# ALIVAYS CAPS CAP

Meet Our New Providers (pg. 3)

A Patient's Path to Healing at the Greene County Medical Center Wound Care Clinic (pg. 6)







### THE RIGHT CARE, RIGHT HERE.

### A Message from Greene County Medical Center CEO, Chad Butterfield



### Dear Patients and Community Members,

At Greene County Medical Center, we believe that the right care should be accessible, compassionate and right here in our own communities. In an era where healthcare often feels distant and impersonal, we remain committed to providing outstanding services and personalized care without the need to travel far from home.

We are proud to offer a wide range of specialty services, from advanced imaging and diagnostics to surgical and specialized wound care; all delivered with the highest standards of quality. Whether you are in need of chemotherapy, pain management treatments, gastroenterology procedures or comprehensive wound care, all of our services utilize state-of-the-art technology and are available right here in Greene County.

However, it is our dedicated Team of providers from the Specialty and Family Medicine Clinics that truly sets us apart. They are the backbone of our healthcare family,

and each one brings a unique set of skills and a deep commitment to serving our patients. Whether you are here for a routine check-up or to manage a complex health condition, our providers are here to listen, educate and guide you, no matter where you are in your healthcare journey. They build lasting relationships with their patients and go above and beyond to ensure you feel heard and cared for; making it that much easier for you to stay close to home for the care you deserve.

Thank you for placing your trust in us as we continue to navigate the ever-changing healthcare landscape with a focus on you and on being Always Here, Always Caring for generations to come. And we look forward to continuing our patient-centered approach in providing exceptional service through exceptional people who bring the *right care*, *right here* to you and those you love.

### Chad Butterfield

Chief Executive Officer



# MEET OUR New Providers

### Bringing Care, Heart and Experience to Greene County Medical Center

Greene County Medical Center is excited to welcome two new faces to our Family Medicine Clinic, each bringing their unique journey and expertise to serve our communities. These dedicated providers are committed to offering compassionate, personalized care to you, your family and your neighbors.

Dawn Tingwald, ARNP, FNP-BC, PMHNP-BC—recently returned to Greene County Medical Center, this time as a nurse practitioner. With over 20 years of healthcare experience, including 12 years as a registered nurse here, Dawn's return feels like a homecoming. Having worked in nearly every department, she has a deep connection with the medical center and our county.

Dawn specializes in family care for all ages with a focus on diabetes, obesity, pediatrics, preventive care and behavioral health. "I treat patients like family," she said. Her passion for providing care stems from personal experiences as a teenager, when a family health crisis inspired her to pursue a medical career. Dawn's open-door policy and commitment to building lasting relationships make her a true asset to the Family Medicine Clinic.

Dawn, her husband Garrett and their two children live on a farm near Woodward. When she is not caring for patients, she enjoys family time, horseback riding and spending time with her pets.

Alec Antanaitis, APRN, joins us all the way from Ohio, with a journey that has taken him across the country. From working in busy ICUs in Las Vegas and El Paso to finding his passion for clinical care, Alec's story is one of self-discovery and commitment to community. He was drawn to Greene County by the warmth of the Midwest, with lowa's friendliness and welcoming nature a perfect fit for his family.

Alec treats patients 13 years old and up and his clinical interests include gerontology and musculoskeletal care along with cardiac, pulmonary and gastrointestinal health. He views each patient relationship as a partnership, where both provider and patient work together toward shared wellness goals. Alec's experience in hospice care adds a compassionate, holistic approach to his practice.

Alec and his wife are thrilled to be able to raise their nearly two-year-old son in the heart of "lowa Nice."

To schedule an appointment with Dawn or Alec, call the Family Medicine Clinic at 515-386-0500.





### BREAST CANCER AWARENESS MONTH

October is here and Greene County Medical Center is asking you to help us Paint the Town Pink for Breast Cancer Awareness. Join us in a variety of fun activities all month long.

#### PINK OUT FRIDAYS

Every Friday in October, put on your pink and tag us in social media. Let's fill our communities with pink and raise awareness together!

#### **MAMMOGRAM GIFT CARDS**

All patients getting a mammogram in October will receive a \$5 Gift Garden gift card. Visit the shop for specials on pink merchandise.

#### WALK-IN MAMMOGRAMS

It's easy to take a little time for self-care every Monday in October. Walk-in, grab a treat and get your annual mammogram checked off that to-do list.

MONDAYS | 8 AM - 4 PM | Available year-round!

#### EXTENDED HOURS | Oct. 27 | 8 AM - 6:30 PM

Previous mammogram must be on file at Greene County Medical Center and it must be at least one year since your last mammogram.

Call 515-386-0443 with questions.



### CONSTRUCTING CLARITY

### Greene County Medical Center MRI Installation Update

Construction is underway for the installation of a state-of-the-art MRI machine at Greene County Medical Center. The over \$2.18 million project is expected to go live in mid-January 2026.

The new in-house MRI will provide a boost to patient care, not only in unmatched convenience, but also the comfort of receiving advanced imaging services from the same dedicated professionals who treat you like family.

With this addition, we are taking a major step toward enhancing our ability to provide timely, high-quality care while further enhancing the overall patient experience. We are excited to continue building this new chapter in care and are deeply grateful for the continued support of the communities we so proudly serve.





When Sam Riedesel first came to 21st Century Rehab for physical therapy, he was suffering from back pain to the point he could barely get out of a chair and had to use a walker. "After the first visit it started feeling better," Sam said. "I no longer had to use Tylenol. I am now more able to get out of a chair without my hands and am no longer using a walker." The experience not only improved Sam's mobility and lessened his pain, but he also found it to be an enjoyable experience. "Everyone is nice and easy to work with," he added. "They make it fun."



### EXPERT INTERVENTION

### A Patient's Path to Healing at the Greene County Medical Center Wound Care Clinic

With two hip replacements in a total of six surgeries, Molly Hupp of Bagley is no stranger to complex medical care. But after a recent fall, the mother of five, grandmother of nine and great-grandmother of one gained a new appreciation for the importance of timely wound treatment.

"I caught my foot, tripped and landed

on my cane," Molly recalled. She sought medical care immediately. While x-rays showed no fractures, she was diagnosed with a deep tissue wound just below the knee on her right leg.

"I was following all of the instructions, but a black spot developed on my leg," she said. Concerned by the change, Molly returned to her provider. Dead tissue was removed and referral to a wound care specialist recommended. "He told me he would set up an appointment for me in Des Moines, but I said no," she explained. "I would just as soon go to Jefferson because it is closer to me."

That decision made all the difference. After just one visit to the Greene County Medical Center Wound Care Clinic, Molly and her husband of 39 years, Rick, knew they were in good hands. In fact, Molly was one of the clinic's first patients, beginning treatment at the end of May.

Initially, appointments took around 45 minutes to clean and care for the wound. But soon, thanks to consistent

care and Molly's dedication, progress came quickly.

"They said I was kind of a model patient because I did
all the right things to aid in the healing process," Molly
shared. "I've been taking collagen and eating a lot of
protein. I used a wound vac and continued to use the
ointments recommended."

As the wound healed, treatment times shortened significantly; eventually dropping to just 15 minutes per visit. Now, as she nears "graduation" from the clinic, Molly admits she will miss the entire Team.

"They're just absolutely wonderful," she said.
"They are kind, sweet, they treat you like family and I love them. I can't say it any better than that. The care has been phenomenal, and I would recommend it to anyone and everyone. But don't be like me and wait so long. Just call and make an appointment. Don't think twice, at least get your wound evaluated."

To schedule an appointment at the Greene County Medical Center Wound Care Clinic, speak to your primary care provider about a referral or call 515-386-0614.

# Telehealth ENDOCRINOLOGY

#### A New Era of Care at Greene County Medical Center

Greene County Medical Center recently launched telehealth endocrinology services, expanding access to specialized care for residents. This new initiative allows patients to connect with a board-certified endocrinologist via a secure video consultation, eliminating the need for long travel or extended wait times.

Endocrinology services cover a range of conditions, including diabetes, thyroid disorders, osteoporosis, menopause, adrenal gland disorders, hormone imbalances and more. The telehealth model offers convenient, local access to expert care that includes routine monitoring, lab reviews and medication adjustments, which helps improve patient outcomes and reduces delays.

The service is especially important for managing Type 1 and Type 2 diabetes, a growing concern across the country. According to the International Diabetes Federation (IDF), cases in the U.S. are expected to rise significantly in the coming decades, estimated to increase from 39 million in 2024 to 43 million in 2050. The Endocrine Society also highlights the heightened role of environmental factors, like endocrine-disrupting chemicals in diabetes and other health conditions

November is Diabetes Awareness Month, a time to spotlight the global diabetes issue. The 2025 theme, "Taking Control of Your Diabetes," emphasizes proactive management and the importance of early intervention. So, take charge of your health this Diabetes Awareness Month. Log on to gcmchealth.com and select Diabetes Management under Get Care to take a test on Type 2 diabetes and prediabetes, learn more about ways to manage a diabetes diagnosis and how to contact a Greene County Medical Center expert for more information.

Telehealth endocrinology appointments are available the first Wednesday of each month. Patients can be referred by their primary care provider or schedule by calling 515-386-2488.



### STRONGER HEALTHCARE for Greene County

### **Key Grants Awarded** in Early 2025

Greene County Medical Center, the Greene County Family Medicine Clinic and Ever Greene Ridge are grateful recipients of grants awarded by Grow Greene County Gaming Corporation and the Greene County Community Foundation for 2025.

The Greene County Medical Center Foundation worked with all three organizations to apply for the local grants.

"We are thankful to both organizations for their ongoing support of rural healthcare," said Foundation Director, Nancy Houska. "It is through partnerships like these that we are able to bring stateof-the-art equipment, programs and services to the people we serve in Greene County as well as our surrounding communities."

The Greene County Medical Center was awarded \$80,000 from Grow Greene County for the purchase of new medical scopes, including a pediatric scope, designed for children and small adults.

Greene County Family Medicine Clinic will be enhancing newborn care with a \$6,700 award from the Greene County Community

Foundation for the purchase of a bilirubin machine. This tool is used to painlessly screen newborns for jaundice.

Ever Greene Ridge, a senior independent living facility owned and operated by the Greene County Medical Center Foundation, received \$1,000. The money will be used to update landscaping that was impacted by the removal of several ash trees.





### Oncology Services

At Greene County Medical Center, we are dedicated to providing exceptional care and support to individuals facing oncology-related challenges. Dr. Joseph Merchant sees patients at Greene County Medical Center two Wednesdays per month.

Talk with your oncologist or primary care provider, or call 515-239-4401 for more information.

- Routine oncology appointments
- Chemotherapy Infusions
- By referral only



# GREENE COUNTY MEDICAL CENTER SCHOLARSHIPS

A Path to Your Healthcare Future

If you are passionate about healthcare, this is your chance to get assistance with your education. The Greene County Medical Center Foundation and Auxiliary offer scholarships to aid in the pursuit of your dream career in the medical field.

"We are proud to support the next generation of healthcare professionals," said Nancy Houska, Director of the Greene County Medical Center Foundation. "The drive and dedication of these students is inspiring, and we are excited to be able to help them achieve their goals while ensuring the future of quality healthcare for our communities. We will consider applicants pursuing a career in any healthcare-related field, so don't hesitate to apply."

To apply, visit gcmchealth.com and click on the About Us tab, or scan the QR code below. Local high school counselors will also have access to the applications, or you can call 515-386-0102 for more information. All materials are due by April 1.

In addition, students can apply for up to \$3,000 in scholarships annually with the lowa Hospital Education Research Foundation (IHERF). The deadline for IHERF scholarships is February 28 and more information is available at iherf.com.

Your future in healthcare starts right here, in Jefferson. Don't miss out; apply today.



### **SCAN TO APPLY!**

Applications due April 1



FOR A TOUR!

515-370-5186



EVER GREENE

SENIOR INDEPENDENT LIVING

1001 W WASHINGTON, JEFFERSON



### DRIVE CHANGE

### Help Your Neighbors Get the Healthcare They Need

In Greene County, a ride to the doctor can make all the difference in someone's health. And you can be the one to make a difference.

The Greene County Public Health Healthy Rides program provides free transportation to and from medical appointments for county residents 18 and over.

In the past year, it has helped more than 80 people get the care they need, thanks to the dedicated volunteer drivers who become members of a volunteer network more than 300,000 strong, the Medical Reserve Corps (MRC). These

volunteers logged over 630 hours in more than 840 trips to the Jefferson McFarland Clinic, Greene County Medical Center and the Family Medicine Clinic.

But demand is growing. Whether you are retired or just looking for a way to give back, this is your chance to step up and ensure no one in our Greene County communities misses vital care because they can't get there. Scheduling is flexible, the process is simple and the impact is huge.

Be more than a driver, be a lifeline. Learn more about the MRC at aspr.hhs.gov/MRC or call Greene County Public Health at 386-3228 to volunteer or schedule a ride. Together, we can drive health forward.





DIABETES AWARENESS MONTH



Learn how living with diabetes is a balancing act through the Blue Balloon Challenge. Follow us on Facebook and Instagram in November for details from Greene County Medical Center on how you can participate and show your support while gaining an insight into what it is like to keep that balloon in the air, every day.

### SPOTLIGHT ON HEART HEALTH

### Greene County Medical Center Promotes 15-Minute Test that Saves Lives

Greene County Medical Center is shining a light on a powerful heart health tool, the calcium score test. This quick, non-invasive scan can detect early signs of heart disease; often before you feel a single symptom.

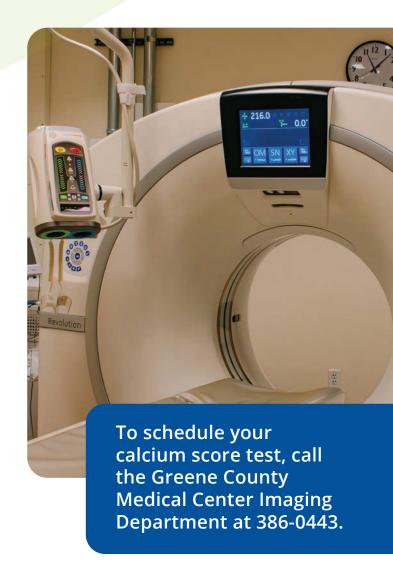
"It's one of the best ways we have to catch heart disease early," said Imaging Director, Heather Booth. "The test is fast, painless and the information it gives us can be life changing."

The test uses a specialized CT scan to measure plaque buildup in the coronary arteries. The result? A score that shows your risk for heart attack or other serious heart problems. Even a low score can be the wake-up call needed to make healthier choices.

Calcium score testing is ideally for people 40 to 70 with risk factors like high blood pressure, high cholesterol, diabetes, history of smoking or family history of heart disease. The scan takes less than 15 minutes and no needles, dyes or fasting are required.

The best part? It costs only \$89.

"This is about prevention," Booth added. "Early detection gives us the best chance to protect your heart and your life."



### **EXTENDED CARE**





Care for those who need a more permanent, nurse-assisted living option. Private & semi-private rooms available. Can accommodate singles or couples.



**MOVE-IN SPECIAL** 

Get your first month *FREE* with a six month commitment!

515-386-0638

CALL TODAY FOR MORE INFORMATION!

### GIFT GARDEN

### Holiday Open House

NOVEMBER 14 & 15 | 9:30 AM - 3:30 PM

Shop our unique gifts this holiday season!

Located in the main lobby of the medical center. Proceeds from the Auxiliary help support patients & services.

### AUXILIARY HOLIDAY HAPPENINGS

#### HOLIDAY GIFT GARDEN HOURS

9:30 AM - 3:30 PM

Located in the main lobby of the medical center.

- November 14
- November 15
- November 22
- December 5
- December 6
- December 13
- December 20

### HOLIDAY OF LIGHTS SILENT AUCTION

BIDDING BEGINS
10 AM NOVEMBER 14

BIDDING ENDS
2 PM DECEMBER 4

Bid on holiday decorations and gifts, located in the main lobby of the medical center.

#### **CANDY SALE**

DECEMBER 16 7 AM UNTIL GONE

Located in the main lobby of the medical center.





## Tree of Life

The Greene County Medical Center Foundation invites you to join us in celebrating and honoring your loved ones. The annual Tree of Life is decorated with ornaments bearing their name, which will also be read during a special ceremony.

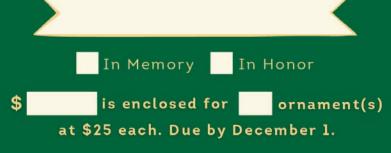
**DECEMBER 10 AT 12:30 PM** 

### MAIN LOBBY OF THE MEDICAL CENTER

An ornament and dessert ticket are \$25 each and can be purchased through Friday, December 5.



### AN ORNAMENT IS BEING PURCHASED IN MEMORY/HONOR OF:



Checks payable to:
Greene County Medical Center Foundation,
1000 West Lincoln Way
Jefferson, Iowa 50129

| For record | keeping, | please | complete | the | following: |
|------------|----------|--------|----------|-----|------------|
|------------|----------|--------|----------|-----|------------|

| our Name:        | _ |
|------------------|---|
| ddress:          | _ |
| ity, State, Zip: |   |

Nancy Houska, Foundation Director | 515-386-0108

#### **WAYS TO PURCHASE ORNAMENTS:**

- Available in the Gift Garden Gift Shop in the medical center lobby
- Scan the QR code
- Submit the form above
- Contact Nancy Houska at 515-386-0108

### GIVE THE GIFT OF

Farming is not just a job, it is a way of life, rooted in family, community and unwavering strength.

This fall, we invite you to consider giving back through the Gifts of Grain program. By donating a portion of your harvest, you help support essential rural healthcare services. It's an impactful way to ensure that families, friends and neighbors continue to have access to quality care at Greene County Medical Center.

### Planting Seeds of Hope for a **Healthier Tomorrow**

Donating is easy; just give grain through your local elevator. More information is available at your local elevator and at gcmchealth.com/foundation. You can also contact Foundation Director, Nancy Houska, at 515-386-0108 or by email at nancy.houska@gcmchealth.com.

Your harvest can do more than feed, it can heal. And together we can plant seeds of hope for a healthier tomorrow.



### GIFTS THAT FOCUS ON

The Greene County Medical Center Foundation sees the impact of your generosity every day. It lives in the smile of a patient receiving good news. It echoes in the relief of a family whose loved one finally has answers. And this year, your support can bring the same impact to even more people.

The 2025 Greene Backer campaign needs your help to bring life-changing technology to the communities we serve through the purchase and installation of a new, state-of-the-art MRI unit.

Magnetic resonance imaging is a vital tool that allows providers to see more clearly, aiding in early detection, diagnosing and the ability to begin treatments sooner.

By pooling resources, including your generous donations, we can make this vision a reality. In this season of light and compassion, we ask you to consider making a year-end gift to the Greene County Medical Center Foundation's Greene Backer campaign. Your donation, no matter the size, is an invaluable gift

of health, hope and healing for countless patients who walk through our doors.

Becoming a Greene Backer is as simple as following the instructions below or contacting me, Nancy Houska at 515-386-0108.



Mancy Houska | Director **Greene County Medical Center Foundation** 

#### SUPPORT GREENE COUNTY MEDICAL CENTER BY BEING A GREENE BACKER

| Your Name:           |   | Please direct my gift to the following:               |
|----------------------|---|---|
| Address:             |   | Area of Greatest Need                                 |
|                      | Phone:                                  | Healthcare scholarships for local high school seniors |
| Email Address:       |   | In Memory of:   |
| Direct Contribution: | \$500 \$250 \$100 Other \$              |   |
| Name(s) to be recog  | gnized as a <b>GREENE <i>BACKER</i></b> |   |

Thank you for your gift! Please return this form with your check (if applicable) to:

Greene County Medical Center Foundation 1000 West Lincoln Way, Jefferson, IA 50129

**QUESTIONS?** Call 515-386-0108



SCAN TO DONATE TEXT GREENEBACKER

### Foundation Donations

#### **Greene Backer Donations**

Laura Ballard Laurie Bruck Chad & Tammy Butterfield Lonnie Carter Sarah Erickson Craig Freeman Chantelle & Dan Grove Karlee Hines Nancy & Peter Houska Tammy Kiner Amanda Lass Amy Lewman Jamie McDonald Dannelle McDowell Katie Nelson Paula Parris Beth Peterson Denise Promes John & Jane Rowland Veronica Silva Maddeline Smith

#### **Memorials**

Mark Wall

*In Memory of Steve Carlson*Bill & Peg Raney

#### *In Memory of Leora Davis*

Leora Davis Family & Friends
Dolores Bravard
Mike & Kathy Bravard
Bill & Peg Raney
Robert & Marilyn
Schwarzkopf
Thomas & Sue Wind

#### In Memory of Joyce Frazier

Doug Hawn

#### *In Memory of Sid Jones*

Jacque & James Andrew Home State Bank Kim & Sherry Bates D. Clay Boatman & Richell Pfannebecker-Boatman Mike & Kathy Bravard Virginia & Doyle Carlson Roger & Teresa Chesler Lois Clark

Tony & Paula Clingan Joan Collison Rita Dunivan Roger Dunlap Jacquelyn Fie

Harvey & Marilyn Ganoe

Sarah Garst

John & Nancy Gerken
Becci & Bob Hamilton
John & Alice Hamilton
Steven & Carla Haupert
Kathleen & Quinn Hildman
Tracy A. Hoben

Tracy A. Hoben
David & Rosemary Hoyt
Mark & Nancy Ihrke
Wessling Farm, Inc.
Wessling Ag, Inc.
Kelly Jansen
Robert Larson

Eide Bailly, LLP Betty & Gerald Magee Kathy Marshall

Karen McCoy Margaret McCoy Terry & Pat Miller

Terry & Pat Mille Kathy Milligan

Bill & Martha Monroe Michael & Ann Ostendorf Mike & Sherry Palmer

Dick & Lynda Pawlowski Dean & Mary Petersen John & Susan Podlesak

John & Susan Podlesak Dean & Denise Promes

Bill & Peg Raney Kendall & Amy Rathje Doug & Sue Rieder

Bradley & Jane Robson Randy & Laurel Steig William & Kathleen Steussy

William & Donna Sutton M.J. & M.F. Wolterman *In Memory of Doris Kennedy* 

Mike & Kathy Bravard Bill & Martha Monroe

*In Memory of Kathryn Kunce*Doug Hawn

In Memory of Ferroll Miner
Dean & Denise Promes

In Memory of Connie Neese (through 9/30/25)

Jim & Jacque Andrew Lori & Shawn DeMoss Kevin & Shelly Fouch Doug Hawn

Lyn Le Countryman & Robert L Huber Kimberly Niles Bill & Peg Raney Joe Spartz Joan Helen Wahl

*In Memory of Don Palmer*Bill & Peg Raney

- -0 - -,

In Memory of Dean & Nancy Sabus Doug Hawn

In Memory of Shirley
Stapleton
Dale & Mild Calculations

Bob & Mikki Schwarzkopf

In Memory of Janelle Wilson
Mike & Kathy Bravard
Rebecca & David Wolf

### Scholarship Fund Donations

Laurie Bruck
Diane Carey
Cheryl Cool
Christopher Dorr
Thomas Fagg
Sara Fleecs

Gina Geisler Agnes Howard Nora Leyva Faith Louk Dannelle McDowell Jodi Miller Alexandra Mullins Sydnie Pottebaum Kamryn Sanders Jodi Schroeder Abigail Stelling Patyon Wadsworth Connie Whipple Evan Whipple Kathy Wiederin Jolene Wiley

#### **Additional Donations**

Greene County Medical Center Auxiliary

Greene County Community Foundation

Grow Greene County

Violet Hoffman Estate

Kiwanis Club of Jefferson







An Affiliate of UnityPoint Health

1000 West Lincoln Way lefferson, IA 50129

### **FAMILY MEDICINE CLINIC | 515-386-0500**

Walk-In Clinic available Monday - Friday | 7 AM - 4:30 PM



Dr. Thomas Fagg Family Medicine



Diana Smith, DNP Family Medicine



Mary Pedersen, ARNP Family Medicine



Kaitlyn Bravek, PA-C Family Medicine



Dawn Tingwald, ARNP Family Medicine



Alec Antanaitis, **APRN** Family Medicine

#### **BEHAVIORAL HEALTH** 515-386-2488



Heather Wilson, DNP, **PMHNP-BC** Behavioral Health



Bonnie Riphagen, **LMSW** Behavioral Health



Mary Jo Koch, MS, LMHC. NCC. CCTP Behavioral Health



Madisyn Behrens, Behavioral Health

A complete listing of providers and services is available at GCMCHealth.com or by scanning the QR code.



#### SPECIALTY CLINICS & SERVICES

**Audiology** 515-499-8622

**Cardiology** 515-386-2488

**Chronic Care** Management 515-386-0526

**Cosmetic Clinic** 515-386-2488

**Dermatology** 515-965-6839

**Diabetes Management** 515-386-2488

**Electrodiagnostic** Medicine 515-386-2488

**Endocrinology** (Telehealth) 515-386-2488

Ever Greene Ridge - Senior 515-386-2488 **Independent Living** 

515-370-5186

**Extended Care** 515-386-0638

Gastroenterology Referral Only

**General Surgery** 712-464-7909

**Imaging** 515-386-0443

Laboratory 515-386-0184 **Nursing Services** 515-386-2114

**Occupational Medicine** 

Oncology 515-239-4401

**Orthopedics** 515-386-2488

**Pain Clinic** Referral Only

**Podiatry** 515-386-2488

**Public Health** 515-386-3228

21st Century Rehab -**Physical Rehabilitation Services** 

515-386-4284

**Respiratory Care** 515-386-0469

**Sleep Studies** 515-386-0469

**Urology** 515-386-2114

**Vascular Surgery** 515-875-9090

**Wound Care Clinic** 515-386-0500