

COMMUNITY MEMORIAL HOSPITAL BOARD OF DIRECTORS

Dewey Hildebrandt - *Chair*
Paul Bahe - *Vice Chair*
Elaine Davis -
Secretary/Treasurer
Donna Mohlis
David Scott
Angie Leete
Mariah Schmitz
Jerry Reno
Michele Anderson
Kevin Holtz
Elaine Davis
Drew Baker

FRIENDS OF CMH BOARD:

Deb Toenges - *Chair*
Mary Reno - *Vice Chair*
Greg Johnson - *Treasurer*
Denise Seitsinger -
Secretary
Mary Langreck
Sam Christensen
Linda Steege
Mike DeSloover
Morgan Bergmann
Dewey Hildebrandt -
CMH Board Member -
Chair
Michelle Anderson -
CMH Board Member -
Finance Chair
Dawn Everding - *Chief*
Hospital Administrator
Bonnie Bergmann - *CMH*
Auxiliary Representative

We are Health Care

CMH team members were recognized during hospital week with food and games. Hospital week is celebrated annually in May, and it's an opportunity to highlight hospital services and team members.



Welcome new Director of Nursing Madison Schweer

Community Memorial Hospital welcomed Madison Schweer, BSN, RN, as the new Director of Nursing in April. Schweer is taking graduate level classes at Allen College, where she already earned a Bachelor's of Science in Nursing degree. With experience in long-term care, inpatient nursing and intensive/critical care units, Schweer is a great addition to our team.

In school, Schweer enjoyed math and science, and she wanted a career where she would stay busy and able to help others. After exploring different career options, she chose nursing.

"I fell in love with nursing and providing that hands-on patient care to help others in their times of need," Schweer said.

Schweer was drawn to Community Memorial Hospital due to its great reputation and family-like care team. "Access to quality care is important for all, especially in rural communities," she said. "I am excited to continue to grow my career at CMH."

Madison and her husband keep busy with their 8-year-old mastiff Kep, laying chickens and one rooster. They enjoy camping with family and taking rides in their ranger



Letter from the Administrator

At Community Memorial Hospital, we aim to provide high-quality care, when and where you need it.

This is the mantra that helps keep us focused on a patient-centered experience. That's an especially important mindset when you're a healthcare organization in a small community.

Achieving an exemplary patient experience hasn't been without its challenges in recent years. First, there was a nationwide shortage of healthcare workers, then came COVID and its effects on the healthcare workforce. Finally, the cost of supplies continues to rise.

Despite all that, I'm proud of where CMH stands today. We've weathered the storms and continue to deliver a quality patient experience. How? It begins with our dedicated team - a family, of sorts, that finds inspiration in caring for a community it knows so well.

Another factor in our success has been the way we've approached care in a more strategic fashion. Among those initiatives was our move to a new physician staffing model in the family medicine clinic. The model asks providers to serve in our clinic and emergency department spaces for one week before enjoying a couple weeks away from work.

It's been about a year since we introduced this innovative approach to recruiting, and I'm pleased to say it seems to be working. It is a work in progress as we continue to maneuver different scenarios, but we've assembled a strong, capable team that will be here when you need them. We found that providers loved the idea, and we've been able to recruit physicians more effectively than we did in the past.

We're excited to welcome back Ann Bock, ARNP, to the area as a new provider at CMH. Bock grew up in Fredericksburg. She has worked in the region for more than 20 years (most recently rotating through our Specialty Clinic as part of the nephrology team), but now she will be a full-time primary care provider in the CMH Medical Clinic.

The staff at CMH enjoyed activities and goodies offered during National Hospital Week May 12 - 18. It was during this week of activities that CMH hosted its first Family Fun Fair. This kick-off to summer event had an amazing turnout from the communities that we care for. We appreciate the support that we receive and wanted this to be a fun evening to showcase CMH and other healthcare entities that serve the community. Thank you to all who were able to attend and enjoy the evening.

Dawn Everding
CFO and Administrator
Community Memorial
Hospital–UnityPoint Health



Ann Bock, ARNP, Joins CMH July 29

Community Memorial Hospital welcomes Ann Bock, ARNP to its team of primary care providers at CMH Medical Clinic in Sumner. Bock will join the clinic on July 29.

Bock grew up in Fredericksburg and was a RN at CMH prior to earning her master's in nursing from Chamberlain University in 2020. She has worked in the area for more than 20 years and has a broad knowledge of services and providers to best help patients. Her medical interests include hypertension, diabetes and anemia.

"As a provider, I find it's important for patients to understand the medical diagnosis and treatments," Bock says. "One of my goals is to make sure patients are treated like I want my family treated."

Bock is married with two children. She enjoys landscaping, walking dogs and watching her kids' activities. She volunteers to help coach basketball, soccer and t-ball.

Bock is accepting new patient requests now. Call the clinic at (563) 578-5375 to schedule your appointment today.



First Annual Fun Fair was a Success

On May 16, Community Memorial Hospital hosted the first Family Fun Fair. The event featured bounce houses, a meal, scavenger hunt and a helicopter appearance. An estimated 300 people attended the event.

Specialty Clinics

CMH hosts a rotation of visiting specialty providers each month. These include cardiology, ENT (ear, nose and throat), general surgery, MRI, nephrology, orthopedics, pain clinic, podiatry, ultrasound, urology and wound care. To see a list of specialty providers and available dates, visit cmhsumner.org/services/specialty-clinic-calendar.

Specialty Clinic Highlight

Living with pain can be disruptive to every aspect of your life. The pain management clinic at CMH can help reduce pain and its severity, increase your activities at home and work and improve quality of life.

The clinic specializes in the care of patients with chronic pain. A wide variety of pain treatments are offered, including advanced pain procedures for neck and back pain relief.

Assessment and treatment is offered in the private and convenient Specialty Clinic at CMH.

Call (563) 578-2144 for more information or to schedule an appointment. The pain clinic comes to CMH ~~twice~~ monthly on ~~Thursdays~~.



Scott Chastek, CRNA



Anne Meyer-McCright, CRNA

School Physicals

There's nothing more important than the health and safety of your children. From well-child exams to annual back-to-school and sports physical exams, our providers are here to care for your family. Appointment times are filling up fast. Call today to schedule a school physical for your child today (563) 578-5375.

New Team Members

January 2024

Lisa Dixon - Cook

February 2024

Hannah Spratt
- Specialty Clinic Coordinator

March 2024

Luiza Castaneda
- Certified Nursing Assistant

April 2024

Madison Schweer
- Director of Nursing

May 2024

Jordan Lorenzen
- Certified Nursing Assistant

June 2024

Samantha Hennessey
- Laboratory Tech

Celebrations



John and Kayla Ruehs welcomed baby girl, Sawyer Elizabeth, on Feb. 28



Tyler and Abby Schulz welcomed baby girl, Thea Dorothy, on April 21

Tiffany Wurzer Nominated as a Great Iowa Nurse

Please join us in congratulating Tiffany Wurzer, LPN, for being selected as a recipient of the 2024 Great Iowa Nurses Award. This prestigious award annually recognizes nurses at healthcare organizations across Iowa for their outstanding contributions to their patients, team members and the nursing profession.

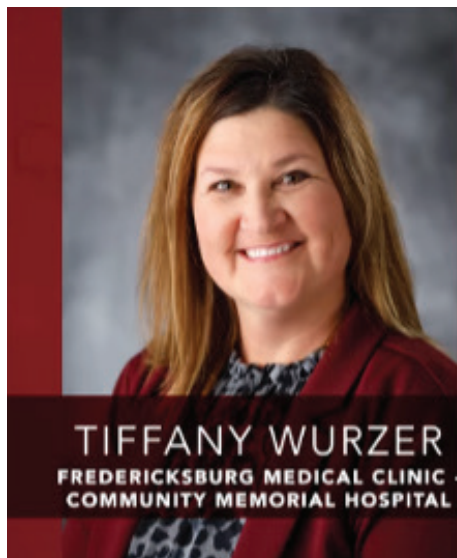
Wurzer, a nurse of 24 years, has been with the Fredericksburg Medical Clinic for 21 years. In high school, she was a Certified Nursing Assistant and knew health care was her passion.

When Wurzer learned she received the Great Iowa Nurse Award, she felt appreciated and honored. When asked how it will influence her work going forward, she said, "I will continue to strive to do my best for each of my patients and coworkers."

Wurzer's biggest source of support during her career has been her family, especially her husband.

"They have been there through all the good days and the bad" she says. "Since the COVID pandemic, health care in general has been challenging. Being able to go home to someone who is supportive and always has a listening ear has been very helpful through it all."

She encourages all new nurses to never give up. She said, "not every day is going to be easy, but it will always be rewarding."



TIFFANY WURZER
FREDERICKSBURG MEDICAL CLINIC -
COMMUNITY MEMORIAL HOSPITAL

**"#COMPASSION #EXPERIENCE
#SELFLESS #DEDICATED
#MENTOR #TRUSTWORTHY
#23-YEARNURSE Tiffany putting
patients FIRST every day!
Longevity to her practice equals
loyalty from patients in the
community."**

**NOMINATED BY
SHEILA UHLENHAKE**

Congratulations to Nancy Meyer on Retirement

Nancy Meyer is retiring after 15 years with Community Memorial Hospital. Meyer joined CMH in 2009 in the dietary department and moved to the purchasing department in 2019 and has spent the past five years there.

Although she is ready for retirement, she will miss having a weekly routine with flexibility.

“CMH has a family-type atmosphere,” she says. “Everyone is friendly and likes to laugh and have fun.”

Meyer will miss the special events and meals for the employees that made us feel special. She and her husband, Joel, have three children – Heath, Bill (Ashley) and Stephanie (Keegan) along with 7 grandchildren.

Meyer says her retirement will include volunteering in the community and spending time with her grandchildren. She’s hoping she can do some traveling. Her son is a pilot and can put together some great vacation spots.



DAISY Award Winner, John Ruehs, BSN, RN

Congratulations to John Ruehs, BSN, RN, for earning this year’s DAISY Award. Ruehs works in the inpatient and emergency departments at CMH. The DAISY Award is a program that rewards excellence in nursing. It was created by The DAISY Foundation to recognize the clinical skills, extraordinary compassion and care exhibited by nurses every day. Ruehs was nominated for the DAISY Award by Clell and Kathy Howard.

In early January, Clell Howard had not been feeling well and was having “chest tightness” that would come and go for a few days. He was seen by his cardiac provider and tests were normal. On Jan. 9, he saw his provider and had some tests done to rule out gallbladder disease, since the cardiac tests were negative the day before.

That night after supper, his symptoms worsened to left sided chest pain, so his wife, Kathy, took him to the CMH emergency department.

Kathy said, “John greeted us, took Clell’s history and hooked him up to the cardiac monitor.”

Ruehs received orders from Dr. Schnadt and promptly did an EKG, which showed ST elevation on leads II, III, and AVF. Clell was having a heart attack. Ruehs immediately started an IV and gave Clell the ordered medications.

Dr. Schnadt talked to us about transferring Clell to a facility with a cardiac catheterization lab as soon as possible, only to learn there was no air care or ground transportation due to winter weather.

“John called multiple places, 14 total and no one was transporting,” Kathy recalls. Thankfully Clell’s condition remained stable during this time. Ruehs remained calm

and professional, went about Clell’s care efficiently, while keeping the family informed about the transfer status.

Dr. Schnadt decided to give Clell TNK (a clot-busting medicine) to treat his heart attack.

“John did such a wonderful job preparing to give the med promptly and ensuring it was given correctly. John and Dr. Schnadt explained what was to be expected and the risks vs benefits. As a retired surgery nurse, I was well aware of the risks, but knew this was the best option considering the circumstances.”

The good news is the TNK did its job, and Clell’s condition remained stable throughout the night.

“We are very thankful and appreciative for John’s care ALL night long,” Kathy says. “He worked efficiently and calmly through the night making sure Clell remained safe and comfortable.”

At 7:30 the next morning, Clell was transferred to a facility with a cardiac catheterization lab and eventually had open-heart surgery.

“Clell has done amazingly well since his surgery and is working hard in cardiac rehab at CMH,” Kathy says. “We are forever grateful for John’s expertise, efficiency and calm demeanor as a nurse who helped keep Clell safe and alive. John showed you can do great things and make a great difference in a small rural hospital.”



Kimber Koch Earns SANE Certification

Congratulations to Kimber Koch, RN, on achieving a SANE (Sexual Assault Nurse Examiner) certification. SANE Certification demonstrates through objective validation to colleagues and patients that the nurse has the knowledge and expertise to provide quality patient care. As a forensic nurse, Koch was trained in providing specialized care for victims of trauma and gained skills in identifying, evaluating and documenting injuries.



Shelbe Wason Earns Pharmacy Technician Certification

Congratulations to Shelbe Wason, on achieving a Pharmacy Technician Certification. As a certified pharmacy technician (CPhT), Wason assists in the CMH pharmacy to process prescriptions orders from the pharmacist. Pharmacy technicians help the operations of a pharmacy run smoothly.



Karla Walvatne Earns Occupational Hearing Conservationist Certificate

Congratulations to Karla Walvatne for achieving an Occupational Hearing Conservationist certificate. As a certified occupational hearing conservationist (OHC), Walvatne will conduct hearing tests for occupational health patients. Hearing tests can include a baseline, annual test and retests. The OHCs are responsible to identify problems to be reviewed further, refer employees to seek medical treatment and educate patients on effects of noise and the purpose of hearing protection.



Enjoy Helping Others? Volunteer with Us

Do you have a desire to help others? Volunteers at CMH make a difference for our patients, families and staff. At CMH, we offer opportunities to volunteer for anyone age 14 and up. Volunteering is fun and rewarding, and it's a great way to meet new people.

Join us in making a difference. If you are interested in becoming a volunteer, contact Jenny at Jenny.Gade@unitypoint.org or (563) 578-2125

500 Card Marathon

The CMH Auxiliary hosts a 500 card marathon each year from September through May. The cost is \$10 to join, and you play once per week. For more information, contact Joyce Pagel at (319) 240-4053 by Aug. 15.



Fall Plant Sale

Each year, the CMH Auxiliary partners with The Wild Rose for a fall plant sale that raises funds for Community Memorial Hospital. All proceeds benefit the hospital and upgrades to its services. The CMH Auxiliary's annual fall plant sale will be in late August. Watch the newspaper and our Facebook page for details.



Community Memorial Hospital is sponsoring a series of farmers markets on Thursdays in Sumner. The farmers markets will be in the green space on the corner East 1st Street and South Carpenter Street. They will be open every Thursday from at 4 - 6 pm, ~~excluding Thursday, July 4.~~

CMH is welcoming vendors who sell homegrown or handmade items, such as growers, artisans, bakers and crafters. There is no registration fee to participate. Please direct any questions to Jenny at (563) 578-2125 or Jennifer.Gade@unitypoint.org.

Pillow Cleaning

Bring new life into your pillows. Kraft Pillow Service removes feathers or down from your pillows to clean, sanitize and deodorize and places it in a new case. If you would rather have a new pillow, they have pillows to purchase. Kraft Pillow Service is at CMH this October. Watch the newspaper and our Facebook page for additional details.

Friends of CMH

Quilt Raffle

Team members at CMH constructed a beautiful quilt to raise money for Friends of CMH. Raffle tickets are \$5 per ticket or five tickets for \$20. The proceeds are designated to the area of greatest need. The community's gifts are instrumental in helping us provide the high-quality care our patients have come to expect while allowing us to react quickly to the emerging needs in health care. You can purchase raffle tickets at CMH or contact Jenny Gade at (563) 578-2125. The drawing is held Aug. 9 at the Corks for the Cause event. You need not be present to win.

Funding Tomorrow's Health Care, Today

The mission of the Friends of CMH Foundation is to support CMH in improving the health and lives of the communities it serves. The Foundation strengthens community relationships to support our local healthcare needs. Ultimately, the health and lives of those we serve are improved.

All gifts are deeply appreciated and significant. For questions about planned gifts, contact Jenny Gade, Development Director, at (563) 578-2125 or at Jennifer.Gade@unitypoint.org.



The fourth annual Corks for the Cause is planned for **FRIDAY, AUG. 9, 2024**, from 5 to 8 p.m. at the Meadowbrook Country Club in Sumner. There will be live music from The McBride's, wine and craft beer tastings, a free-will offering meal, silent auction and much needed social time.

This fundraising event is so important to raise funds for new specialty beds at the hospital. The new beds include a bariatric bed and a pediatric crib. Having these specialty beds will decrease safety issues and increase patient satisfaction.

Get registered in 1 of 3 ways

- Scan the QR code
- Call (563) 578-3275
- Stop by CMH



Complimentary Estate Planning

**Does your will accomplish everything you want?
Is it up to date? Is it valid? Do you even have a will?**

The Friends of CMH Foundation wants you to have the peace of mind that comes from knowing you have a valid estate plan. We want you to have a will that works well for you. That is why we offer complimentary estate planning assistance sessions with Eddie Thompson with Thompson & Associates.

This free service also ensures you reduce/eliminate estate taxes so you can leave more to your loved ones and charitable organizations. To find out more or to schedule your confidential appointment, please contact Development Director Jenny Gade at Jennifer.Gade@unitypoint.org or call (563) 578-2125.



Dr. Eddie Thompson
Thompson & Associates



Community Memorial Hospital

UnityPoint Health

909 West 1st Street, Sumner, IA 50674

Nonprofit Org.
U.S. Postage
PAID
Des Moines, IA
Permit No. 813

CMH Services

Inpatient / Skilled / Observation

Emergency Department

- 24/7 Emergency Care

Surgery

Infusion & Injections

Laboratory

- Wellness Testing

Radiology

- General
- MRI
- CT
- 3D Mammography
- Ultrasound

Therapy Services

- Physical Therapy
- Occupational Therapy
- Speech Therapy

Cardiac & Pulmonary Rehab

Sleep Lab & Respiratory Care

Anticoagulation Clinic

Diabetes Management Clinic

Weight Loss Management

Senior Life Solutions

Occupational Health

CMH Clinics

CMH Medical Clinic

- Sunbir Gill, DO
- Lonny Miller, MD
- Daniel Schnadt, DO
- Krista Begalske, ARNP
- Ann Bock, ARNP

Fredericksburg Medical Clinic

- Lucas Brinkman, DO

Wound Clinic

- Ann Reid, PA-C

Ear, Nose & Throat

- Michael Telisak, MD

Specialty Clinics

Audiology

- NewSound Hearing
- Tuesdays

Cardiology

- Kari Haislet, ARNP
- Tuesdays

Digestive Health (Procedures only)

- Kavan Patel, MD
- Two Thursdays every month

Specialty Clinics

General Surgery

- David Henry, MD
- Wednesday afternoons

Nephrology

- Vinay Kantamneni, MD
- Terek Daoud, MD
- One Friday every month

Oncology

- Julie Gleason, ARNP
- 2nd Tuesday every month

Orthopedic

- Rafael Serrano, MD
- Alexa Ginther, ARNP
- Fridays

Pain Clinic

- Scott Chastek, CRNA
- Ann Meyer-McCright, CRNA
- Mondays

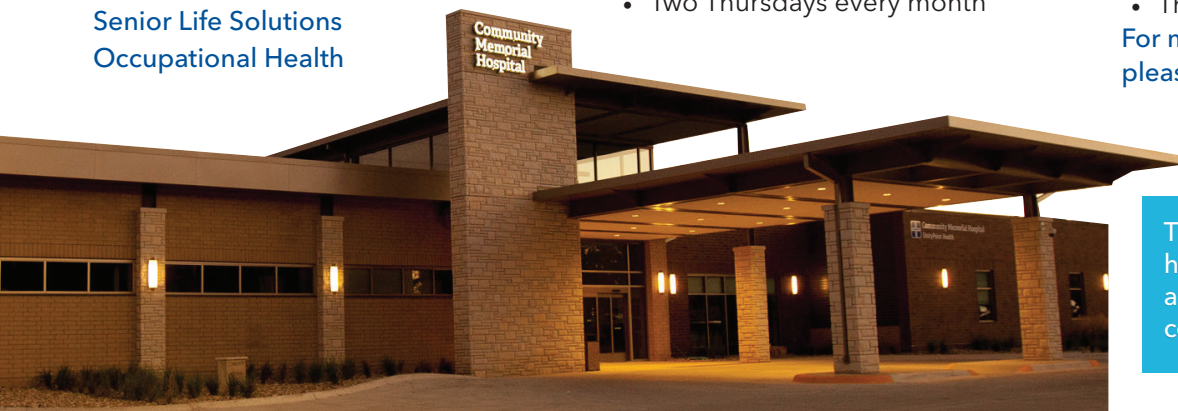
Podiatry

- Philip Morreale, DPM
- Wednesday mornings

Urology

- Holly Gaede, ARNP
- Thursday mornings

For more information or questions,
please call: CMH (563) 578-3275



The CMH Mission is to provide quality healthcare to the people of Sumner and the surrounding area, while coordinating other needed services.