

Living Healthier

FOR FAMILIES IN CENTRAL IOWA

FALL 2021
ISSUE XI

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PUBLISHED BY VAN DIEST
MEDICAL CENTER



A Message from the CEO



Lisa Ridge,
Chief Executive Officer

Happy Fall!

I would like to take this opportunity to thank you for all you have done to help keep your family and your community safe during these most unprecedented and vulnerable times. At Van Diest Medical Center, safety is our top priority, and keeping you and your family healthy is important, now more than ever. Throughout the COVID-19 pandemic, our caregivers have displayed resiliency, flexibility, dedication and courage, and we remain committed to serving our patients and communities with excellent, personalized care.

We are fortunate to have such expertise in the clinical teams providing this care, including our leaders and medical professionals, all working together to make sure you are receiving the care you need to get healthy and stay well. The fall season began with more upper respiratory illnesses experienced by those of all ages, earlier than we have seen in prior years. We know that vaccination is our best protection against viruses such as influenza and coronavirus; therefore, we offer vaccines and continue to promote confidence in all vaccines to further protect our communities.

Despite it being a challenging year, Van Diest Medical Center has become a stronger healthcare organization. We have welcomed new physicians and advanced practice providers to our medical staff, expanded and increased our behavioral health services, volunteered in our communities, and rolled out a new strategic plan for fiscal year 2022. I am proud of our leadership and the work being done by multi-disciplinary teams across the organization to drive initiatives that enhance the quality and patient experience at all of our locations. Our work is getting noticed across the state and beyond; the recognition much deserved. Please know your family at Van Diest Medical Center is here for you, serving your healthcare needs, and making your community a better place to live, work and grow. We look forward to building more relationships and partnering with you to navigate your health. We consider it a privilege to care for you and your family today and into the future.

- Many Blessings, Lisa Ridge, CEO

A Message From the Board of Trustees



Carroll Ose,
Board Chair

Greetings from the Van Diest Medical Center Board of Trustees. As Board Chair, I would first like to compliment the make-up of our Board. The new members who have joined in the past few years come with fresh passion and dedication. It is a joy to see their enthusiasm, hear their concerns and voice their opinions with confidence. Patient and employee safety and wellbeing is always our top priority, as well as positive patient outcomes. We are proud of our staff, especially our frontline caregivers. The hospital and clinic are truly jewels of central Iowa, and the professionals working throughout our clinic network are trusted resources for health. This has never been more evident than during the COVID-19 pandemic.

From a Board perspective, COVID-19 has altered how we communicate and function. The obvious precautions of masking and distancing have modified our activities and meetings. We are fortunate to have the tools and technology with access to internet capability to allow us to go virtual. Although it was a short but steep learning curve for some, it proved to be a viable way to conduct committee sessions and meetings. We all look forward to what the new normal will be for all residents of the county and surrounding communities.

In closing, I would like to again highlight our admiration for all Van Diest Medical Center employees. We welcome feedback from the public and hope you can pass on kudos to the caregivers who are the true healthcare heroes.

- Carroll Ose, Board Chair

WELCOME NEW CLINIC

Providers



Elise Duwe, MD, PhD

Family Medicine physician Elise Duwe joined the Webster City Clinic in August 2021. Dr. Duwe graduated from College of Wooster in Wooster, Ohio with majors in Biochemistry/Molecular Biology and Religious Studies. Elise completed a PhD in Sociology and her Doctor of Medicine degree from the University of Illinois at Urbana-Champaign. She served as a postdoctoral research associate at Iowa State University and completed her family medicine residency from Northeast Iowa Family Medicine Education Foundation in Waterloo, Iowa. Dr. Duwe is passionate about making health and healthcare delivery better for everyone with special areas of interest to include chronic disease care, diabetes, geriatrics, and mother/baby pairs.



Anthony Wubben, LMSW

Behavioral Health Specialist Anthony Wubben began providing therapy at Van Diest Family Health Clinic in both Webster City and Stratford in July of 2021. He completed his Bachelor of Social Work degree at Northwestern College and Master of Social Work degree at St. Ambrose University. Anthony provides mental health therapy services for all ages. As a behavioral health therapist, Anthony helps his patients manage and recover from mental health concerns, empowering them to develop long-term solutions, thus enhancing their quality of life.



Giselle Allred, FNP-C

Advanced Registered Family Nurse Practitioner Giselle Allred began providing family medicine services at the Webster City Clinic in February 2021. Giselle completed her Bachelor of Science degree in Nursing from Mercy College of Health Sciences. She then completed her Master of Science degree in Nursing from Chamberlain University. Giselle is a bilingual practitioner, proudly caring for our Hispanic and Caucasian populations. Giselle sees patients of all ages with varying health concerns.



Madeline Keane, PA-C

A Webster City native, Family Medicine Physician Assistant, Madeline Keane joined Van Diest Family Health Clinic in March of 2021. Madeline received her Bachelor of Science degree in Kinesiology and Health from Iowa State University. She received her Master of Physician Assistant Studies degree from St. Ambrose University. Madeline provides care to patients of all ages at our Webster City Clinic. She particularly enjoys sports medicine, wellness and preventative medicine, as well as the wide variety family medicine offers.

Diabetic Education Program

Van Diest Medical Center proudly offers a customized education program for those looking for the tools and resources to control their diabetes. This program, certified by the American Diabetes Association and the State of Iowa, allows patients to better understand the nature of their disease and the actions they can take to manage it. Our diabetic education services include:

- **Diabetes Comprehensive Self-Management**
- **Gestational Diabetes Management**
- **Insulin Administration Instruction**
- **Individual Diabetes Self-Management**

MEET THE EDUCATORS



Angela Ehlert
Registered Nurse



Kristi Zwiefel
Registered Dietitian

It's easy to feel overwhelmed when learning the basics of diabetes care. Our team can help guide you as you make lifestyle changes to manage your diabetes.

The Diabetes Education Program is offered through the Specialty Clinic at Van Diest Medical Center. Appointments can be scheduled on the first and third Mondays and Wednesdays of each month. A physician referral is required.

CALL 515-832-7746, TO SCHEDULE A SESSION TODAY

It is important to note that Medicare, Medicaid and most other insurance companies cover Diabetes Education.



How to eat healthy without "dieting"



Here are some tips to help you and your family adopt a healthier eating style:

Include:

- Fruits and veggies
- Whole grains
- Beans and legumes
- Nuts and seeds
- Fish (preferably oily fish with omega-3 fatty acids)
- Skinless poultry and lean animal proteins
- Plant-based proteins

Limit:

- Sweetened drinks
- Sodium and salty foods
- Saturated fats and dietary cholesterol
- Fatty or processed red meats
- Refined carbohydrates like added sugar and processed grains
- Full-fat dairy products
- Tropical oils such as coconut and palm oil

Avoid: Trans fat and partially hydrogenated oils - found in some commercially baked and fried foods



Patient Portal

Van Diest Medical Center patients can now access their personal medical information anytime, anywhere. The VDMC Patient Portal called HealtheLife gives you easy, online access, 24 hours a day, to portions of your hospital and clinic medical records and test results. The patient portal is free, with a completely secure and simple sign-up process. Only you and your care team will have access to your private health information.

MANAGING YOUR HEALTH IS EASIER THAN EVER.

Once your account is set up, Van Diest Medical Center's HealtheLife can help you more easily manage your healthcare. From a computer, smart-phone or tablet, you can enjoy the convenience of using HealtheLife to:

- View your test results, including lab and x-ray
- Request appointments
- Pay your bill
- Send messages to your care team
- View clinical notes
- Manage the care of family members (with proper consent)
- View allergies and current medications
- View and download your COVID-19 Vaccination Card
- And much more!

After creating your account, you can return to the patient portal from our website at www.vandiestmc.org or download the free HealtheLife App on your PC, cell phone or mobile device. With an email address, self-enrollment is an option or you may call the Patient Portal Help Line at 515-832-7866 for assistance with enrolling.

Van Diest Medical Center's HealtheLife Patient Portal is completely confidential and meets all federal HIPAA guidelines designed to protect your private health information.



DOWNLOAD THE APP

If you have problems setting up your account, call the Patient Portal Help Line at 515-832-7866. If you have further questions or concerns regarding your health information, you can contact our Health Information Management Department at 515-832-7726.

Setting Up Your HealtheLife Account

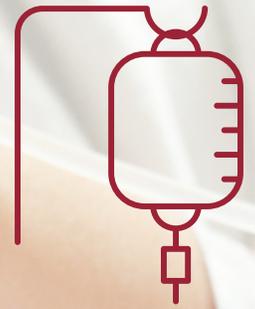
Upon check-in during registration. With proof of identity, a valid email address and completion of a security question, an email invitation will be sent to the email address given.

Check your email. Within three (3) business days, you will receive an email invitation from IQ Health with a link to the registration page. Click on the link in the email and follow the registration steps.

Verify your identity. You will be asked if you are the PATIENT or if you are responsible for a PATIENT'S health. Click the appropriate option. If you are responsible for a patient's health, a proxy form may need to be completed.

Complete your information and create an account. Enter your information and create a username and password. Choose a security question. Agree to the Cerner Health Terms of Use and you are done! You can automatically log into the patient portal after you have created your account.

The Future of Infusion at Van Diest Medical Center



Perhaps you know someone who has undergone chemotherapy or maybe you have gone through it yourself? If so, you are most likely familiar with infusion therapy. With cancer, infusion therapy may be used to administer chemotherapy intravenously (through an IV) into a patient's bloodstream to eliminate cancer cells. However, what you may not realize is how infusion therapy has evolved and proven to be extremely effective in treating diseases other than cancer. For some patients, oral medications may not be an option for their specific disease. For others, their health condition may require medication to start working more quickly, such as the case with chemotherapy. For many patients who suffer from varying chronic medical conditions, infusion therapy has been very successful and even life-changing.

At Van Diest Medical Center, infusion services are used to provide chemotherapy, antibiotic therapy, biologic medication, blood transfusions, monoclonal antibody infusions, iron infusions, Percutaneous Tibial Neuromodulation (PTNM) and other injections, as well as a variety of outpatient procedures. Beyond cancer, infusion therapy is used to treat a multitude of serious chronic conditions, such as:

- Immune deficiency disorders
- Crohn's disease and ulcerative colitis
- Osteoporosis
- Several forms of arthritis including Rheumatoid arthritis
- Anemia
- Incontinence or overactive bladder
- Multiple Sclerosis
- Nausea and dehydration due to vomiting or diarrhea

Since the opening of the Infusion Center at Van Diest Medical Center (VDMC) in 2017, there has been steady, consistent growth in the volume of infusion services provided. Patients who once traveled to Ames or Des Moines for infusion therapy can now receive these treatments at home, in their local hospital. As new therapies have become available and patients prefer to receive them here, it has become increasingly more difficult to meet the demand in the current space provided. In fact, volumes have seen a substantial increase recently with the months of August and September reflecting our highest volumes in nearly two years.

Early in 2020, a renovation to the infusion center was proposed to the Van Diest Medical Center Board of Trustees; however, due to the COVID-19 pandemic, the project was put on hold. As healthcare services began to resume in 2021, the hospital was very fortunate to have received a generous donation from an anonymous donor in the amount of \$100,000 to go toward an expansion of the infusion center and the renovation plans were resurrected once again.

The infusion center serves patients Monday through Friday and is staffed by highly trained and specialized Registered

“



Rick Ihle
Infusion Patient

The Infusion Center is a great resource for Hamilton and surrounding counties. The caregivers are very kind and professional. The new addition will be great to have in our community.

”

Nurses who are committed to making the experience as comfortable as possible for patients. In addition, we have a Pharmacist onsite to make the process as seamless as it can be. The current space in the infusion center is 525 square feet with the area to be expanded to double the size (1,110 square feet) upon project completion. The newly remodeled space will feature nine (9) individual private bays, allowing room for family members to sit with loved ones during their infusions. One of the patient bays will also accommodate a bed for those longer treatments, some of which require patients to be in the center for multiple hours.

Probably the most welcome enhancement is the addition of a private bathroom located inside the infusion center, eliminating the need for patients to leave the area (with assistance) to use a public restroom located down the hallway. The renovation will also improve a number of employee workflow issues, allowing for more space for equipment, wheelchairs, and real-time charting to occur at the patient's side. Direct visibility to all patients, a designated medication prep area, and having a single entrance into the center will further enhance efficiencies and patient safety.



Infusion Center Patient, Carol Keane with Janine Mouw, RN.

The timeline for the project is still somewhat tentative, with design development currently underway and construction documents to be finalized in November. Project bidding and award of the contract is scheduled for December with mobilization and construction to take place during the first quarter of 2022. Project completion is slated for mid to late spring of next year. There will need to be a relocation of office space(s) in addition to a remodel of a portion of the space currently occupied by Rehabilitative Services in order to expand the infusion center.

With construction costs for the infusion center and partial renovation to the Physical Therapy Department, including architectural and engineering fees, the estimated project total is \$420,000. In addition to the lead-off donation received, a capital campaign will be launched by the VDMC Foundation to raise matching funds of \$100,000 to support the project.

Whether patients are fighting cancer or another chronic condition, infusion therapy is a life-changing treatment modality – especially for our patients at Van Diest Medical Center and in central Iowa. **For more information on VDMC Infusion Center services, contact the center at 515-832-7895.** We also invite you to join us and consider supporting this important project. **Donations can be made online at www.vandiestmc.org or you can mail a donation to Van Diest Medical Center Foundation, 2350 Hospital Drive, Webster City, IA 50595.**

Every gift makes a difference.

Photo Credits: Infusion Center Patients and Staff, David Totten of David's Gallery

“



Carol Keane
Infusion Patient

The Infusion Center is truly a great place to receive care. The nurses are so sweet and caring. I am thankful to receive infusions in town, saving me trips to Ames, Des Moines and Fort Dodge. We are so blessed to have this hospital in our community.

”

Dr. Subhash Sahai, Family Medicine physician with Van Diest Family Health Clinic, knows the benefit this renovation will bring to area patients. “A cancer diagnosis is complicated and requires more than a simple response. It’s a disease that can consume all the energies a person possesses. It requires a team, with everyone working together, from the physicians involved, to pharmacists, nurses, family members, and the support of friends.”

As both a physician who cares for patients as well as having been a patient of the VDMC Infusion Center, Dr. Subhash further shared, “You want access to facilities and services when they are needed, where your questions and concerns are addressed in a professional and timely manner. Comfort and convenience become your primary consideration when going through tough times with chemotherapy; not only to receive the treatment locally, but the side effects that notoriously come with these medications can be taken care of and managed in the best way, surrounded by your team.”

“

Unfortunately, and now fortunately, I have first-hand experience with cancer, and am personally grateful for the services offered by our Infusion Center. We are blessed to have dedicated staff, with such expertise and compassion, caring for our patients. We look forward to the expansion of these facilities in the very near future.



Subhash Sahai, MD
Infusion Patient

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Let's STOP THE SPREAD together.

COVID-19 has transformed our world in many ways, and now more than ever it is extremely important NOT to let your guard down. We have learned a lot about COVID-19 over these challenging months, and we know there are several easy ways to help reduce the chance of getting and spreading COVID-19, especially with the holidays so quickly approaching.

Follow these simple steps to help stop the spread:

1. Wash your hands often.
2. Wear a mask or cloth face covering.
3. Keep three to six feet between yourself and others.
4. Avoid touching your eyes, nose, and mouth.
5. Clean "high-touch" surfaces regularly.

I also encourage you to utilize these prevention tips for your upcoming holiday gatherings:

- Ask anyone who is feeling ill or has symptoms to stay home. You can include them virtually with a video call during the gathering.
- Label drinkware. You can use wine glass charms or personalized stickers to make it fun.
- Open the windows to increase air flow and let fresh air in.

Here are some COVID-19 guidelines to be aware of:

- **Avoid close contact with anyone who has tested positive for COVID-19.** A close contact is anyone who was within 6 feet of an infected person for a total of 15 minutes or more over a 24-hour period. (For example, three separate 5-minute exposures for a total of 15 minutes).
- **Get tested if you have been exposed to someone with COVID-19, even if you don't have symptoms.** It is important to stay home while you wait for your test results.
 - If you are unvaccinated, get tested 3 to 5 days after your last known exposure. Wear a mask indoors, in public, and quarantine for 14 days.
 - If you are fully vaccinated, get tested 5 to 7 days after your exposure. Wear a mask indoors, in public for 14 days.

I hope you find these tips useful and have a blessed and healthy holiday season! - **Carla Johnson, Infection Prevention Nurse**



VDFHC Awarded Vaccine Confidence Grant

Van Diest Family Health Clinic is pleased to share we have been awarded the Rural Health Clinic Vaccine Confidence Grant in the amount of \$200,000 for our four clinic locations including Webster City, Stratford, Jewell and Fort Dodge. The purpose of the grant is to support vaccine confidence and outreach in rural communities. The program's objective is to protect those most at risk of COVID-19, advance health equity, and improve healthcare by offering support and resources to medically underserved rural communities. Goals of the grant project include:

- Tailoring efforts and work plan to the needs of rural communities and focus on populations with gaps in vaccination coverage in rural areas.
- Providing consistent, fact-based public health messaging for rural residents to make informed decisions about their health and COVID-19.
- Increasing and sustaining vaccine confidence, accessibility, and vaccination rates for COVID-19 and other infectious disease beyond the end of the period of performance.

The clinics will be using grant funds to promote awareness and confidence in all vaccines, with tailored messages to specific groups of patients. In addition, we are increasing our staff's knowledge and understanding of all vaccines, so they are better advocates and resources for those who may have hesitancy or questions. We are developing a program to perform patient outreach and education specifically targeting patients of all ages who are due or eligible for vaccines. This one-on-one education is important for reducing hesitancy when it comes to vaccines and for helping patients get back on track with their preventative health activities.

We will also be working with public health and other community groups to provide vaccine education and to address concerns that community members may have. This collaboration will be instrumental in reducing vaccine hesitancy within our communities. The most recent data (April, 2021) indicates that about 18% of our communities are hesitant when it comes to receiving vaccines. Many of the surrounding counties are much less than that, so we feel that it is important to get the correct information out to our patients and communities about the safety and efficacy of vaccines.

Skilled Care Program



Occupational Therapist Diana Raska oversees Skilled Care Patient, Patty Walker.

Most people look forward to getting out of the hospital, but even after their initial (acute) care has been completed, they may not be well enough to return home. For patients who require additional care when discharged from the hospital, Van Diest Medical Center offers post-acute services with our Skilled Care Program. This care is offered in our Inpatient Unit at the hospital and is for those patients who may need additional physical or occupational therapy, and/or who may be receiving long-term intravenous (IV) therapy and antibiotics.

Board Certified Adult Gerontology Nurse Practitioner Jade Williams works closely with patients and their family members, overseeing the Skilled Care Program at Van Diest Medical Center. **Social Worker Shelby Nokes and Case Manager and Registered Nurse Maureen Carver** complete the skilled care coordination team. In a hospital setting, patients are able to receive more complex care, allowing for better coordination of the care they receive from several disciplines throughout the hospital. This care is not a replacement to nursing home services as we work very closely with area nursing homes to manage the care of their patients.

Skilled Care, also referred to Skilled Nursing Facility (SNF) Care or Swing Bed Care, utilizes the hospital beds for patients in acute care and we 'swing' them to be used for a skilled level of care. Patients receiving this care stay in the same type of hospital room with the same nursing staff caring for them as other patients who are in the hospital for acute care. In order to qualify for skilled care services for insurance purposes, a traditional Medicare patient would need a three-day inpatient hospital stay. Most managed Medicare and private or commercial payers require a prior authorization approval.

Activities and weekly care conferences are offered with the patient, family and care team present. Nursing staff observes and assesses the condition of the patient during their stay, while offering the following services:

- Physical therapy
- Occupational therapy
- Speech therapy
- Diabetic teaching
- Ostomy care and teaching
- Wound care
- Daily IV medications
- Daily nutrition management and/or tube feeding
- Pain management

For more information on Skilled Care at VDMC, please call 515.832.7717.

The staff here are so caring and knowledgeable; they took care of my every need. They made me feel like part of the family, and I couldn't have gotten better care. I was receiving antibiotics for an infection, and I was able to utilize the Infusion Center and the Emergency Room for my infusions while building back my strength. After spending 33 nights at Mayo, it was so good to be close to home where I could see my family, and they could visit me. The staff really are healthcare heroes.



**Patty Walker,
Skilled Care Patient**

"Our team at VDMC takes pride in being able to provide an extended service to our patients and families. Healthcare is not always easy to navigate, and our hope is that we can assist in not only providing additional medical attention in the post-acute period, but also educate and empower regarding future choices, future plans and goals of the patient and family."



**Jade Williams, ARNP
Gerontology**

Attention Medicare Patients:

The Medicare Part D Open Enrollment Period began October 15, 2021 and runs through December 7, 2021, with any plan changes to be effective January 1, 2022. Due to current COVID-19 restrictions, all Open Enrollment Plan comparisons will be done over the phone this year with no on-site counseling at Van Diest Medical Center or Van Diest Family Health Clinic in Jewell. Please call our Volunteer SHIP Counselors at **515-832-7769** with questions.

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



Elise Duwe, MD, PhD
Family Practice



John Birkett, MD
Family Practice



Alan Nguyen, DO
Family Practice



Darin Eklund, PA-C
Family Practice &
Sports Medicine



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



Jade Williams, ARNP
Gerontology



Giselle Allred, FNP-C
Family Practice



Madeline Keane, PA-C
Family Practice



Tonia Odden, PA-C
Family Practice



Amy Larson, PMHNP-BC
Psychiatric Mental
Health



Jane Hoffman, LISW
Behavioral Health
Therapy



Anthony Wubben, LMSW
Behavioral Health Therapy



Tricia Widlund, ARNP
Family Practice



Shawn Tulp, CRNA
Anesthesia,
Pain Management &
Ketamine Infusion



Eric Brown, CRNA*
Anesthesia &
Pain Management



Sumit Sehgal, MD*
Cardiology



Alexandria Doyle, ARNP*
Cardiology



Roscoe Morton, MD*
Oncology



Louis Scallon, MD*
Ophthalmology

*Denotes Visiting Specialist

Achieving **FINANCIAL EXCELLENCE**



Van Diest Medical Center (VDMC) has been named as a recipient of the 2021 MAP Award for High Performance in Revenue Cycle, sponsored by the Healthcare Financial Management Association (HFMA). As a national award winner, Van Diest Medical Center has met industry-standard revenue cycle benchmarks, implemented the patient-centered recommendations and best practices embodied in HFMA's Healthcare Dollars & Sense® initiatives, and achieved outstanding patient satisfaction. Award recipients are acknowledged as industry leaders and share proven strategies with their colleagues.

"Our leadership team and staff members are extremely proud of what this award represents for the entire organization," shared VDMC Chief Financial Officer Alice Heinrichs.

"I would like to give special recognition to Revenue Cycle Director Ashley Allers for her leadership and for being instrumental in Van Diest Medical Center receiving this national recognition. It is a notable honor and an outstanding achievement for our Critical Access Hospital. This MAP Award displays stewardship, ensuring our Hospital will be serving our communities for years to come."



Congratulations to the entire Revenue Cycle Team!



Dedicated to our Communities

Not only do we serve the healthcare needs of our communities, but we are proud to give back and volunteer in community events and parades!

We believe volunteering has a lasting and positive impact, and it gives our team members the opportunity to get to know the communities in which we serve.

Some of the ways we have engaged with our communities the past year included picking up trash in Webster City, volunteering for the Mobile Food Pantry, and participating at parades held in Williams, Stratford, Stanhope and Webster City. We look forward to more ways we can support our communities in the coming year!



Healthier Hamilton County *Happenings*

November



- 10 Empower Half Hour: Diabetic Education
- 16 Mobile Food Pantry - Webster City
- 19 Mobile Food Pantry - Jewell
- 25 Happy Thanksgiving!

December

- 7 Mobile Food Pantry - Eagle Grove
- 14 Mobile Food Pantry - Belmond
- 17 Medicare Open Enrollment Deadline
- 25 Merry Christmas!
- 31 Alpha Media Fort Dodge Blood Drive

January

- 1 Happy New Year!
- 18 Mobile Food Pantry - Webster City

Visit vandiestmc.org for times & locations of all events. All Empower Half Hours 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



Save a life. Get vaccinated.

Schedule your influenza and COVID-19 vaccines at one of our Van Diest Family Health Clinic locations today!

Webster City	515.832.7800
Fort Dodge	515.955.9200
Jewell	515.827.6175
Stratford	515.838.2100

Giselle Allred, FNP-C

Bilingual Practitioner | Family Medicine



Board Certified Family Nurse Practitioner Giselle Allred provides **care your family can trust**. As a bilingual practitioner, Giselle serves both the English and Spanish speaking families in the community. Giselle sees patients Monday through Friday at Van Diest Family Health Clinic in Webster City.

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

Interpreter services available upon request for all clinic visits.

Visit us online at vandiestmc.org

Giselle Allred, FNP-C

Médico Bilingüe | Medicina Familiar

La Enfermera Especializada en Medicina Familiar Certificada, Giselle Allred, **brinda atención en la que su familia puede confiar**. Como médico bilingüe, Giselle sirve a las familias que hablan Inglés y Español en la comunidad. Giselle atiende a pacientes de lunes a viernes en Van Diest Family Health Clinic en Webster City.

¡Llame al **515.832.7800** para programar su cita hoy!

Servicios de intérprete disponibles a petición para todas las visitas a la clínica.



2350 Hospital Dr. Webster City, IA 50595