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## Welcome New Licensed Mental Health Counselor, Aubrey Klosterman

Community Memorial Hospital welcomes Aubrey Klosterman, LMHC, to the CMH Medical Clinic and Fredericksburg Medical Clinic. Klosterman started seeing clients in October. Mental Health Counseling is a new service to CMH. Klosterman will provide therapy services for individuals, primarily adolescents and adults, utilizing a person-centered approach while adding in tools from other therapeutic modalities.

Klosterman is a graduate of North Fayette High School and obtained a bachelor's in psychology and master's in mental health counseling at the University of Northern Iowa.

"How the mind works is very intriguing to me," Klosterman says. "I chose clinical mental health counseling because I wanted to work one-on-one with clients for healing and growth.

"My goal is to create a non-judgmental space for patients to come express and process safely," Klosterman says. "It's keeping the human in humanity by incorporating compassion so that it might transform lives. People can be good and each individual does matter. Being open-minded is very important to me. We might not always agree, but we can try to understand."

Aubrey and her husband keep busy with their Flame-Point Siamese cat and a Blue Quaker parrot, along with spending time with family and friends, boating, motorcycling, golfing and going on adventures.



## KayIn Boge-Kleiss, ARNP, Joins Family Medicine Team at CMH Medical Clinic

Community Memorial Hospital welcomes KayIn Boge-Kleiss, ARNP, to its team of primary care providers at CMH Medical Clinic in Sumner starting January 2025.

Boge-Kleiss was a RN for 12 years prior to earning her master's degree in nursing from Allen College in 2020. Her entire career has been spent working in Waterloo and surrounding communities. She worked in the ICU at Allen Hospital, helped start the IMPACT (mobile nursing home clinic) service line and worked in home health. She has a passion for cardiopulmonary, vascular, neurology, post-operative surgical care and wound care management.

Boge-Kleiss lives in Fredericksburg with her husband, Adam, and two children, Troy and Lucille. She enjoys reading, walking, listening to audiobooks and bicycling, and she finds purpose in helping patients progress through their health journey from infancy to end of life.

"I always want my patients to feel heard," Boge-Kleiss says. "I want to know about their biggest concerns and their main objectives and goals so we can collaboratively achieve that together." She looks forward to getting to know her patients on a more personal level and treating them from a holistic perspective.

**Boge-Kleiss is accepting new patients and begins seeing patients in January. Call the clinic at (563) 578-5375 to request any of the primary care providers.**



## CMH Radiology Team Raises Money for Breast Cancer Awareness Month

The radiology team hosted a variety of activities during the month of October to raise money for breast cancer awareness. They raised more than \$3,000!! The proceeds were split between two deserving family members. Marty Northrop, mother of Cheryl Cahoy, radiology technologist and Sunita Gill, mother of Dr. Sunny Gill



## Letter from the Administrator

As we near the holidays, Community Memorial Hospital is thankful for the opportunity to provide quality patient care when and where you need it.

We remain focused on patient-centered experiences through the assistance of our talented and experienced providers and staff. Although we've encountered some changes within our provider group, we'll always make patient care a top priority.

We are also thankful for the success of the Friends of CMH giving campaign this past year. We purchased both bariatric and pediatric specialty beds thanks to the generosity of the community and our team. Both beds should arrive before the end of the year.

Further, we're excited to welcome Kayln Boge-Kleiss, ARNP, as a new primary care provider at CMH. Boge-Kleiss resides in the Fredericksburg area and comes to us from UnityPoint Care at Home, where she has cared for individuals outside of a traditional clinic setting. She's accepting new patients and begins at CMH on Jan. 13, 2025.

Our team members will enjoy a special board-sponsored "Thanksmas" event later this month. We're fortunate to have an outstanding team that finds fulfillment and purpose in providing quality care to the communities we serve.

On behalf of our amazing team, I want to wish everyone a blessed holiday season.

Thank you for the support you give to CMH!

**Dawn Everding**  
CFO and Administrator  
Community Memorial  
Hospital–UnityPoint Health



## Specialty Clinics

CMH hosts several specialty clinics throughout the month. These include cardiology, 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 dates, go to [cmhsumner.org/services/specialty-clinic-calendar](http://cmhsumner.org/services/specialty-clinic-calendar).

### Specialty Clinic Highlight - Podiatry

Foot and ankle problems are a common occurrence. They're often neglected, which can reduce a person's productivity and ability to participate in activities and exercise.

A podiatric physician and surgeon provide quality, state-of-the-art foot and ankle care that helps those of all ages get back on their feet again. Dr. Philip Morreale and Dr. Samuel Bernard provide medical diagnosis and treatment of foot and ankle problems.

**Dr. Philip Morreale and Dr. Samuel Bernard are available most Wednesdays at the CMH Specialty Clinic and also perform most foot and ankle surgeries at CMH.**



**Dr. Philip Morreale**



**Dr. Samuel Bernard**

## CMH/Schwartz Memorial Scholarship Recipient Announced

The Friends of CMH Scholarship Committee is proud to announce Breanna Sadler of Allen College as this year's recipient of the CMH/Schwartz Memorial Scholarship. Sadler was awarded a \$750 scholarship to put toward her fall tuition for the 2024-2025 school year.

The estate of the late Elmer "Doc" Schwartz, an area farmer, gave money to the Friends of CMH Foundation in 2001 with a vision of offering nursing scholarships. The scholarship committee reviews all applications for specific qualifications, including a mailing address in one of the CMH's surrounding communities: Sumner, Westgate, Hawkeye, Fredericksburg, Tripoli and Fayette.

Workforce changes and mounting needs to provide care for an aging population have contributed to a nursing shortage in the area. "Doc" Schwartz had the foresight to recognize this situation and his generosity will help mitigate the effects for years to come. His amazing gift of these nursing scholarships is one way to strengthen the nursing workforce in communities that CMH serves and creates added value to pursuing a career in health care.



**BREANNA SADLER**

## New Team Members

### June 2024

Samantha Hennessey  
- Lab Tech Associate  
Jordan Lorenzen  
- CNA

### July 2024

Michele Waite  
- CNA  
Kate Banks  
- RN  
Ann Bock, ARNP  
- CMH Clinic  
Brittany Soldwisch  
- Dietary

### August 2024

Kaitlyn Walvatne  
- CNA

### September 2024

Aubrey Klosterman, LMHC  
- CMH Clinic

Stephanie Duhrkopf  
- Supervisor Safety and Security

### October 2024

Joel Strohmman  
- Maintenance


## Congrats to the CMH Laboratory Team

The CMH Laboratory Team passed the Clinical Laboratory Improvement Amendments (CLIA) inspection with zero deficiencies. The Centers for Medicare & Medicaid Services regulate all laboratory testing (except research) performed on humans in the United States through the CLIA. This inspection occurs two times a year.

The team does an exemplary job making sure all compliance standards set by CLIA are meticulously met. This reflects the group's pride and dedication to quality health care by providing quality laboratory results that meet the needs of our community.

## Celebrations

 **Ethan and Kimber Koch** welcomed baby girl, Maelynn Rose on August 29

 **Joseph and Emily Waitek** welcomed baby boy, Marc Philip on September 10

 **Joseph and Brianna Bergeson** welcomed baby girl, Jaelyn Emery on September 27

## Patient Sees Her Artwork

Dolores Buchheit recently moved to Sumner and scheduled an appointment with Dr. Shanna Elliott in the CMH Medical Clinic.

When she arrived, Dr. Elliott shared that she had a surprise for Buchheit. Moments later, Buchheit was surprised to see her own artwork hanging on the walls outside the clinic.

Turns out, the artwork was right where it should be. A friend, Doug Cole, purchased the artwork from Buchheit years ago, and he told her it was for the new hospital in Sumner. However, time passed and Buchheit had forgotten about the project.

"I was surprised Doug purchased abstract pieces, which I rarely do," she said.

Buchheit grew up on a farm outside of St. Lucas with her 10 brothers and sisters. She remembered drawing anywhere she could despite not having art classes in school. Not long after giving birth to her youngest son in 1964, she was in a local store looking at art supplies. Someone asked if she was an artist and spoke with her about the Northeast Iowa Art Association, which she then joined. In 1968, she sold her first piece of art.

In 1970, Dolores started to take art trips with friends from the Northeast Iowa Art Association. They traveled to Connecticut, North Carolina, Upper Peninsula Michigan and Arkansas to mention a few. They would spend two weeks outdoors and take lessons from artists from all over the world.

"My husband would tell me to go, and he would take care of the kids," she said. "He was always so supportive, and he was also my biggest critic."

In 1984, the couple opened a gallery in St. Lucas on their farm. Buchheit taught oil painting classes at Turkey Valley High School in the evening.

"God gave me this talent, and it should be shared with everyone," she says.



## Kudos to the Mammography team

The CMH mammography team passed the American College of Radiology (ACR) accreditation with no marks, signifying the highest level of imaging quality. The ACR certification process involves a professional examination of imaging samples performed at our facility. Re-accreditation occurs every three years.

Our team also passed the Iowa Department of Health and Human Services (IDHHS) state inspection with no marks. This shows our equipment is up-to-date and satisfies all performance standards, while ensuring optimal patient care and follow-up are provided. IDHHS state inspection involves an assessment of documentation and imaging equipment, and it's performed every year.

Huge kudos to Cheryl Cahoy and Madi Pedersen for their work towards ensuring we have a top mammography program for our CMH community.



Left to right: Madi Pedersen, Cheryl Cahoy

## Pharmacy Highlight

The role of the hospital pharmacy is important in providing patients with high-quality care. CMH's inpatient pharmacy consists of a pharmacist and two technicians, and they play a crucial role on the medical team by managing the distribution of medications throughout the hospital. Our providers and pharmacists work together to select medications for patients on an individual basis. The pharmacist also provides education to team members about processes and answers questions on anything medication-related. The pharmacy technicians help manage the pharmacy inventory and assist with many other tasks.

### Meet our Team!

Mandy Kellogg - Pharmacist-in-Charge  
Colleen Bast - Certified Pharmacy Technician  
Shelbe Wason - Certified Pharmacy Technician



Left to right: Mandy, Colleen, Shelbe

## Events

### Wreath Auction

Each year, departments decorate wreaths. These wreaths are judged by art students from SFHS. They are then auctioned off the following year. Proceeds go to the CMH Auxiliary. Watch for information on the silent auction.

### Gift Wrapping

Do you have gifts that need wrapping for Christmas? Bring them to Walvatne Floor Covering on Thursday December 5 and 12. CMH team members will be wrapping gifts from 4-8 pm. This event is a free-will offering and all supplies are provided.

### Rada Sale

Rada knives make perfect stocking stuffers! The Community Memorial Hospital Auxiliary will be selling Rada products in November and December. Stop in at CMH for an order form or go to <https://radafundraising.com/pages/select-your-fundraising-group> and select Community Memorial Hospital Auxiliary.

## Ann Reid Named Hospital Hero by IHA

The Iowa Hospital Association's Hospital Heroes Awards celebrate employees who act courageously in a crisis or selflessly serve their hospitals and communities. At the annual meeting in October, the IHA recognized Ann Reid, PA, of Community Memorial Hospital in Sumner for exemplifying the passion and purpose of the community hospital mission.



Reid is an exceptional healthcare professional whose unwavering dedication and extraordinary skills profoundly affect her community. As a provider at CMH for the past eight years, Reid demonstrates a commitment to patient care that is nothing short of heroic.

Her clinical leadership, whether in the emergency department or as a trauma coordinator, ensures CMH delivers care on par with larger hospitals. Reid's calm, steady demeanor in even the most critical situations, such as a challenging pediatric trauma, has been instrumental in saving lives and easing the fears of patients and their families.

Reid's contributions extend far beyond patient care. Her passion for continuous improvement drives her to mentor staff, coordinate training and ensure the hospital is always prepared to provide high-quality care. Whether it's picking up extra shifts, serving as interim director of nursing or creating beautiful quilts and delicious desserts to lift her colleagues' spirits, she embodies the spirit of service in every aspect of her life. Her dedication, compassion and generosity inspire us to strive daily for excellence in patient care.



## Meals Made Easy for Our Community

Don't know what to make for supper? Kids are busy with sports, show choir and more? Live alone and don't want to bother making a homemade meal?

We are here to help. We now offer a catering service that provides healthy, affordable and home-cooked meals for Sumner and the surrounding area.

With the Cash, Dash & Dine program, you select the food items you'd like and our kitchen prepares the entrees in advance. The menu features several varieties of chicken, beef, pork and vegetable entrees. Wheat, white, French and garlic breads are also offered, and you can pick from three meal sizes - large, medium and individual.

**Call (563) 578-2149 for more information and to order.**

## 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 is a great way to meet new people.

Many of our volunteer positions involve helping patients or team members, but others are clerical, giving instructions or helping at community events. Volunteers can come at particular times of the year, while others have a regular schedule each week or month. Assignments can be arranged on a schedule that suits you, with commitments ranging from daily to once a year.

Volunteering not only helps others... it helps you!

### Steps to becoming a volunteer:

1. Have a positive attitude and the desire to make a difference.
2. Complete a volunteer application (including contact information for 2 personal references).
3. Complete background check process
4. Discuss volunteer assignments based on availability, interests and skills.
5. Attend an orientation session and complete necessary training.
6. Complete a health screening and TB testing.
7. Receive a seasonal flu shot.

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

## Friends of CMH

### Funding Tomorrow's Health Care, Today

The spirit of giving is evident at Community Memorial Hospital. The hospital you experience today as a patient or visitor is a result of the gifts of hundreds of individuals, families, businesses and organizations who place a priority on quality health care that's close to home.

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.

### Giving Tuesday

Giving Tuesday is a global generosity movement, unleashing the power of people and organizations to transform their communities and their world. Giving Tuesday will kick off the generosity season this year by inspiring people to give back on December 3, 2024, and throughout the year.

This year, the Friends of CMH Foundation is raising funds to purchase new defibrillators for the hospital. As you may know, sudden cardiac arrest can happen anywhere and at any time. Quick access to a defibrillator can be the key to saving a life. To ensure the safety and well-being of our community members, we are raising funds to purchase new, state-of-the-art defibrillators.



There are many different ways to support CMH, from supporting the hospital's annual campaign to considering a planned gift or memorial or attending a Foundation event.

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](mailto:Jennifer.Gade@unitypoint.org).

Be part of our community-wide generosity movement and make a gift to help us purchase this new equipment. Your gift could help a parent, neighbor or someone else you know in critical or urgent situation. Best of all, it allows all patients to receive the best possible surgical outcome.

We encourage you to visit the Community Memorial Hospital Facebook page for updates and stories all day. Be sure to share these posts to inspire others to donate. You may also scan the QR code here or call the Friends of CMH Foundation at (563) 578-2125.



## 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, [Jennifer.Gade@unitypoint.org](mailto:Jennifer.Gade@unitypoint.org), or call (563) 578-2125.



**Dr. Eddie Thompson**  
Thompson & Associates

## 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

Mental Health Counseling

- Aubrey Klosterman, LMHC

## Specialty Clinics

Audiology

- NewSound Hearing
- Tuesdays

Cardiology

- Kari Haislet, ARNP
- Tuesdays

Digestive Health (Procedures only)

- Kavan Patel, MD
- 1 Thursday 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

- Giselle Tan, 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.