concerns or questions, whether it be asking about symptoms specific to Covid-19 or follow-up for general health care services. What makes the care unique at Van Diest Family Health Clinic, as compared to other medical clinics, is their ability to provide continuity of care from outpatient services in the clinic to inpatient services in the hospital. "If I know the patient personally, it is much easier to care for them from day one to the next time they are seen, whether that is the next day, in a month or year from now, in the clinic or hospital setting. It is so important for patients to realize getting to know them is key to building trust, whether in medicine or any professional relationship," shared long-time Family Medicine physician Dr. Subhash Sahai.

"We pride ourselves on the continuity of care, communicating well within the team," Dr. Nikki emphasized. With the family physicians sharing a rotating call schedule to treat patients in the hospital, each of them can read the medical record and also talk with the treating physician to find out what is happening with one of their patients. "Not only because we are in the same system, but because we work as a team, it is really nice to be able to provide inpatient and outpatient care for our patients."

Additionally, the physicians recognize the role of advanced practice professionals at the clinic – the physician assistants and nurse practitioners – who complete the extensive team of providers. "There is always some type of coverage or oversight available here at our clinic, if any of the physician assistants or nurse practitioners need something addressed, under all circumstances," Dr. Subhash shared. And they continue to learn from each other, asking and answering questions of their peers and colleagues. Each of the physicians cite the benefit of working together and having a very collaborative group to consult with on a daily basis, if needed, whether that be for surgical services with general surgeon Dr. Gayette Grimm, pain management and ketamine services with CRNA Shawn Tulp, or behavioral health services with Amy Larson or Jane Hoffman. "That type of collaboration goes a long, long ways," Sahai added.

Newest to the practice, Family Medicine physician Dr. Caleb Glawe joined Van Diest Family Health Clinic in March, just prior to the start of the pandemic. "I'm learning my role as a part of a team-based model of care. Some patients (may or) may not have a primary care physician established, and this is more of a large family of providers maintaining the inpatient and outpatient continuity of care. Also knowing if patients can't see one of us, there are excellent people supporting that can help," offered Glawe. "Becoming part of a care team is what we have built here, and I really like that."

For those who are worried about going to the doctor, the physicians reiterate they want patients to be healthy and the benefits of being seen far outweigh the risks. "Your health is important to us, so that's why we want you to come in and we are taking steps to keep you healthy while you visit," shared Dr. Nikki. "Now more than ever, we want to make sure you are getting the care you need to stay well."

Faces You Know. Experience You Can Trust.



Subhash Sahai, MD
Family Practice



Sue Sahai, MD
Pediatrics



Nikki Ehn, MD
Family Practice, Pediatrics
& Women's Health



Gayette Grimm, MD
General Surgery



Benjamin Willis, DPM
Podiatry



Caleb Glawe, MD
Family Practice



John Birkett, MD
Family Practice



Alan Nguyen, DO
Family Practice



Darin Eklund, PA-C
Family Practice &
Sports Medicine



Mari Kait Keane, PA-C
Family Practice &
Women's Health



Marnie Killip, ARNP
Family Practice &
Women's Health



**Amanda Langford,
ARNP**
Family Practice, Pediatrics
& Women's Health



Meghann Smith, PA-C
Family Practice &
Women's Health



Jade Williams, ARNP
Gerontology



**Amy Larson,
PMHNP-BC**
Psychiatric Mental
Health



Jane Hoffman, LISW
Behavioral Health
Therapy



Tonia Odden, PA-C
Family Practice



Penny Osborn, PA
Family Practice



Tricia Widlund, ARNP
Family Practice



Shawn Tulp, CRNA
Anesthesia,
Pain Management
& Ketamine
Infusion



Eric Brown, CRNA*
Pain Management



Joseph Cookman, DO*
Cardiology



Angela Sandre, DO*
Oncology



Louis Scallon, MD*
Ophthalmology

*Denotes visiting
specialists



An Affiliate of **MERCYONE**



3D MAMMOGRAPHY finds 35% more cancer.

Van Diest Family Health Clinic is proud to offer 3D Mammography Exams, showing more detail and detecting cancer earlier than ever before!

Call **515.832.7800** to schedule your mammogram today!

**Schedule your mammogram in the month of October or November and be entered to win a gift basket!*

VAN DIEST Family Health Clinic

An Affiliate of **MERCYONE.**

VAN DIEST MEDICAL CENTER AND CLINICS providing safe, personalized care you can trust.

Keeping you and your family healthy is important now, more than ever. We want to make sure you are getting the care you need to get healthy and stay well.

Safety is our top priority, and we have enhanced protocols in place to protect you and our caregivers. Schedule your annual physical, physician visit, mammogram, procedure or outpatient surgery today!

- Hospital** 515.832.9400
- Webster City Clinic** 515.832.7800
- Fort Dodge Clinic** 515.955.9200
- Jewell Clinic** 515.827.6175
- Stratford Clinic** 515.838.2100



VAN DIEST MEDICAL CENTER

An Affiliate of **MERCYONE**

VAN DIEST Family Health Clinic

Parkinson's Rehabilitation Therapy at VDMC

Van Diest Medical Center in partnership with 21st Century Rehabilitation is excited to announce the addition of LSVT BIG Therapy to our Physical Therapy Department. LSVT BIG® is a research-based exercise therapy program for people living with Parkinson's disease and similar neurological disorders that is delivered by LSVT BIG certified physical and occupational therapists. People with Parkinson's disease often move differently with smaller and slower movements. This can affect the ability to walk, get dressed and perform other daily tasks. LSVT BIG trains movements for activities including fine motor tasks like buttoning a shirt or large motor tasks like getting up from a chair or walking. This treatment also helps people recalibrate how they perceive their movements with what others see and how normal movements should feel so they can move more confidently.



Occupational Therapist Diana Raska practices LSVT BIG exercises with 21st Century Rehab patient, Don "Butch" Burton.

LSVT BIG is an intensive therapy program that consists of a minimum of 16 sessions: 4 days a week for 4 weeks. These are individual 60 minute sessions. There is also daily homework practice and carryover exercises. The treatment targets amplitude (bigger movements), intensive and high-effort practice, teaches the right amount of effort needed for normal movements and transfers bigger movements into everyday activities. Benefits from LSVT BIG include faster walking with bigger steps, increased posture, improved balance, coordination, activities of daily living and overall increase in quality of life.

VDMC Occupational Therapist Diana Raska and Physical Therapist Laurie Andrews recently received their LSVT BIG Certifications and are excited to further serve those affected by Parkinson's disease in rural areas.

For more information about LSVT BIG, please call 515.832.7735.



Walk and Talk

Whether exercise is part of your daily routine, or it is just what the doctor ordered, join Van Diest Medical Center physicians for a monthly, physically-distanced Walk & Talk.

We invite the community to join us in walking your way to better health. Grab your walking shoes and talk with a physician about your health and wellness goals, ask any questions you have about how to live a healthier life.

Walks are held at Brewer Creek Trail in Webster City or Briggs Woods. Masks are optional.



Dr. Nikki Ehn



Dr. Ben Willis



Dr. Caleb Glawe

Upcoming Walk and Talk dates:

- **September 26, 2020, 9:00 AM featuring Dr. Ehn**
Boone River Recreational Trail
- **October 22, 2020, 5:00 PM featuring Dr. Willis**
Boone River Recreational Trail
- **November 11, 2020, 5:00 PM featuring Dr. Glawe**
Brewer Creek Trail

Any cancellations due to weather are posted on our VDMC Facebook Page.



Don't miss a BEAT



We love our patients and want to stay connected with you! Follow us on social media to keep up with all of the latest VDMC news and upcoming events, as well as new products and services offered at Van Diest Medical Center and Van Diest Family Health Clinics!

Help us reach 2,000 likes on Facebook!



Be sure to check out our updated website where you can find a full list of our hospital and clinic providers, services, specialties and necessary patient information as well as VDMC latest news and upcoming events! Go to www.vandiestmc.org and click *Join our mailing list to stay up-to-date on the latest VDMC happenings!*

 VDMC is also new to Instagram. Be one of our first followers and like our page today!

Let's get CONNECTED!



Healthy Eating Tips To Try This Fall

It can sometimes feel as if we're bombarded with information about the latest eating trend or buzzworthy ingredient. But good nutrition is really about having a well-rounded diet, and it's easier to do than you may think. In fact, living a nutritious lifestyle can be easy and fun.

Nutrition is about more than vitamins—it also includes fiber and healthy fats. Now is the perfect time to learn simple ways to help your whole family eat healthier.

Add healthy fats

Not all fats are bad. Foods with monounsaturated and polyunsaturated fats are important for your brain and heart. Limit foods with trans fats, which increase the risk for heart disease. Good sources of healthy fats include olive oil, nuts, seeds, certain types of fish, and avocados.

Cut the sodium

Good nutrition is about balance, and that means not getting too much of certain ingredients, such as sodium (salt). Sodium increases blood pressure, which raises the risk for heart disease and stroke. Most Americans consume about 3,400 milligrams (mg) of sodium each day. This is much more than the recommended amount of 2,300 mg per day (about one teaspoon of salt) in the 2015-2020 Dietary Guidelines for Americans.

Bump your fiber

Fiber in your diet not only keeps you regular, it also helps you feel fuller longer. Fiber also helps control blood sugar and lowers cholesterol levels. Fresh fruits and vegetables, whole grains, and legumes (beans and peas) are good sources of fiber.

Aim for a variety of color

Foods like dark, leafy greens, oranges, and tomatoes—even fresh herbs—are loaded with vitamins, fiber, and minerals. Try sprinkling fresh herbs over a salad or whole wheat pasta or adding diced vegetables to stews and omelets to give them a boost of color and nutrients!

Healthier Hamilton County *Happenings*

September



- 22 Lunch and Learn: Suicide Prevention
- 26 Walk & Talk with Dr. Ehn
- 27 VDMC Foundation Golf Outing

October

- 22 Walk and Talk with Dr. Willis
- 27 Lunch and Learn: Medical Mythbusters
- 29 VDMC Drive-Thru Halloween Event

November

- 11 Walk and Talk with Dr. Glawe
- 17 Lunch and Learn: Diabetes Education
- 22 Happy Thanksgiving!

Visit www.vandiestmc.org for times & locations of all events. All Lunch and Learns are presented via Facebook Live.

Tune in to KQWC FM 95.7, Wednesdays at 8:30 AM for our weekly *Focus on Health* Radio Program featuring new guests each week!



2350 Hospital Dr. Webster City, Iowa 50595



Flu season is just
around the corner!



Schedule your influenza vaccine at one of
our Van Diest Family Health Clinics today!

Webster City	515.832.7800
Fort Dodge	515.955.9200
Jewell	515.827.6175
Stratford	515.838.2100

SURGICAL EXCELLENCE

Van Diest Medical Center proudly offers a variety of surgical services and procedures performed by board certified General Surgeon Dr. Gayette Grimm. These include colonoscopy and endoscopy, gallbladder surgery, hernia repair, hemorrhoidectomy, appendectomy, vasectomy, basic gynecology, intestinal surgeries, and removal of skin and soft tissue cysts, lumps and growths.

At Van Diest Medical Center, we are taking the utmost precaution to keep our patients and staff safe. Additional patient screening and protocols have been established to maximize safety while providing healthcare services.

*When you need exceptional surgical care close to home,
you can trust Van Diest Medical Center.*



General Surgeon, Gayette Grimm, M.D.

Call **515.832.7746** to schedule
your consultation today!