

## New Help for Sinus Pain

Serious sinus pain (sinusitis) is one of the most common health problems in the U.S. Patients can have painful symptoms like headaches, stuffy nose and tiredness.

"The headaches from my sinus infections interfered with my personal and work life. It became hard for me to do the things that I wanted and needed to do, because the pain was so bad," said Renae Shoars.

Renae had traditional sinus surgery in 2005 to help stop her sinus infections. She felt better, but scar tissue formed because of that surgery. Her headaches came back. She looked for options to make the pain go away for a second time. As a surgery staff member at Waverly Health Center (WHC), Renae heard about a surgery called Balloon Sinuplasty™. It was being done by WHC Ear, Nose and Throat visiting specialist, Dr. Ed Gonzales.

Dr. Gonzales is the first doctor in the area to offer this surgery. He said, "Balloon Sinuplasty quickly opens and expands blocked sinuses, relieving pressure and pain. That means you feel better faster and more comfortable after surgery. Many of my patients return to normal activities within 24 hours and feel that their symptoms start to get better right away."

Renae can speak to the fast recovery time,

"It took me two weeks to recover from my first surgery. After Balloon Sinuplasty surgery, I felt better and was able to go to a family event a few hours after I went home!"

In the past, sinusitis patients had two treatment options:

- medical therapy of medicine and nasal sprays
- traditional sinus surgery, Functional Endoscopic Sinus Surgery (FESS)

Even with these treatment options, around 900,000 patients each year choose to live with painful sinus problems.

Medical therapy can help lessen symptoms in many patients, but may not work for others. For some, sinus surgery may be the best option. FESS surgery takes out bone and tissue to open up blocked sinuses. This can cause pain to the patient and create possible problems in the future.

The problems that can come with FESS may not happen with Balloon Sinuplasty because of its gentle technique. "A small, flexible balloon catheter is placed through the nostril into the blocked sinus passage. The balloon is blown up slowly to open the sinus passage. This brings back normal sinus function. In many cases, it can be done without taking out any tissue or bone," said Dr. Gonzales.



Renae Shoars and Dr. Ed Gonzales

### Balloon Sinuplasty may be an option for you if:

- You have painful sinus symptoms that medicine and/or nasal spray does not help.
- You have had FESS surgery, but still have sinus pain.
- Need a sinus surgery that allows you to get back to your life faster.

"I feel so much better," said Renae, who now assists Dr. Gonzales during his Balloon Sinuplasty surgeries at WHC. "I love being able to help others feel the same kind of relief that I did."

If you have questions about Balloon Sinuplasty or to schedule an appointment, call (800) 360-4442. You can also visit [www.BalloonSinuplasty.com](http://www.BalloonSinuplasty.com) for more information.

## Shell Rock Clinic Set to Open This Winter

The Shell Rock Clinic is making plans to open this winter. Construction started last June for the 8,600 square foot building. When finished, there will be room for four health care providers.



The new Shell Rock Clinic building as of September 2011

Dr. Dan Koos, Shell Rock Clinic, stated, "The new clinic will be an outstanding addition to the town. It will be big enough to help us serve a large number of patients."

The clinic will have 12 exam rooms and one treatment room. Additional space includes a lab for drawing blood and offices for clinic staff.

"The new space will help us better serve our patients in Butler and Bremer counties," stated Jon Hennings, ARNP, a provider at the clinic. "The location of the new clinic right off of Highway 3 will make

it very easy to access."

The design of the clinic uses colors and images from nature. From the wood-look flooring in the exam rooms to the artwork on the walls, local landmarks and Iowa pride will be shown.

Shannon Hull, PA-C, a provider at the clinic, said "We used our patient-centered approach in designing the new clinic. It will be a very nice and relaxing place for our patients for many years."

Photos of the project can be seen at [www.ShellRockClinic.org](http://www.ShellRockClinic.org).

## New Provider

WHC welcomed new provider, Maria Farmer, ACNP, to the emergency department in August 2011.

Ms. Farmer is board certified as an Acute Care Nurse Practitioner. She received her Bachelor of Science degree and her Masters degree in Nursing Education at Allen College in Waterloo. She completed post-graduate Acute Care Nurse Practitioner studies at St. Louis University in St. Louis, MO.

"My passion for providing quality care to the community is the most exciting part of my new position with WHC. Since 2001, my family and I have called Waverly home. My position at the health center is an opportunity for me to provide compassionate care to the community I live in," said Maria.

For more information about other Waverly Health Center providers, visit [www.WaverlyHealthCenter.org](http://www.WaverlyHealthCenter.org).



Maria Farmer, ACNP

## New Leader Joins WHC



*Kyle Richards, CEO*

Kyle Richards joined Waverly Health Center as its chief executive officer on August 29, 2011.

From Pierre, SD, he was serving as the CEO of Sanford Webster Medical Center and Bethesda Home, Inc. in Webster, SD, for the past three years.

Mr. Richards is a Certified Professional in Healthcare Quality and has more than 13 years of experience in health care leadership, quality and safety.

He earned his bachelor's and master's degrees from the University of South Dakota in Vermillion.

"After seeing firsthand the great partnership and support of the communities we serve, I see a bright and healthy future for everyone in the area," Kyle said. "We have a great team of staff and health care providers. We will always look to the future to make sure we have new technologies and services to provide the best care for our patients and their families."

He continued, "Everyone in Waverly has been great to me and my family. We have been welcomed with open arms. The city is a terrific, family-friendly community and we know it was a great choice for us to move here."

## Foundation Update

### 'The WHC Difference' 2011 Annual Campaign

For the 2011 'The WHC Difference' annual campaign, the overall goal is to raise \$150,000. We've already raised more than \$50,000 towards this goal, but need your help to complete the campaign!

#### We're raising dollars to purchase a:

Cardiac-Vascular Ultrasound Imaging System

#### Benefits:

- Provides faster diagnosis and treatment
- Allows providers to share and discuss test results electronically
- Takes higher quality pictures of the heart

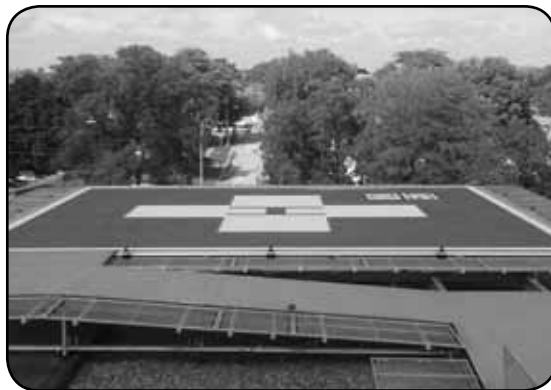


*Imaging System*

Please consider making a donation to help the Foundation reach its goal. Your gift will be used to ensure an even higher standard of care at WHC.

### Helipad Update

The Lois Coonrad/Bolger Helipad is complete. Inspections and test flights took place in early October. WHC is excited to have this state-of-the-art rooftop helipad to help in providing high quality, patient-centered health care in an emergency.



*The completed helipad*

## Make a Gift Online!

Please visit

[www.WaverlyHealthCenter.org](http://www.WaverlyHealthCenter.org)

to make your gift online! Simply click on the "Give Now" button at the top of the page. It's safe, secure and convenient.

## Community Lunch n' Learns

Join us for two great Lunch n' Learn presentations. Both presentations will take place in The Wet Room at The W. They are free and open to the public.

**Wednesday, October 19**, Noon to 1 p.m.  
"Chronic Sinusitis and New Treatments"  
Dr. Ed Gonzales, ENT, visiting specialist

**Wednesday, November 16**, Noon to 1 p.m.  
"Healthy Holiday Eating"  
Wahneta Haywood, RD, LD, nutrition therapy

### Birthing Center (319) 483-4953

#### Breastfeeding

Classes are held every six weeks on Tuesday evenings from 6 to 8 p.m. in the CG Room and cost \$10. Certified breastfeeding educators will review basic principles and what to expect when breastfeeding. Significant others are encouraged to attend.

#### Prenatal

Classes are held monthly on Saturdays from 8 a.m. to 2 p.m. in the CG Room and cost \$35. There will be a 30-minute break for lunch on your own. Wear comfortable clothing and bring one or two pillows.

### CPR & First Aid (319) 352-4985

#### Community CPR

6 to 9:30 p.m., CG Room  
\$35, 2-year completion card  
• Thursday, November 3

#### Community CPR Review

6 to 8:30 p.m., CG Room  
\$23, 2-year completion card  
• See the WHC website for future classes.

#### First Aid

6 to 9 p.m., CG Room  
\$25, 2-year completion card  
• Thursday, December 1

Pre-registration and pre-payment are required!

### Community Health (319) 483-1361

#### Car Seat Safety

Child Passenger Safety technicians are available to check car seat installation and answer questions.

Program sponsored  
in part by:



#### HAWK-I

#### (Healthy and Well Kids in Iowa)

Applications for Iowa's low-cost/no-cost medical insurance plan are available. If your child is not currently covered by any health insurance, please call for more information.

#### Lead Testing

The Iowa Department of Public Health recommends that all children one year to six years of age are tested for lead poisoning. If your child has not been tested, please call your health care provider to schedule an appointment.

#### Tobacco Cessation & Prevention

Tobacco cessation information and support is available to all Bremer County residents.

#### Family Nest

Individuals in Bremer and Butler Counties can enroll in an incentive program as a way to improve his or her family's safety, health or self-sufficiency.

Program sponsored  
in part by:



For more information about Waverly Health Center, visit

[www.WaverlyHealthCenter.org](http://www.WaverlyHealthCenter.org)

or call (319) 352-4120.

## Hour by Hour

Fresh from a shower in her private bathroom at Waverly Health Center, Twila Dietz of Nashua looked refreshed and relaxed. "My stay in the hospital has been very good," she commented. "My nurses have taken good care of me and I never had to wait for what I wanted."

During her recent stay at WHC, Twila benefited from hourly rounding by the inpatient nursing team. "Our nurses wanted to make sure our patients receive the attention they deserve," stated Kathleen Butschi, RN. "Many times they do not want to 'bother' us so they do not ask for help."

Hourly rounding is WHC's way of making sure patients have the help they need. Each hour, a nurse or nursing assistant visits each patient. During the visit they check on the 4 P's for the patient:

- Pain
- Personal items within reach
- Potty
- Position

"The process has been working very well," stated Kathleen. "It really is a change in how we do our work, but both the patients and our nurses benefit from it. Our patients are more comfortable and they know when we will be back in to see them. As a nurse I benefit from having fewer call lights and



Kathleen Butschi, RN checks in with patient, Twila Dietz

can better schedule my time with patients."

Patients are told about hourly rounding when they come to the health center. Kathleen stated, "At first my patients don't know what it means. After they are here for a while, they begin to understand and like the service."

"The hourly visits were nice," Twila said. "They weren't too often and I didn't feel like they disturbed me. Waverly Health Center is a wonderful hospital. My husband Charlie and I would recommend it to anyone."

## Counseling Services

At WHC, counseling services are offered to help you deal with difficult feelings or situations.

**You can schedule an appointment to address issues related to:**

- Depression
- Anxiety
- Stress management
- Post partum depression
- Grief/loss
- Adjustment to illness/life changes
- Mental health conditions and general wellness
- Eating disorders
- Medications for mental health conditions

Our team can provide mental health screenings, psychiatric evaluations, counseling, medication management, prevention and treatment information to help you.

To make a counseling appointment with Jennifer Schneiderman, LISW, GC-C, please call (319) 483-4074.

To make a counseling appointment with Dr. Ann Rathe, call the Black Hawk-Grundy Mental Health Center at (319) 234-2893 ext. 265. Ask to be seen at the Waverly Health Center location.

## Online Bill Payment Now Available

Waverly Health Center patients now have a convenient option for paying bills. With a new, safe system called SecureHealthPay (SHP), you can pay hospital or clinic bills online.

Bringing online bill payment to WHC was done with our patients in mind. Patients made regular requests for this type of system, and we wanted to meet your needs. SHP can be accessed 24 hours per day, 7 days a week, allowing you to manage your bills on your own time.

"From the first time I viewed what SecureHealthPay had to offer, I liked the way their system was designed from the patient's point of view. I also liked how simple and easy to read the screens are. It is very quick to access and use," said Becky David, business office manager.

Using SHP is safe and easy. Find your assigned SecureHealthCode at the top or bottom of your paper billing statement.

Visit [www.SecureHealthPay.com](http://www.SecureHealthPay.com). Simply enter the SecureHealthCode and amount due from your paper billing statement and login information to enter your personal account.

"Patients afraid of paying their bills online should not worry; SHP is very safe to use. The system meets all privacy and security standards," said Christy Becker, clinic business office and compliance manager.

Date	Bill Code	Description	Amount
08/24/2011	0402	ULTRASOUND	\$301.00
07/21/2011		RCBS ADJUSTMENT	\$-90.61
07/21/2011		INSURANCE PAYMENT	\$-8.37
			\$202.02

You can find your SecureHealthCode easily on your paper bills

**When logged into SHP, you can do the following:**

- View and print bills for all patients in your household from the hospital and clinics under one login
- Make full or partial payments
- Set-up a future payment date
- Set-up a recurring payment
- Request a payment plan
- E-mail questions or comments
- Print receipts for other insurance or flexible benefits plans
- Leave feedback for SHP about the system

A patient that recently used SHP commented, "This method of payment works great – it's simple to put in the bill code, find the amount and pick a specific date to make the payment. Fast and easy!"

In the future WHC hopes to "Go Green" and offer paperless billing. "We are working with SHP to add additional features for an online billing and payment system. Patient comments and ideas are welcome as we build this system," said Becky.

For more information or to provide feedback about SHP, please call (319) 352-4931.

For more information about Waverly Health Center, visit

[www.WaverlyHealthCenter.org](http://www.WaverlyHealthCenter.org)

or call (319) 352-4120.

## Car Seat Program

Jerry Roling Motors has given \$2,500 to support Waverly Health Center's car seat safety program for Bremer County.

"We are concerned about the safety of all drivers and passengers," stated Brad Roling, dealer principal with Jerry Roling Motors. "We are pleased to help support the health center's efforts to educate parents and their work to ensure young riders are safely secured in their families' cars and trucks."

According to SafeKids.org, motor vehicle crashes are the leading cause of death for children 3 to 14 in the United States. Research on the effectiveness of child safety seats has found them to reduce fatal injuries by 72% for infants younger than one year of age and by 54% for toddlers ages 1 to 4. Children ages 2 to 6 years old in child safety seats (including child restraints and belt positioning booster seats) are about 28% less likely to die than those using safety belts alone.

Proper use of car seats helps keep kids safe.

It is important that parents and caregivers avoid buying used car seats if they do not know the seat's owner or history.

### Never use a car seat that:

- Is too old. Car seats expire six years after manufacture date. Check the label for manufacture date and model number.
- Is visibly cracked.
- Does not come with an operator's manual.
- Is missing parts. Used car seats often come without important parts.
- Was recalled. Find out by calling (888) 327-4236.
- Has been in a moderate or severe crash.

### Iowa law requires that:

- Babies under one year of age and weighing less than 20 pounds are secured in a rear-facing car seat.
- Children under age 6 are secured in an appropriate car seat or booster seat, not a seat belt alone.



*Brad Roling, Jerry Roling Motors, and Brian Pins, WHC community health specialist*

- Children over age 6 but under age 11 are secured in a booster seat or seat belt.
- Rear seat occupants under 18 must be secured by a seat belt.
- Driver and front seat passengers must be secured by a seat belt.

For more information or to schedule a car seat installation, call Waverly Health Center community health at (319) 483-1361.

## The Flu Ends With 'U'



*The best way to help prevent the flu is to get a flu shot*

Flu season is just around the corner. Here are a few tips to help you and your family stay healthy this year.

The seasonal flu (respiratory influenza) is a mild to serious respiratory (breathing) illness that spreads easily from person to person. More than 226,000 people are admitted to hospitals each year in the U.S. with flu-like symptoms.

### How flu spreads

The flu virus is spread mainly by droplets made when people with the flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get the flu by touching a surface or object that has flu virus on it, and then touching his or her own mouth, eyes or nose.

### If I have the flu can I give it to my family?

You may give the flu to someone else before you know you are sick, as well as while you are sick. Most healthy adults

may be able to infect others beginning one day before symptoms develop and up to five to seven days after becoming sick.

### Flu-like symptoms include:

- body aches
- chills
- cough
- fatigue
- fever
- headache
- sore throat
- stuffy or runny nose

Some people also may have vomiting and diarrhea. People may have the flu and have respiratory symptoms without a fever.

### Get vaccinated:

Anyone over six months of age should be given the flu vaccine. The single best way to prevent the flu is to get the flu vaccine each year. This year's vaccine will protect you against three types of flu including the H1N1 virus. About 60 percent of Americans may still be at risk for getting the H1N1 flu.

### There are two types of flu vaccines:

- "Flu shots" — inactivated vaccine (contains killed virus) that is given with a needle.
- The nasal-spray flu vaccine — a vaccine made with live, weakened flu viruses and is given as a nasal spray.

### People at high risk for serious flu problems include:

- Children less than six months of age. This age group is too young for flu shots. To protect them, people who take care of them should get a flu shot.

- Pregnant women.
- People with ongoing health conditions like asthma, diabetes or heart and lung disease.
- People 65 years and older and their caregivers.
- Health care workers.
- College students, due to large classrooms and shared living space.

### Tips to help prevent colds and the flu:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after use.
- If you don't have a tissue, cover your mouth and nose with your hands or use the bend of your elbow. If you use your hands, clean them right away.
- Wash your hands often with alcohol-based hand rub or soap and water.
- Try not to touch your eyes, nose and mouth. Germs spread this way.
- College students should clean their living space often with special attention to high-touch surfaces like door knobs and light switches.
- Limit close contact with sick people.
- If you are sick with a flu-like illness, stay home for at least 24 hours after your fever is gone (without the use of medicine), except to get medical care or for needed items.
- While sick, limit contact with others as much as possible, to keep from infecting them.

For more information about Waverly Health Center, visit

[www.WaverlyHealthCenter.org](http://www.WaverlyHealthCenter.org)

or call (319) 352-4120.

## Diabetes and Pregnancy: What it Means for Mom and Baby

Gestational (jes-stay-shun-al) diabetes is defined as diabetes that first occurs during pregnancy. As a rule, the condition will disappear after the baby is born, but the woman will be at greater risk for developing type 2 diabetes later in life.

### Are You at Risk?

Factors placing women at higher risk for gestational diabetes are:

- Obesity
- Over 25 years of age
- Family history of diabetes
- Members of these ethnic groups: Latino, Native American, Asian American, African American or Pacific Islander
- Problems in previous pregnancies, such as a large baby, birth defects and stillbirth
- Being diagnosed with gestational diabetes during a previous pregnancy

### Screening

All pregnant women should be screened for gestational diabetes between 24 to 28 weeks gestation. The test is called a glucose (sugar) challenge. For this test, you drink a solution and your blood glucose is checked after one hour. Depending on the results of this test, a follow-up test may be needed.

### Hyperglycemia

With gestational diabetes, there is too much glucose in the blood (hyperglycemia). The body breaks down carbohydrates from food and turns them into glucose. The glucose enters the blood where it is sent

throughout the body. Normally, insulin (a hormone), helps glucose move from the blood into body cells so it can be used for energy. For a woman with gestational diabetes, her insulin is not working as it should.

**Hyperglycemia during gestational diabetes may be due to one or all of the following reasons:**

- The body doesn't use insulin as well as it did before pregnancy.
- The cells in the pancreas are not making enough insulin.
- The hormones made during pregnancy can affect the production and use of insulin.

### Dangers

**Risks for the baby include:**

- Birth weight greater than nine pounds.
- Hypoglycemia (low blood sugar) right after birth. This happens because the baby no longer receives glucose from the mother.
- Premature birth and respiratory distress syndrome (RDS). RDS occurs when a babies' lungs are not developed enough for breathing on their own.

**Risks for the mother include:**

- Preeclampsia (pregnancy-induced high blood pressure) due to excess weight
- Urinary tract infections



*Learn the facts about diabetes and your pregnancy*

- Ketonuria is the presence of chemicals called ketones in the urine. Ketones result from fat being broken down for energy. This happens because a person with uncontrolled, gestational diabetes can't use the glucose needed for energy. Ketones can cross the placenta and are dangerous to the baby.

### Treatment

Your doctor will help you decide the best treatment options for you and your baby.

For more information on gestational diabetes and education programs, contact your health care provider or the diabetes education program at Waverly Health Center at (319) 352-4952.

*Source: Gestational Diabetes – What to Expect, American Diabetes Association, Fifth Edition, 2009.*

## Get Rid of Old Medicine

Don't forget to check your medicine cabinet when cleaning your home!

"It is a good idea to get rid of old medicines. The way drugs are supposed to work can change depending on its age and how it is stored," says Sharon Cashman, RPh, Center Pharmacy. Exposure to air, temperature changes and moisture can all affect medicine, often making it less effective.

Over-the-counter drugs should be thrown away if they are past the use by date on the container. If stored right, most prescription medicines are good for about 2 years after you get it from the pharmacy. Drugs that have not been used after two years or are no longer needed should be discarded.

Make sure to get rid of old drugs the right way. Do not put them down the drain or throw into the garbage. This can pollute drinking water, and thrown away medicines have been linked to changes in fish, frogs and birds. The TakeAway™ program at many local drug stores offers you a safe way to get rid of drugs without harming nature.

"Center Pharmacy has TakeAway containers for free disposal of old, unused or expired drugs. Mailing envelopes can also be bought for \$5 to get rid of drugs from home," says Sharon.

The envelopes are a safe and easy solution to get rid of unused drugs. They may be placed in the pre-paid mailer and sent away.

### Requirements for TakeAway Disposal

- Medicine must be in original container
- No controlled substances
- Liquids up to 4 ounces are allowed but must be in a sealed plastic bag
- No needles allowed

If you have any questions about the TakeAway program, contact Center Pharmacy at (319) 483-4100. You may also visit [www.iarx.org/takeaway](http://www.iarx.org/takeaway) for more information.



## "Powerful Tools for Caregivers"

*Presented by Hawkeye Valley Area Agency on Aging*

This program is designed to help caregivers learn to take time to take care of themselves. The course is a 6-week workshop.

### Caregivers will learn to:

- Reduce stress
- Improve self-confidence
- Balance life
- Better communicate feelings
- Locate helpful resources
- Improve ability to make tough decisions

**Dates:** Monday, October 31 through Monday, December 5

**Location:** Meetings held each Monday from 10 to 11:30 a.m. in the Carstensen-Gruben Conference Room at WHC

**Cost:** \$10 (scholarships available)

**Register:** Call (319) 272-2467 to register. Cut-off date is Friday, October 28.

For more information about Waverly Health Center, visit

[www.WaverlyHealthCenter.org](http://www.WaverlyHealthCenter.org)

or call (319) 352-4120.

## Volunteer Help Wanted

### Join our team of volunteers!

For more information, contact:

Laurie Everhardt

Volunteer Services Manager

(319) 483-4076

Or visit: [www.WaverlyHealthCenter.org](http://www.WaverlyHealthCenter.org)

### Gift Garden

Our Gift Garden is a beautiful gift shop managed, maintained and staffed by volunteers. The Gift Garden is the main fundraiser for the WHC Auxiliary. By volunteering, you help the Auxiliary provide funding to WHC for building projects and equipment, as well as scholarship funds for area health care students. Gift Garden volunteers receive a 10% discount on the days they volunteer!

### Information Desk & Patient Escorts

Imagine that you are going to the hospital to find out important news about your health or the health of a loved one. You enter the doors, worried and wondering if you know where to go. There waiting for you is a smiling, welcoming volunteer asking if you need assistance. You relax, with one less thing to worry about!

If you would like to be that smiling, welcoming volunteer, this is the opportunity for you. You will escort patients, make floral deliveries, assist with wheelchairs and help WHC staff.

### Patient Ambassadors

Patient Ambassadors meet with patients to share information about services available to them while at WHC. Our Ambassadors help patients choose the services that appeal to them and gather feedback on the patient's stay at WHC. This opportunity is best suited to a person with an outgoing personality who enjoys meeting new people.

### Nutrition Services Aides

In 2010, the WHC dining room stopped using styrofoam containers to be more environmentally conscious. All food is now served on china plates. For dishes taken out of the dining room, there are drop-off areas around the hospital. Volunteers are needed to assist by picking up dishes from these dish drop-off locations and return them to the kitchen.

### VIP Golf Cart Drivers

Golf cart drivers serve our patients and visitors by providing a ride from the visitor's car to our entrance and back. Because our green parking lot is multi-level, it can be hard for visitors to climb the steps to the entrance (especially those with injuries, needing physical therapy or the elderly). The drivers provide a welcome service, especially in bad weather or when the pavement is slippery. Our golf cart volunteers are a welcoming face for our visitors!

## Volunteer at WHC

Waverly Health Center will host an informational meeting for community members interested in volunteering at the hospital. The meeting will take place at 9:30 a.m. on Tuesday, November 15, in Tendrils Rooftop Garden on the WHC campus.

Information presented will include a look into volunteer opportunities, the orientation process, annual education, health requirements and the Auxiliary. Those that attend are encouraged to ask questions about volunteering at WHC.

Attendees may park in the Red Lot and enter through the Tendrils Rooftop Garden event entrance, located south of the Center Pharmacy drive-up. To learn more, contact Laurie Everhardt at (319) 483-4076.



*A volunteer stocks greeting cards in the Gift Garden*

## Fall Food Fair



*There will be many treats to choose from*

Join the WHC Auxiliary for their yearly Fall Food Fair. It will take place at 9 a.m. on Thursday, November 17, at the WHC Green Entrance.

Purchase delicious treats such as pies, cookies, bars and more! Items made by Auxiliary members sell fast at this event, so attendees are encouraged to come early for the sale.

All proceeds from the Fall Food Fair will support the Waverly Health Center Auxiliary. The Auxiliary raises money to provide scholarships for students entering health care careers and to help fund special WHC projects.

## Providing Patient-Centered Care

Two Waverly Health Center staff members have been selected to receive the 2011 Spirit of Planetree awards. These awards recognize their commitment to giving patient-centered care to our patients. The awards will be presented at the national Planetree conference at the end of October in Nashville, TN.

**Dr. Shannon Lau**, Women's Clinic, will receive the Physician Champion award. Her nominators shared that she is consistent and thorough in the care she provides. One person stated, "Before having surgery, Dr. Lau did an excellent job of explaining the procedure to me. It was obvious she had researched my situation."



**Sheila Rosengarten**, licensed massage therapist, will receive an Individual Caregiver award. Her nominators shared that she is always focused on her patients and clients. She cares about their well-being. Also, they pointed out that our patients list her by name on their surveys because she connects with both the patient and their family. One stated, "She is a wonderful, calming, enlightened individual that completely encapsulates the spirit of caring."



Waverly Health Center thanks these staff members for their dedication to providing high quality care and services to our patients.

For more information about Waverly Health Center, visit

[www.WaverlyHealthCenter.org](http://www.WaverlyHealthCenter.org)

or call (319) 352-4120.

# Health Education

## Speakers Series

All Speakers Series presentations are from 7 to 8 p.m. in Waverly Health Center's Tendrils Rooftop Garden. They are free and open to the public.

### Tuesday, October 18

*"Total Knee Replacement - Improving your Quality of Life"*

Dr. Linda Martin, Orthopedic Clinic, and Ron Ragsdale, DPT, physical therapy  
Learn about total knee replacement surgery and physical therapy options after the surgery.

### Tuesday, November 15

*"Calling All Worry-Warts"*

Dr. Ann Rathe and Jennifer Schneiderman, LISW, GC-C, counseling services  
Anxiety disorders affect about 40 million American adults in any given year. Unlike the fairly mild and brief anxiety caused by stressful events (such as speaking in public), the anxiety people face with anxiety disorders lasts longer and can get worse if left untreated. Effective therapies and medications can help people suffering from anxiety disorders to manage symptoms and lead more productive and fulfilling lives.

### Tuesday, December 20

No Speakers Series

## See a Health Education Class or Event that Interests You?

Use your smartphone to scan this code. You will be taken to the WHC upcoming events calendar!



[www.WaverlyHealthCenter.org](http://www.WaverlyHealthCenter.org)

## "Grief and the Holidays"

An opportunity for those who have lost someone close to gather together and learn ways to survive the holiday season, while keeping the memories of their loved ones alive.

**Monday, December 5, 6:30 to 8 p.m.** • Tendrils Rooftop Garden

For more information call (319) 483-1362.

## Helping Smokers Quit

The American Lung Association's Freedom From Smoking® program starts January 9, 2012 at Waverly Health Center! This small group course is offered through 8 classes over a 7-week period. A \$25 participant fee covers course materials. Registration is required. For more information, please call (319) 483-1361.

## Stronger After Stroke Support Group

Individuals who have had a stroke, no matter how long ago, and their caregivers are welcome. Call (319) 352-5644 for more information.

**Tuesday, November 1, "Accessible Technology,"** presented by Easter Seals

**Tuesday, December 6,** Group Support and Cookie Exchange

**Tuesday, January 3,** No Meeting

6:30 p.m. - Gentle stretching & exercise

7 p.m. - Presentation

7:30 p.m. - Small group discussion

Tendrils Rooftop Garden

## Community Health Screen

**Tuesday, November 15 • 7 to 8:30 a.m.**

**Waverly Senior Center  
500 E. Bremer Ave.**

Several tests are offered at a low cost, including a 23-test chemistry profile, lipid profile, hemoglobin, A1C, TSH, prostate-specific antigen (PSA) and body composition testing. Free blood pressure checks and blood glucose tests also offered. 12-hour fast required for some tests.

For more information call (319) 352-4938.

## Diabetes Education

### Diabetes Support Group

People who have already been diagnosed with diabetes are encouraged to attend and bring a friend. Classes hosted by WHC nutrition therapy staff.

**Tuesday, November 8, "Healthy Holiday Eating Strategies"**

7 to 8 p.m. • Tendrils Rooftop Garden

### Stop Diabetes! Health Fair and Workshop

**Wednesday, November 16**

5 to 6 p.m. - Exhibits

6 to 7:30 p.m. - Speakers

Tendrils Rooftop Garden

### Prediabetes Patient Education Workshop

**Tuesday, January 3**

3 to 5 p.m. • Tendrils Rooftop Garden

**Call about our Diabetes Self-Management Education Classes!  
Contact: Janine Johnson, RN (319) 352-4952**

## Parkinson's Support Group

Individuals who have Parkinson's Disease and caregivers are welcome.

**Saturday, November 12, "Mindfulness"**

**Saturday, December 10,** Group Support and Cookie Exchange

**Saturday, January 14,** No Meeting

10 a.m. to Noon • Carstensen-Gruben Conference Room

For more information call (319) 352-5644.

## Lunch n' Learns

See **Page 2** for more information.

## Powerful Tools For Caregivers

See **Page 5** for more information.

## Spa Open House

See **Page 8** for more information.

For more information about Waverly Health Center, visit

[www.WaverlyHealthCenter.org](http://www.WaverlyHealthCenter.org)

or call (319) 352-4120.

*Join The Spa for a  
Fall Open House!*

Thursday, November 10  
5 to 7:30 p.m.

Tendrils Rooftop Garden

Bring your friends for  
a fun night of product  
demonstrations, samples  
and refreshments!

Meet the staff and learn  
more about services  
available at The Spa!

Postal Customer

Questions or comments about the WHC community newsletter may be directed to Heidi Solheim, director of community relations, at (319) 483-4075 or Hsolheim@WaverlyHealthCenter.org.

**WHC Family Practice Clinics**

**Christophel Clinic** (319) 483-1390

Dr. Clay Dahlquist

Dr. Stacy Wagner (Pediatrics)

Sarah DeVore, ARNP

Janel Thompson, ARNP

Randy Wirtz, ARNP

**Nashua Clinic** (641) 435-4133

Dr. Clay Dahlquist

Amy Bodensterner, PA-C

Bethany Stevens, ARNP

Randy Wirtz, ARNP

Nashua, IA

**Shell Rock Clinic** (319) 885-6530

Dr. Dan Koos

Jon Hennings, ARNP

Shannon Hull, PA-C

Shell Rock, IA

**Walk-In Clinic** (319) 483-1400

3<sup>rd</sup> Floor, Walk-In Clinic

**WHC Specialty Clinics**

**General Surgery Clinic** (319) 352-8033

Dr. Kertie Bossard

Dr. Lisa Warne

Erin Flores, ARNP

3<sup>rd</sup> Floor, General Surgery Clinic

**Orthopedics**

Dr. Linda Martin (319) 483-1440

Kerri VanEe, ACNP

3<sup>rd</sup> Floor, Orthopedic Clinic

**Women's Clinic** (319) 483-4074

Dr. Suzanne Bartlett

Dr. Michelle Martins

Danielle Bakewell, ARNP

Terrie Thurm, MS, ARNP

2<sup>nd</sup> Floor, Women's Clinic

**Visiting Specialist Clinics**

**Audiology** Angela Johnson, MS, CCC-A (319) 234-4360

Tuesdays & Fridays

3<sup>rd</sup> Floor, Audiology Room

**Cardiology**

Dr. Ahsan Magsood (319) 272-5000

Mondays

3<sup>rd</sup> Floor, Visiting Specialists Clinic

Dr. Cary Rose

Fridays

3<sup>rd</sup> Floor, Visiting Specialists Clinic

**Dermatology**

Dr. Bryan Sands (319) 236-3444

Dr. Martin Sands

Wednesdays

3<sup>rd</sup> Floor, Visiting Specialists Clinic

Annette Geary, ARNP

Second, Third, Fourth Tuesday of each month

Wednesdays

3<sup>rd</sup> Floor, Visiting Specialists Clinic

**Ear, Nose & Throat**

Dr. F. E. Gonzales (515) 576-3100

Second and fourth Wednesday and Friday

of each month

2<sup>nd</sup> Floor, Visiting Specialists Clinic

**Nephrology**

Dr. Tarek Daoud (319) 833-5940

First and third Wednesday of each month

2<sup>nd</sup> Floor, Visiting Specialists Clinic

**Orthopedics**

Dr. Jeffrey Clark (319) 273-5275

Second and Fourth Monday of each month

2<sup>nd</sup> Floor, Visiting Specialists Clinic

Brenda Cooper, ARNP

Dr. Arnold Delbridge (319) 233-6448

Tuesdays

2<sup>nd</sup> Floor, Visiting Specialists Clinic

**Physical Medicine**

Dr. Farid Manshadi (319) 234-0109

First Tuesday of each month

3<sup>rd</sup> Floor, Visiting Specialists Clinic

**Psychiatry**

Dr. Ann Rathe (319) 234-2893

First and fourth Wednesday of each month

2<sup>nd</sup> Floor, Women's Clinic

**Pulmonology**

Dr. David Visokay (319) 272-5000

Third Thursday of each month

3<sup>rd</sup> Floor, Visiting Specialists Clinic

**Urology**

Dr. Timothy Mulholland (641) 494-5280

Third Monday of each month

3<sup>rd</sup> Floor, Exam Rooms

Questions or comments about the WHC community newsletter may be directed to Heidi Solheim, director of community relations, at (319) 483-4075 or Hsolheim@WaverlyHealthCenter.org.