



An Affiliate of UnityPoint Health

1000 West Lincoln Way | Jefferson, IA 50129



An Affiliate of UnityPoint Health

ALWAYS CARING

GREENE COUNTY MEDICAL CENTER
NEWSLETTER SPRING 2023

GREENE COUNTY FAMILY MEDICINE ADDS **WALK-IN CLINIC**

Mary Pedersen
ARNP

Sara Fleecs
ARNP

Dr. Thomas Fagg

Diana Smith
DNP

Julie Nielsen
ARNP



OPENING APRIL 3RD!

The Walk-In Clinic can provide treatment for minor illness and injuries such as:

- | | | |
|-----------------------|---------|-------------|
| Allergies | Cold | Fever |
| Burns | Flu | Sore throat |
| Cuts | Earache | UTI |
| Minor Sports Injuries | | |

HOURS

Monday - Friday | 7 AM - 4:30 PM

www.GCMHealth.com/Clinics

Providers' Day

MEET & GREET

March 30th, 2023 | 4:30 PM - 6 PM
Greene County Medical Center Lobby

Join us in celebrating our providers at a special Greene County Medical Center Providers' Day event!

NURSING SERVICES

At Greene County Medical Center

- | | |
|---------------|--------------|
| Acute Care | Skilled Care |
| Extended Care | Wound Care |
| Hospice Care | And more! |
| Respite Care | |

515-386-2114
GCMHealth.com/services/nursing

WE'RE HIRING

JOIN OUR TEAM!

VISIT GCMHealth.com/CAREERS

Support Greene County Medical Center by being a **GREENE BACKER**

Your Name: _____

Address: _____

City/State/Zip: _____ Phone: _____

Email Address: _____

Direct Contribution: \$500 \$250 \$100 Other \$ _____

Name(s) to be recognized as a **GREENE BACKER** _____

Please direct my gift to the following:

- Continued Pain Clinic Support
- Area of Greatest Need
- Healthcare scholarships for local high school seniors

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 THE QR CODE TO
DONATE ONLINE
OR TEXT GREENEBACKER TO
41444



YOUR HOME FOR HEALTHCARE

No Matter Your Healthcare Needs, Greene County Medical Center Is Your Partner on This Journey

We are now a few months into 2023 and everyone here at Greene County Medical Center and the Family Medicine Clinic is excited about the ways we are enhancing the healthcare experience for the communities in our region. We continue to introduce new services and conveniences in our promise of being *Always Here, Always Caring* at Your Home for Healthcare.

But what does it mean to be Your Home for Healthcare? Being “home” is more than just a physical location. Home is where you trust the people there will always have your best interests at heart. Home is knowing your family members will stand by you as you travel through your own personal experiences. And, home is where you are able to have your voice heard and your needs met.

Greene County Medical Center has listened to you and is consistently adapting to meet your needs. Our dedicated providers have implemented same day appointments and a new Walk-In Clinic opening April 3 as

Chad Butterfield
Chief Executive Officer

Your Home for Convenient Care. Our specialists work tirelessly to allow patients to remain here, in Jefferson, at Your Home for Orthopedic, Podiatric and Surgical Care.

No matter the stage of your healthcare journey, we are here with the highest quality services, the options that fit your lifestyle and the caring, support and empathy you deserve. In other words, we are here to welcome you home.



2022 Foundation Year-End Giving

Greene Backer Donations

Connie Allsenworth
Jacque & Jim Andrew
Beverly Batcheller
Kim & Sherry Bates
Bill & Shelly Berger
Dale & Connie Betts
Heather Booth
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Angela Wadsworth
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Mark Wall
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Deb Wilcoxson
Kristi Wilson
Jennifer Wilson
Becky & David Wolf
Lyle & Mary Ann Wright
Don & Alice Yepsen

Tree of Life Donations

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Laura Ballard
Mike & Kathy Bravard
Dolores K. Bravard
Carol & Mike Christensen
Lois Clark
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Robert & Peggy Eason
Rochelle Guess & Thomas Fagg
Rose Foje
John & Nancy Gerken
Steve & Teresa Hagen

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Carolyn Houk
Pete & Nancy Houska
Marian Hyndshaw
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Mark & Jennifer Miller
Katherine Neese
Denise Promes
Nancy Richardson
Allen & Cheryl Robson
Linda Schilling
Mark Wall
Becky & David Wolf
Keith & Rhett Wright
Marileen Wright

Employee Casual for a Cause Donations Supporting Healthcare Scholarships

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Laura Ballard
Madisyn Behrens
Diane Bergermann
Laurie Bruck
Diane Carey
Quincy Carey
Anne Carstens
Susan Clark
Rebecca Consier
Cheryl Dideriksen
Ann Erickson
Sarah Erickson
Kathy Frantz
Julia Glawe
Chantelle Grove
Shaunna Hadley
Lori Herrick
Nancy Houska

Roxanne McCollom
Dannelle McDowell
Pamela Miner
Jenny Mobley
Jayne Peters
Beth Peterson
Carol Pope
Denise Promes
Amber Ricci
Heather Ruzicka
Maddeline Smith
Stacy Stream
Angela Wadsworth
Ann Wenthold
Deborah Wilcoxson
Heather Wilson
Becky Wolf

Memorials

In Memory of Mary Jo Burchfield
Greene County Medical Center Auxiliary
Carroll & Terri Wessling
Nancy Wessling
Keith & Rhett Wright
In Memory of Bob Denhardt
Tom & Sue Wind
In Memory of Judy Mohler
Greene County Medical Center Auxiliary

Donations

Bomgaars
Betty Jo Callaway Memorial
Lois Henrichs Estate
Vicki Tronchetti

Thank You to all our 2022 Foundation Donors!

Greene County Medical Center Foundation

Your Support at Work

New services, equipment and programs are the direct result of the many who volunteer or make donations to the Greene County Medical Center Foundation

Through the generosity of donations to the Greene County Medical Center Foundation and the hard work of the Auxiliary volunteers, we are able to provide assistance to the Medical Center by supporting new clinics, programs, services and the purchase of needed equipment.

As a not-for-profit organization, Greene County Medical Center was created for the benefit of all area residents. However, this designation also means the services covered by Medicare and Medicaid are reimbursed at less than 50% of their actual costs. This is where the fundraising arm of our organization, the Foundation, comes into play.

Through the annual Foundation Golf Tournament, held during the Bell Tower Festival, and the Greene Backer campaign, donors have provided support for the

first two years of the Pain Clinic, assisted with the purchase of a 3D Mammography machine and the purchase of other types of new equipment, like an EDG Scope, an Esophagogastroduodenoscopy scope—a long, flexible tube capped with a camera that allows for examination of the esophagus, stomach and upper portion of the small intestine.

In addition, the Greene County Medical Center Auxiliary volunteers offer valuable services and monetary support to all. They provide free coffee to staff and visitors, operate the Gift Garden shop, assist with the needs of departments throughout the facility and help offset the cost of new equipment, such as the recent approval for the purchase of a new rowing machine and weights for Cardiac Care. In the past 61 years,

the 72 members and 35 lifetime members have presented over \$600,000 to the Medical Center.

Both the Foundation and Auxiliary offer scholarship dollars each year to area students pursuing any career related to healthcare.

Our area senior residents have a comfortable and safe option for independent living, thanks to the Foundation's Ever Greene Ridge. Located on the Greene County Medical Center campus, these apartments offer seniors the opportunity to remain vital and vibrant members of our community.

To learn more about how you can make a difference for your friends, neighbors and loved ones by supporting healthcare for all, log on to GCMCHHealth.com/Foundation or call 515-386-0108.



2022 Foundation Golf Tournament



Ever Greene Ridge



BE A GREENE BACKER
SCAN THE QR CODE TO DONATE ONLINE
OR TEXT GREENEBACKER TO 41444

FAMILY MEDICINE CLINIC

515-386-0500



Dr. Thomas Fagg
Family Medicine



Sara Fleecs, ARNP
Family Medicine



Diana Smith, DNP
Family Medicine



Julie Nielsen, ARNP
Family Medicine



Mary Pedersen, ARNP
Family Medicine



Heather Wilson, DNP, PMHNP-BC
Behavioral Health



Bonnie Riphagen, LMSW
Behavioral Health

SPECIALTY CLINICS



Occupational Medicine
Rochelle Guess, ARNP
Mon. - Wed.
515-386-0229



Orthopedics
Dr. Jeffrey Wahl
Mon. & Thurs.
515-386-2488



Podiatry
Dr. Kelsey Sukovaty
Mon. & Tues.
515-386-2488



Cosmetic Clinic
Diana Smith, DNP
1st Fri. each month
515-386-0491



General Surgery
Dr. Josh Smith
Tues.
515-386-2488

VISITING SPECIALISTS

Audiology
Dr. Courtney Thayer
515-386-2488

Dermatology
Savannah Lanpher, ARNP
515-965-6839

Orthodontics
Dr. Andrew Shelly
888-573-8351

Vascular Surgery
Dr. Nick Southard
515-875-9090

Cardiology
Dr. Craig Stark
515-386-2488

Electrodiagnostic Medicine
Dr. Todd Troll
515-386-2488

Pain Clinic
Dr. Rich Jacobson
Dr. Keith Barnhill
515-386-2114

Cataracts
Dr. Logan Vincent
800-642-6605

Gastroenterology
Dr. Thomas Martin
515-288-6097

Urology Clinic
Dr. Trevor Wild
515-386-2114



THE NEXT BEST THING TO HOME

For 93-year-old Alice Shriver, being a patient in Greene County Medical Center's newly-developed Extended Care program has enhanced her sense of security and brought her new friendships.

Jefferson is the only home 93-year-old Alice Shriver has ever known, and she is happy to be able to stay here as a patient in the newly-developed Extended Care program at Greene County Medical Center.

Alice grew up in the Jefferson countryside, moving into town when she entered high school. Jefferson is also where she and her late husband Lloyd wanted to raise their children, Cara, Ann and Allen. She is proud of the hard work and sacrifices they made to ensure she could work in the home, caring for her children and dedicating a good share of her time to volunteering. And as a lifetime member of the Greene County Medical Center Auxiliary, Alice saw first-hand the commitment to patient-centered care. She did not hesitate for one moment when she qualified to join the Extended Care program.

Extended Care patients and their families partner with a dedicated and compassionate team of healthcare providers to develop and implement individualized care for those who are unable to return to previous living arrangements. This is a more permanent, nurse-assisted option in a warm and caring environment.

Alice was one of the first patients to enter the program and tells the Greene County Medical Center staff members every day how much she appreciates their care and how fortunate she is to be there. "My

every wish is their command, they just do everything for me," she said.

She added, if she can't be at home, this is the next best thing. "I was falling all the time, and broke my arm. I just need all these things done for me that I can't do myself," said Alice. It alleviates the worry about another incident and gives her a strong sense of safety and security.

In addition, Alice has made new friends with the other Extended Care patients and enjoys sharing meals with them, putting together puzzles, playing dominoes and cards and so much more.

The Medical Center has a dedicated Extended Care area on the first floor of the Acute wing. This space is designed specifically for the comfort and convenience of the patients with modern rooms, dining and activity areas as well as a nursing station. There are furnished private and semi-private rooms available that come with meals and snacks, linens and towels, cable television, phone service, laundry and more.

For information or to schedule a tour for this private-pay alternative living option, contact Greene County Medical Center Extended Care at 515-386-0639 or 515-386-0224. You can also visit www.gcmchealth.com for more information.

Diabetes Management is All About Education and Teamwork



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The world, and healthcare, looked quite different 30 years ago when a Jefferson man, Freddie German, was diagnosed with Type 2 diabetes. Now, after decades of advancements, this retired electrician continues to rely on the one constant and vital link in controlling his disease—the Diabetes Management team at Greene County Medical Center.

After his initial diagnosis, Freddie was immediately enrolled in diabetes education to help him learn about his treatment options and to teach him and his wife, Jolene, about insulin, blood sugar levels and how to react. "That was scary when it first started," he said.

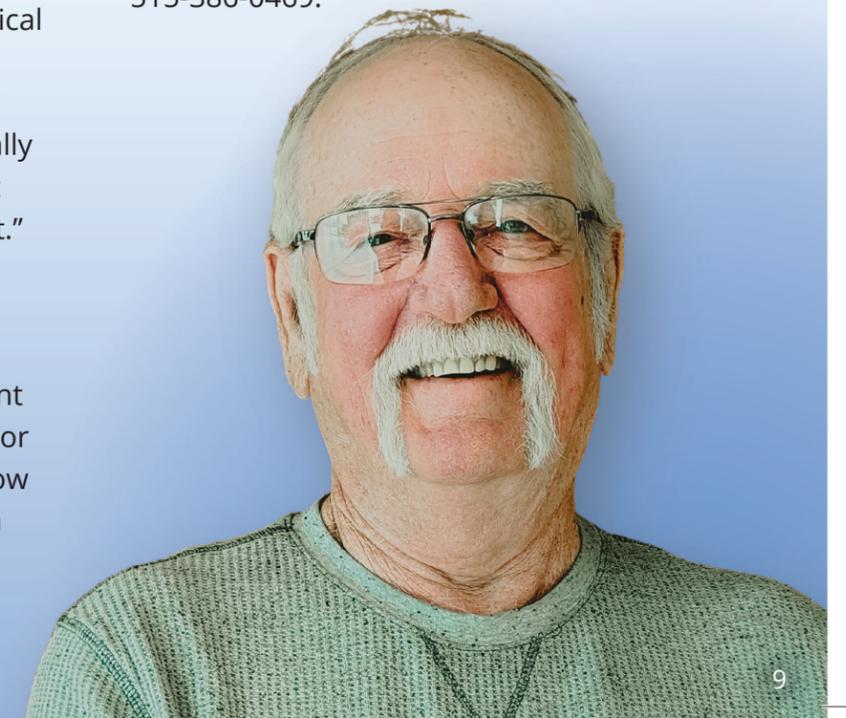
The expertise of the Greene County Medical Center staff is how Freddie began to manage his day-to-day life. "Diabetes is a horrible, horrible disease, I mean it actually controls your life," said Freddie. "You just have to learn how to control it. Manage it."

Over the past three decades, mammoth strides have been made in science and technology. Freddie cites his advancement to the use of a continuous glucose monitor and a tandem pump as an example of how the team helped define and implement a personal solution.

There is a lot more to diabetes management than machines, he added. It takes the human connection; the support of class participants and collaboration with a one-of-a-kind medical team who has the information you need to know.

Until scientists find a cure, Freddie said he will continue to work with his Diabetes Management team and rely on the consistently exceptional care they provide at his home for healthcare, Greene County Medical Center.

For more information on diabetes education and management, contact your healthcare provider or call Diabetes Management at 515-386-0469.



**FOR EXTRAORDINARY NURSES
IN MEMORY OF J. PATRICK BARNES**

Nominate a Nurse for the DAISY Award at Greene County Medical Center!

Help us recognize Greene County Medical Center and Family Medicine Clinic nurses who go above and beyond to make a difference in the lives of patients and families!



SCAN HERE to open the form!



GETTING TO THE *Heart of the Matter*



CHEST PAINS LEAD TO BATTERY OF TESTS TO HELP PUT JEFFERSON WOMAN AT EASE

With a history of heart issues – including cardiac bypass surgery in 2016 – Cheryl Swanson is exceedingly cautious when it comes to her health. As such, when she began experiencing moderate chest pains just before Thanksgiving last year, she acted.

“I took three nitro tablets and the pains subsided,” Swanson says. “By the next morning, I wasn’t having any chest pains, but I was still feeling kind of crummy. I just felt that I needed to be seen.”

Swanson, 75, turned to the team at the Greene County Medical Center Emergency Room where Mark Buettner, DO, managed her care. After ensuring Swanson was stable, Dr. Buettner ordered a series of tests to see what was causing the symptoms. The tests included an electrocardiogram (EKG) to check the electrical signal from her heart, and blood tests including comprehensive metabolic panel to check for measures that may be out of range, and an enzyme test that would provide insight on whether Swanson had recently experienced a heart attack.

“Everything checked out okay,” Swanson says. “Dr. Buettner said that the hour or so I was experiencing chest pains was long enough to indicate a heart attack, but the various tests showed that it was not.”

Relieved that she had not had a heart attack, but still vigilant in staying on top of her health, Swanson continued to have additional testing performed after the Thanksgiving holiday. Swanson was already scheduled for an ultrasound of her carotid artery with Craig Stark, MD, on November 30. Dr. Stark, who is a cardiologist at UnityPoint Health and provides outreach services at Greene County Medical Center,

also ordered chest x-rays, a nuclear stress test, and an echocardiogram.

To Swanson’s relief, the battery of tests showed that she had not had a heart attack and that she had no additional heart problems.

“It was Dr. Stark who diagnosed me with familial hypercholesterolemia back in 2016,” Swanson says. The hereditary condition contributes to a very significantly elevated low-density lipoprotein (LDL) cholesterol (LDL-C) or “bad cholesterol” and an increased risk of early onset of coronary artery disease. “All of these tests were run because of that background.”

“I feel lucky,” Swanson continues, “because with the heart condition I have, the fact that they took the time to run all those tests to ensure they could rule out any heart attack or any further damage put me at ease.”

Swanson, who lives on an acreage just outside Jefferson with her husband Lewis, says she feels fortunate to have access to such advanced care – to include the services of a board-certified cardiologist – so close to home.

“It is great that I don’t have to go out of town for any of these services,” she says. “I got great care in the Emergency Room, and the follow up care with Dr. Stark was excellent. I felt like they really took care of me all the way through the process.”

For more information about Cardiac Services at Greene County Medical Center, visit www.GCMCHealth.com or call 515-386-0469.



WHY DRIVE? Greene County Medical Center is Your Home for Orthopedic Care

Orthopedic Surgeon, Dr. Jeffrey Wahl, Brings Big City Medicine to Jefferson, Iowa

Many of Dr. Jeffrey Wahl’s patients have shared how grateful they are to have this highly-skilled orthopedic surgeon practicing at Greene County Medical Center.

Wahl, who is a graduate of Jefferson-Scranton High School, completed an osteopathic residency at the renowned Cleveland Clinic. Wahl and his wife, who is from Guthrie Center, returned home to raise their family and he began practicing in our region, treating a variety of orthopedic issues.

“With the largest age group here in rural Iowa being elderly, you are going to see a lot of osteoarthritis

and wear and tear,” Wahl said. “We do a lot of knee and hip replacements, rotator cuff tears, carpal tunnel, fracture care and sports injuries.”

Wahl is proud to offer exceptional service to our rural Iowa residents, saving you the time and money it takes to go to the bigger cities.

“Our rural affiliate hospitals are great medical centers, but some people seem to think bigger is better,” said Wahl. “You can go anywhere and get a knee or hip replacement, but are you going to get the kind of attention and personal care that you will get here,

at your hometown hospital?”

Another benefit is more one-on-one time with your surgeon. “In the bigger cities, patients don’t often get the opportunity to visit with their surgeon. Here, they are going to see me before, during and after any procedures.”

Patients can make appointments directly with Dr. Wahl as well as through referrals from their primary provider. He is here in Jefferson, ready to help you begin the healing process at Your Home for Orthopedic Care.

Call 515-386-2488 for more information.

YOUR HOME FOR SURGICAL CARE



Dr. Josh Smith Delivers the Highest-Quality Surgical Care, Right Here at Greene County Medical Center

For more than 10 of the 22 years spent as a general surgeon, Dr. Josh Smith has been caring for Jefferson area residents. And when it comes to a description of what general surgery is, that one word, “general,” he says, covers a broad range of procedures performed at Greene County Medical Center.

“In the rural areas, we do a lot of scopes, colonoscopies and upper endoscopies, at around a thousand per year,” Smith explained. “We also remove gall bladders and appendix, perform breast, colon, hernia and skin cancer surgeries and more.”

Smith said Greene County Medical Center is Your Home for Surgical Care. It is convenient for patients and their families and can result in better patient

outcomes. There is minimal travel time and follow-up is readily available. In addition, many of the procedures are outpatient. Depending on the surgery or scope, the patient may be home within two to three hours.

Smith wants residents to know there is a misconception that they have to travel to larger metropolitan area for surgeries. “We can do all of these general procedures right here at Greene County Medical Center,” Smith said. “We have the same equipment and technology, we have an excellent staff and it’s a great place to have surgery.”

For more information call 515-386-2488.



NOT A JACK OF ALL TRADES, BUT THE MASTER OF ONE

According to Dr. Kelsey Sukovaty, podiatry is a bit of a secret in the medical field. It is also common, she said, for public misconceptions that the specialty only treats ingrown toenails, bunions and similar ailments.

"In reality, we are experienced at treating everything from those ingrown toenails, flat feet and fallen arches to injuries sustained in traumas and total ankle replacements," Dr. Sukovaty said. "It is a unique thing. We spend so much of our time working with the lower extremities that we really are masters in that area."

Current podiatric training includes three years of surgery for just the foot and ankle. Dr. Sukovaty has brought that expertise to Greene County Medical Center and is happy to be able to help

people find relief through in-office procedures and treatments as well as with newer alternatives, like total ankle replacement.

"There is a strict criteria for total ankle replacement," Sukovaty explained. "But if the patient is qualified, they can undergo a CT scan, which works with engineers in the companies to help create a 3D printed guide which lines up the mechanical and anatomical axis to make sure the implant is aligned perfectly for success. The ankle joint is removed, and a metal replacement is placed on the two bones and a poly implant (which is like a plastic) is placed between them for gliding of the joint." Patients do very well after this procedure, she added. Their quality of life is incredible compared to before replacement.

Sukovaty, who is originally from the Manson area, was practicing in Waterloo, but says it feels like coming home to be seeing patients at Greene County Medical Center.

"I just have a soft spot for places like this," she said. "There's something about bigger cities, where people don't get to know each other quite as well. I like to get to know more about people than just their feet. You can also get that big city medicine everyone is looking for right here. No travel is huge as well. It is such a convenience and Greene County Medical Center offers as much or more."

For more information on all the specialty services provided at Greene County Medical Center, call 515-386-2488.

Your Input, Your Healthcare

Greene County Public Health is asking for your help in identifying healthcare concerns in our communities.

One of the most important steps our residents can take for the overall health of Greene County is to supply their input on factors they believe impact the health and healthcare of our region. Every five years, Greene County Public Health distributes the Community Health Assessment (CHA) via a simple survey. The feedback received is used to research the identified issues. Then, in collaboration with community partners, a "strategic roadmap" is developed to meet the goal of a healthier Greene County. This plan is then updated annually to ensure continued progress.

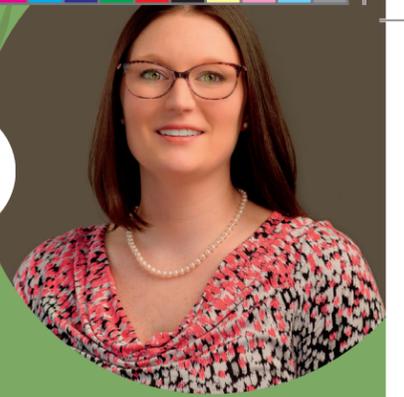
The survey will open on Wednesday, March 1 and close on Saturday, April 1 and will be made available through paper copies or digitally via Survey Monkey. Access is as easy as scanning the QR code below, or going to the Greene County Medical Center website or social media pages.

"The goal is to have at least 500 Greene County residents participate by completing the survey," said Greene County Public Health Director, Becky Wolf. "Once the data collecting is complete, the assessment results and Community Health Improvement Plan (CHIP) will be shared with the public. We anticipate this will be in mid-November."

For more information on the Community Health Assessment and Improvement Plan log on to Community Health Assessments and Improvement Planning (CHA CHIP) | Iowa Department of Health & Human Services. **For more information or to participate in the improvement planning processes, call Greene County Public Health at 515-386-3228.**



DIANA SMITH, DNP



COSMETIC CLINIC

- Botox
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- Lip Enhancements
- Non-surgical cosmetic options for men & women

CALL 515-386-0491

NO REFERRAL NEEDED

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FOUNDATION

ANNUAL GOLF TOURNAMENT

FRIDAY, JUNE 9TH, 2023

REGISTER NOW!



www.GCMCHHealth.com/Golf

HONOR YOUR PROVIDER

Help us continue our mission of being *Always Here, Always Caring* by honoring your provider, nurse, or favorite team member with a donation to the Greene County Medical Center Foundation. Tell us why you are honoring someone at the Medical Center on the donation form and we will share your comments with our team!

Visit GCMCHHealth.com/Foundation or scan the QR code to donate.



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