



## New Shell Rock Clinic Opens January 16



The new Shell Rock Clinic will open on Monday, January 16 at 1 p.m. Construction started last June for the 8,600 square foot building. Dr. Dan Koos, nurse practitioner Jon Hennings and physician assistant Shannon Hull will be seeing patients there.

Dr. Dan Koos 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 has 12 exam rooms and 1 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. "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.

Waverly Health Center held a photo contest for the artwork. Many people shared photos of Butler and Bremer County landscapes. The staff at the clinic voted for the winners. Each photo that won is hanging in the clinic. The name of the photo, location it was taken and the photographer are shown on each piece.

Shannon Hull, PA-C, said "We used our patient-centered approach in designing the new clinic. It will be a very nice and

### New Location

**Shell Rock Clinic**  
1001 Mason Way, Shell Rock  
(319) 885-6530

relaxing place for our patients for many years."

Diane Kohls, director of medical clinics, is pleased to have the new clinic. "We have been planning for the opening of the new Shell Rock Clinic for almost a year. Now that our staff can finally move in, all of the work it took to plan has paid off."

Call (319) 885-6530 to schedule your appointment at the new Shell Rock Clinic.

## Dr. Deppe to Join General Surgery Clinic

Dr. Matt Deppe, general surgeon, will join Waverly Health Center's General Surgery Clinic in March. He will be replacing Dr. Lisa Warne who left the health center in January.

Dr. Deppe is a Board Certified General Surgeon. He completed his medical school at the University of Illinois-Peoria. His general surgery residency took place at the University of Illinois OSF St. Francis Hospital. Dr. Deppe has been practicing at Graham Medical Center in Canton, IL, since 2008.

"I am excited to join the General Surgery Clinic," stated Dr. Deppe. "Waverly Health Center is a progressive community hospital with a focus on patient-centered care. I look forward to working with the staff and all of the other providers at the health center."

He continued, "I really enjoy working with patients and helping them learn how to manage their illness. Education is key to recovery and staying healthy." In addition to working with patients, Dr. Deppe has a passion for medical student and community education.

In his current practice, Dr. Deppe has been doing medical therapy management and minimally invasive surgical techniques for diseases of the digestive system. These techniques help reduce scarring and can



*Matt Deppe, MD, FACS*

lead to a faster recovery. In addition to performing surgery, Dr. Deppe also cares for patients with stomach and intestinal problems to help them manage their diseases.

Dr. Deppe, his wife Amy, and their three children will be moving to Waverly in March. "We are looking forward to making Waverly our home. The city offers many opportunities and we look forward to becoming involved in community activities."

"Dr. Deppe will be a great addition to our team at WHC," stated Kyle Richards, health center CEO. "He will work very well with Dr. Kerrie Bossard and the rest of the General Surgery Clinic staff. We look forward to having him and his family join us in Waverly."

### Join Us for the 5<sup>th</sup> Annual Women's Heart to Heart

**Saturday, February 25**  
**Tendrils Rooftop Garden**

8:30 a.m.

♥ Check-In and Light Breakfast

9 a.m.

♥ *The Physical, Emotional and Spiritual Heart*, Jon Hennings, ARNP, Shell Rock Clinic

9:30 a.m.

♥ *Living Up to Your Numbers*, Maria Farmer, ACNP, emergency department

10 a.m.

♥ *Food as Medicine*, Dr. Kerrie Bossard, General Surgery Clinic

10:30 a.m.

♥ *Taking Time to Savor the Present*, Sheila Rosengarten, massage therapist and Kara Rewerts, music therapist

**Registration is required.**

Go to

[www.WaverlyHealthCenter.org/health\\_education](http://www.WaverlyHealthCenter.org/health_education)

or call (319) 483-4000 to register.

## A Grateful Heart

### Would shortness of breath be enough to make you call your doctor?

Jo Corson of Waverly was being treated for pneumonia. She thought that was the cause of her shortness of breath. At a visit to her doctor, she was sent to have an echocardiogram (also called a cardiac ECHO), at Waverly Health Center's cardiovascular services.

An echocardiogram uses sound waves to make images of your heart. The test shows if you have problems with your heart valves or chambers and your heart's ability to pump blood.

The test found she had cardiomyopathy (kahr-dee-oh-my-OP-uh-thee). This is a disease that weakens and enlarges the heart muscle. The disease makes it harder for your heart to pump blood and carry it to the rest of your body. If left untreated, it can lead to heart failure.

Jo was referred to a cardiologist and had a heart catheter and bypass surgery at a Waterloo hospital. After she left the hospital, she was sent to cardiac rehab at Waverly Health Center.

When asked what lifestyle changes Jo has made since her experience to be more 'heart healthy,' she stated, "My husband and I both quit smoking when I was diagnosed with pneumonia. We have always eaten pretty healthy, but have now cut back on the amount of red meat we eat. We are trying to add more fish and poultry to our diets."

Looking back, Jo thought the jaw pain (a sign of heart disease that many women experience), was due to her temporomandibular joint disorder (TMJ). She also had been more tired than usual before the pneumonia, but passed it off as 'growing older.'

### What are the Warning Signs of a Heart Attack?

- **Chest discomfort:** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body:** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath:** With or without chest discomfort.
- **Other signs may include:** Breaking out in a cold sweat, nausea or lightheadedness.



*Jo Corson pictured with WHC cardiovascular services and cardiac rehab staff.*

Connie Yanda, WHC cardiovascular services stated, "Deep down, I think Jo had a feeling that some of the symptoms might be due to her heart. She listened to her body and knew something wasn't quite right."

Jo has heart disease on both sides of her parents' families. Her father died of a heart attack at age 41. Her advice to others is "don't ignore the signs."

The risk of heart disease increases as you age. You have a greater risk of heart disease if you are a man over age 45 or a woman over age 55. You also are at greater risk if you have a close family member who had heart disease at an early age.

There are many things you can do to lower your chances of getting heart disease:

- **Blood Pressure** – Know your numbers and keep it under control.
- **Exercise** – If you're between 8 and 65 years old, exercise 5 days per week for at least 30 minutes a day. If you have heart disease, check with your doctor for advice on an exercise program.
- **Don't Smoke**
- **Diabetes** – Get tested. If you have it, keep it under control.
- **Cholesterol** – Know your cholesterol and triglyceride levels and keep them under control.
- **Eat Healthy** – Eat five or more servings of fruits and vegetables each day. Choose lean meats, fish and poultry without skin.
- **Maintain a Healthy Weight**

When asked about her care at WHC, Jo said "Connie Yanda from cardiovascular services and the staff in cardiac rehab are wonderful. Plus, the food is great!"

"With so many smaller hospitals closing, we are so lucky to have Waverly Health Center. It's so convenient for us," stated Jo. "We are blessed to have so many great health care providers, as well as visiting specialists coming in."

To learn more, check out these resources:

[www.heart.org](http://www.heart.org)  
[www.cdc.gov/heartdisease](http://www.cdc.gov/heartdisease)

### Birthing Center (319) 483-4953

#### Breastfeeding Classes

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

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

##### Community CPR & AED

Call (319) 352-4985 to register.

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

- Tuesday, January 31
- Thursday, March 22
- Tuesday, May 1

##### CPR for Health Care Providers

Call (319) 352-4939 to register.

\$45, 2-year completion card

- Wednesday, February 8, Noon to 4 p.m.
- Tuesday, April 24, 8 a.m. to Noon
- Wednesday, August 8, 8 a.m. to Noon
- Tuesday, October 16, 8 a.m. to Noon

#### First Aid

Call (319) 352-4985 to register.

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

- Thursday, February 23
- Monday, April 23

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.

#### Tobacco Cessation

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:



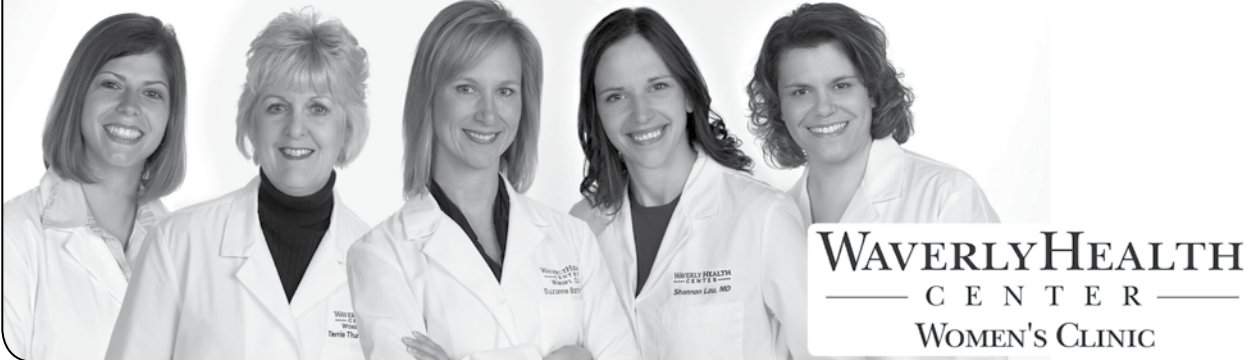
For more information about Waverly Health Center, visit

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

or call (319) 352-4120.

## WHC Women's Clinic

# 5 Providers Ready to Care for You



For all of your women's health needs, consider the Women's Clinic at Waverly Health Center. Call (319) 483-4074 to schedule your appointment today!

#### Board Certified Doctors:

- Dr. Suzanne Bartlett
- Dr. Shannon Lau
- Dr. Michelle Martins

#### Nurse Practitioners:

- Danielle Bakewell, ARNP
- Terrie Thurm, ARNP

### Join the Women's Clinic for UNI Women's Basketball

**Sunday, February 26 • Tip-off at 3 p.m.**

Enjoy \$1 admission as the UNI women's basketball team takes on Drake University at the McLeod Center!

Bring the whole family for an afternoon of great basketball, pictures with TC and TK, and a team

autograph session after the game. The Waverly-Shell Rock Dance Team will provide half-time entertainment. Women's Clinic staff will be at the event with activities and information for girls and women of all ages.

## Caring for Our Young Patients

For many parents, a trip to the emergency room or hospital with their young child is scary. There are so many unknowns and many times you feel helpless. At Waverly Health Center, we want to assure you that we are ready and prepared to care for your child.

The WHC nursing practice council recently started a new evidence-based practice. It helps our medical team quickly know the amount of medication and size of equipment needed when a child has a health emergency.

When your child comes to the health center, staff members will use a special measuring system called the Broselow Pediatric Emergency Tape. This system uses a color code based on your child's height and weight. A colored sticker will be placed on your child's name band. Our staff will use the sticker to help them know the dose of medicine and equipment size to use.

Andrea Anhalt, BSN, RN, nursing practice council chair, commented, "Our council thought this project was very important. Kids' health care needs are different than adults. Using the Broselow System will help our nurses and doctors react quickly to their needs."



*Heather Beaufore, RN, measures a young patient using the Broselow tape.*

Maria Farmer, acute care nurse practitioner in the emergency department, is pleased WHC is using the Broselow System.

She stated, "This system helps us be more accurate and efficient when we are caring for children. It has been used by our emergency department for years. Adding the colored marker on the name band will help all patient care departments be prepared to provide the best care possible for our young patients."

For more information about Waverly Health Center, visit

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

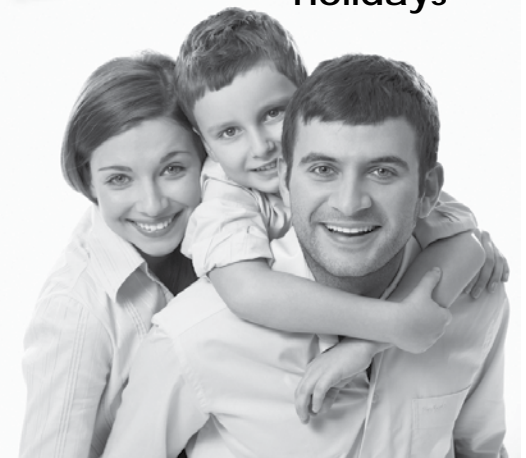
or call (319) 352-4120.

# Walk-In Clinic

*Quality, personalized care  
when you need it!*

**No  
Appointment  
Necessary!**

**Weekdays  
5 - 8 p.m.  
Weekends  
Noon - 8 p.m.  
Holidays**



**WAVERLYHEALTH**  
— CENTER —  
**WALK-IN CLINIC**

**(319) 483-1400**

### Reiki Now Available

As a Planetree designated patient-centered hospital, we continue to expand our integrative therapy opportunities. The WHC healing environment council recently added Reiki.

Reiki uses the spiritually-guided life force energy to help promote the balance and healing of the mind, body and spirit. An explanation of the Reiki service has been added to patient rooms.

Patients and loved ones may request a Reiki treatment from a patient care Reiki Practitioner. Reiki can help with reducing anxiety, pain management, relaxation, physical healing, balancing emotions and promoting a sense of well being.

Reiki joins our other free integrative therapies which include massage therapy, music therapy and aromatherapy.

To learn more about integrative therapies at WHC, go to [www.WaverlyHealthCenter.org](http://www.WaverlyHealthCenter.org).

*A Difference You Can Feel...a feeling you can see.*

## New Waverly Health Center Website

**Services** – Many of the health care services you need are available close to where you work and live. Learn more about the services WHC has to offer.

**Clinics** – Check out our clinic locations, hours and providers. A wide variety of clinics are available to meet your special needs.

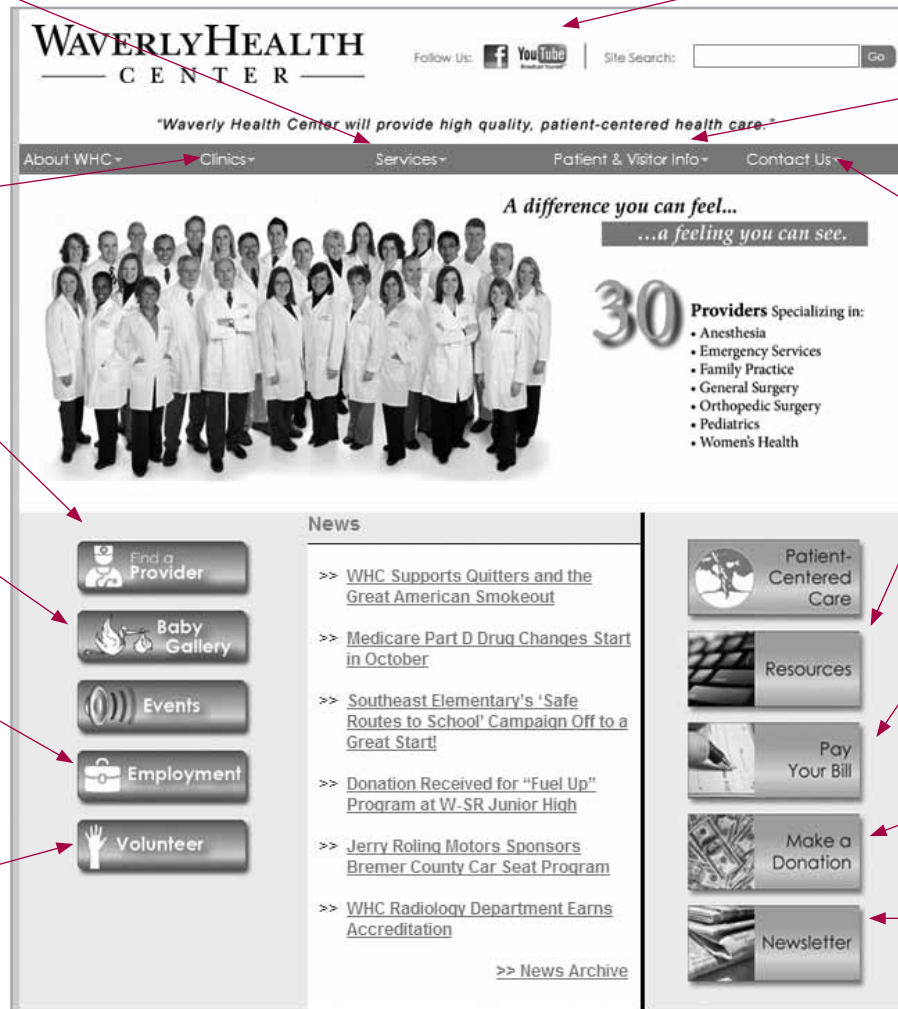
**Find a Provider** – Looking for a doctor? Waverly has many providers ready to care for you.

**Baby Gallery** – See the precious new additions and send a note to the parents.

**Employment** – Check out the current job openings and fill out an application.

**Volunteer** – Volunteers are a very important part of WHC's team. Learn how you can become involved.

The Internet is a valuable resource that many of us use daily. We have made changes to our website, making it easier to use and find important information. We've looked at the pages that are visited most often, and made them even easier to find. Go to [www.WaverlyHealthCenter.org](http://www.WaverlyHealthCenter.org) to see our new look and try out these features.



**Follow Us** – “Like” us on Facebook to learn the latest news. Watch videos from our patients, staff and donors on our YouTube channel.

**Patient & Visitor Information** – Education, maps, directions, patient forms and much more!

**Contact Us** – Do you have a question about WHC? Drop us a note.

**Resources** – What is Planetree? Check out our resources page to answer this and other questions.

**Pay Your Bill Online** – With our Secure Health Pay, you are now able to pay your bill online in a few simple steps.

**Make a Donation** – Learn how to give to WHC's Foundation to support the growth of health care services in Waverly.

**Newsletter** – Read the current edition of the WHC newsletter.

## Making Waverly a Blue Zones Community

Governor Terry Branstad recently announced a plan to make Iowa the healthiest state by the year 2016. Right now, Iowa is number 19 on the Gallup Healthways Well-Being Index. The goal of the Healthiest State Initiative is to urge Iowans to improve their health and well-being.

**How does the Governor think we can do this?**

Working with Blue Zones®, Wellmark Blue Cross and Blue Shield and Healthways, ten Iowa towns will become “Blue Zones.”

**What are Blue Zones?**

Researchers have traveled the globe to uncover the best strategies for a longer life, found in what they call “Blue Zones.” Blue Zones are places in the world where higher percentages of people enjoy longer, fuller lives. Blue Zones are found in Japan, Italy, California, Costa Rica and Greece.

Researchers found that people who live in Blue Zones share common lifestyle behaviors that have a direct impact on their longer lives. They call these healthy behaviors Power 9 Principles. The principles center on moving naturally, eating wisely, knowing your life's purpose and belonging to a social community.

**Why Should Waverly Become a Blue Zone?**

Waverly is 1 of 58 communities chosen to apply. Ten will be selected to become a Blue Zones community.

The researchers created a model Blue Zones® community in Albert Lea, MN, in 2009. The city had great results in just one year:

- It was a community-wide effort that actively engaged 68% of the city's local restaurants, 51% of its largest employers, 100% of its schools and 27% of its citizens.
- An average of 21% drop in sick days by key employers.
- City employees showed a 49% decrease in health care costs.
- Life expectancy increased an average of 2.9 years.
- Participants lost an average of 2 pounds each.

**How Can You Help?**

The Waverly Blue Zones Power 9 Advisory Board asks for your support to help bring Blue Zones principles to Waverly!

One piece of the application process measures the enthusiasm of Waverly by the number of people that vote for the city.

### Waverly's Power 9 Advisory Board

- **Dr. Mike Berstler**, Physician at Rohlf Memorial Clinic
- **Dick Crayne**, City Administrator
- **Gary Duneman**, Chair of Waverly Area Partnership for Healthy Living
- **Gary Grace**, Vice President for Administration of Wartburg College
- **Darcy Knights**, Vice President of GMT Corporation
- **Emily Neuendorf**, Executive Director of Waverly Chamber of Commerce
- **Kyle Richards**, Chief Executive Officer of Waverly Health Center
- **Jere Vyverberg**, Superintendent of Waverly-Shell Rock Community Schools

As more people sign up, Waverly's chances will improve!

**Vote for Waverly by:**

**Texting BZP to 772937 or**

**[bluezonesproject.com/citizens/signup](http://bluezonesproject.com/citizens/signup)**

If you have questions or are interested in becoming involved, call (319) 352-6263.

For more information about Waverly Health Center, visit

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

or call (319) 352-4120.

## Tobacco Wars in Iowa: Are we Winning or Losing?



*The following is a guest article from Dr. Mike Berstler, Rohlf Memorial Clinic.*

Iowa has many successful anti-smoking programs. Examples include Quitline Iowa, Tar Wars, Iowa Smoke Free Air Act, and many county programs in partnership with the Iowa Department of Public Health.

In the past 10 years there has been a 40% drop in high school smokers and a 76% drop in middle school smokers. Yes, I said middle school smokers!

As pleasing as the statistics are, we need to balance the good with the bad. The bad is rather shocking:

- 37% of high school students smoke.
- 20% high school students use smokeless tobacco.
- 12,000 children under the age of 18 become daily smokers in Iowa each year.
- Over 230,000 children in Iowa are exposed to second hand smoke.
- 23% of adults in Iowa smoke.
- 4,900 Iowans die directly related to their smoking each year.
- If current trends of children smoking continue, 53,000 will die as adults from smoking.
- Smoking kills more people than alcohol and AIDS.
- In Iowa, the annual health care costs directly related to smoking is \$610 million.

Did you know that the tobacco industry nationwide spends \$5.2 billion each year in advertising and marketing? In Iowa, they spend almost \$55 million each year. Compare this to the State of Iowa which will spend only \$2.8 million this year for smoking cessation and prevention programs.

The Iowa Academy of Family Physicians just published a warning that the tobacco industry is now producing new products that look like Tic Tacs® but are loaded with nicotine. The tobacco industry is after our youth!

### **So what can we do as parents, health care providers and teachers?**

I suggest the following:

- Start talking to the children you come in contact with. Start early – talk to 4<sup>th</sup> and 5<sup>th</sup> graders before they reach middle school.
- Know what local programs are available or where to get that information for adults and youth
- Look at your family members – are they setting a good example?
- Keep talking – speak to local, state and federal government representatives.
- Set a good example. Don't smoke yourself.

This battle is against a very large, rich opponent and it will take a long time. We are making strides, but it will take a lot more. I hope you will join us in this worthy battle. Thanks for your support!

*\* Statistics from [www.TobaccoFreeKids.org](http://www.TobaccoFreeKids.org)*

## WHC Tobacco Services

### **Quitline Iowa:**

Quitline Iowa is a free service funded by a grant from the Iowa Department of Public Health, Division of Tobacco Use Prevention and Control.

All services provided by Quitline are free to Iowans. Quitline provides trained coaches to help you quit. To learn more about Quitline Iowa call 1-800-QUITNOW.

### **Freedom From Smoking®:**

This program is delivered in a small group setting (up to 16 people) to give participants personalized attention and the support of their peers. To meet the needs of different learning styles, instruction includes lectures, group discussion and skills practice.

The 7-week workshop will introduce participants to key stages of behavior change:

- **Preparation phase:** Laying the foundation for success
- **Quit day:** Affirming the decision to quit
- **Maintenance phase:** Providing skills and support to stay smoke-free

For more information about either of these services, please call WHC's Community Health Specialist at (319) 483-1361.

## Prevent Winter Slips and Falls

Winter weather often brings unsafe and slippery conditions. Ice, snow and slush can all lead to falls and injuries.

"Every winter, we take care of many people who have fallen on ice," stated Dr. Khalique Panhwar, WHC emergency department. "Many of the injuries are not serious, but some falls cause broken bones. It's very important for people to slow down and pay attention to their walkway when they are outside."

By following a few simple winter safety tips you can reduce your chance of falling.

- ✳ **Keep your hands and arms free**  
Do not put your hands in your pockets when you are walking. Avoid carrying heavy or large loads. If you slip, you will need your arms to restore your balance.
- ✳ **Wear proper shoes**  
Proper footwear is very important in the winter. Wear shoes or boots that

provide traction on snow and ice. Avoid shoes or boots with smooth plastic or leather bottoms.

- ✳ **Test your walking path**  
If you think you are coming to a slippery area of snow or ice, check it with your toe before you walk on it. Take small careful steps instead of large ones. When possible use handrails to help you keep your balance.
- ✳ **Prevent accidents on your property**  
Shovel driveways, walkways and sidewalks. Salt high-traffic areas if you think ice may form. If there are very icy spots on your property, post a sign to warn others of the danger. By taking care of your property, you can help others avoid falls.

Living in Iowa means you will be exposed to snow and ice. You can stay safe by following these simple tips and paying attention to your environment.

## Good Bye Rough, Dry Winter Skin

The Spa at Waverly Health Center offers a wide variety of treatments to leave your skin feeling soft and smooth.

- Laser Genesis
  - Limelight Facials
  - Microdermabrasion
  - 3D Skin Rejuvenation
  - Obagi Skin Care Products
  - gloMinerals Skin Care Products
- Call (319) 483-4894 for your free consultation.

*the Spa*  
WAVERLY HEALTH CENTER

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)

### Dining Room Cashier

At WHC, the nutrition services staff is responsible for preparing and serving meals in the dining room, to all medical and surgical patients, and special events in the hospital. Volunteers provide a much needed and much appreciated service by serving as cashiers in the dining room. If you enjoy a fast-paced environment and getting to know a variety of people, then this may be a great match for you. Volunteers work weekdays from 11:15 a.m. to 1:15 p.m. and need to be comfortable running an adding machine and handling money.

### 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 help. 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.

### Nutrition Services Aides

In 2010, the WHC dining room stopped using Styrofoam containers to be more environmentally friendly. 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 drop-off locations and returning them to the kitchen.

### 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. This opportunity is best suited to a person with an outgoing personality who enjoys meeting new people.

## Auxiliary Scholarship Program

Each year, the Waverly Health Center Auxiliary grants scholarships to those going to school for a health care career. Each scholarship is \$1,500. They are funded with proceeds from the Gift Garden, book sales, Holiday Food Fair, events and generous donations from the WHC Medical Staff. Since 1961, the Auxiliary has awarded over \$70,700 in scholarships.

The 2012 scholarship application form will be available on February 1. They are due on March 15. The forms are available at these locations:

- local college financial aid offices
- WHC's green and red entrances
- [www.WaverlyHealthCenter.org](http://www.WaverlyHealthCenter.org)

In 2011, the WHC Auxiliary awarded \$9,000 in scholarships to local students studying for careers in nursing, radiology and speech therapy.

### Guidelines:

Scholarships are given to any person within the health center's service area who has graduated high school (or completed the GED) and has completed or is completing one year of education in a health care career field. More than one scholarship in any category may be given in one year by the Auxiliary Board.



*The WHC Auxiliary awarded \$9,000 in scholarships in 2011.*

### Scholarship Opportunities:

1. **Auxiliary Scholarship** – Applicants must be a full-time student attending an institution of higher learning.
2. **Sue Fish Memorial Scholarship** – Applicants may be a full-time or part-time student attending an institution of higher learning. Nursing students will be considered first for the Sue Fish scholarship.
3. **WHC Employee Scholarship** – Applicants must be an employee of WHC and a full-time or part-time student attending an institution of higher learning.

## Terry Hinrichs Joins WHC Foundation

Terry Hinrichs has joined Waverly Health Center (WHC) as Foundation Director. WHC's Foundation provides financial support from the general public to support the health center's mission to provide high quality, patient-centered health care to Waverly and surrounding communities.

"I am looking forward to working with the staff, patients and the communities served by the Waverly Health Center," stated Hinrichs. "The care my wife and I have experienced at the Nashua Clinic and the Waverly hospital is a prime example of the patient-centered care the health center offers. I'm very excited to have the opportunity to help others learn about our great health system in my new role."

Originally from Hampton, Iowa, Hinrichs earned a Bachelor of Arts degree in Business Administration and Economics from Wartburg College in 1977. He has more than 16 years of fundraising experience, most recently serving as the owner of General Development Group and prior to that Director of Development for Franklin General Hospital. Terry and his wife Toni live in Nashua, Iowa.



*Terry Hinrichs  
Foundation Director*

## Make a Gift Online!

Please visit

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

to make your gift online!

Simply click on the "Make a Donation" button on the right side of the page.

It's safe, secure and easy.

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, January 17

"Common Gastrointestinal Illness and Disease"

Maria Farmer, ACNP, emergency department

A variety of illnesses can cause gastrointestinal upset and concerns. Not all illness or disease related to the gastrointestinal system are life threatening. Knowing the signs and symptoms can help you understand how to treat the illness or when to go to the doctor.

### Tuesday, February 21

"How Well is Your Heart Working?"

Dr. Cary Rose, cardiology, visiting specialist

Learn about your eF (ejection fraction), which measures how well your heart is working. If not working properly, a person could experience sudden cardiac death. This is the largest cause of natural death in the United States—nearly 325,000 adult deaths each year. You'll also learn about the signs of a failing heart.

### Tuesday, March 20

"More Than a Toothache: Discover how the temporal mandibular joint (TMJ) can cause chronic jaw pain"

Ronald L. Ragsdale, DPT, physical therapy

Learn about the basic anatomy, normal and abnormal mechanics of the TMJ, and how poor posture and bad habits can lead to severe jaw and facial pain.

## 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)

## Community Health Screen

Friday, February 24  
7 to 9 a.m.

General Surgery Clinic, 3<sup>rd</sup> Floor  
Use Green Entrance

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.

Call (319) 352-4938 for more information.

## Community Lunch n' Learns

Wednesday, January 18, 12 to 1 p.m.

"Orthopedic Solutions for Common Knee Problems"

Dr. Linda Martin, Orthopedic Clinic

Wednesday, February 15, 12 to 1 p.m.

"Orthopedic Solutions for Common Upper Extremity Problems"

Dr. Linda Martin, Orthopedic Clinic

Wednesday, March 21, 12 to 1 p.m.

"Low Back Pain"

Ron Ragsdale, DPT, physical therapy

Wednesday, April 18, 12 to 1 p.m.

"Diabetes and Prediabetes – Staying Healthy"

Janine Johnson, RN, nutrition therapy

**Free and open to the public. Held in the Wet Room at The W.**

## Stronger After Stroke Support Group

Individuals who have had a stroke, no matter how long ago, and their caregivers are welcome.

Tuesday, February 7

Tuesday, April 3

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

7 p.m. - Presentation

7:30 p.m. - Small group discussion

Tendrils Rooftop Garden

Call (319) 352-5644 for more information.

## 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, March 13, "Diabetes and Your Health: Take Charge!"

Maria Farmer, ACNP, emergency department

9 to 10 a.m. • Tendrils Rooftop Garden

Tuesday, April 10, "Interactive Blood Glucose Monitoring"

9 to 10 a.m. • Tendrils Rooftop Garden

Tuesday, May 8, "Quick and Easy Diabetic Cooking Tips"

9 to 10 a.m. • Tendrils Rooftop Garden

### Prediabetes Patient Education Workshop

Prediabetes is a condition in which blood sugar levels are higher than normal, but not high enough to qualify as type 2 diabetes.

• Tuesday, March 6

• Tuesday, May 1

3 to 5 p.m. • Tendrils Rooftop Garden

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

## Parkinson's Support Group

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

Saturday, February 11

Problem Solving

Saturday, March 10

Speech and Swallowing

Saturday, April 14

Problem Solving

10 a.m. to Noon

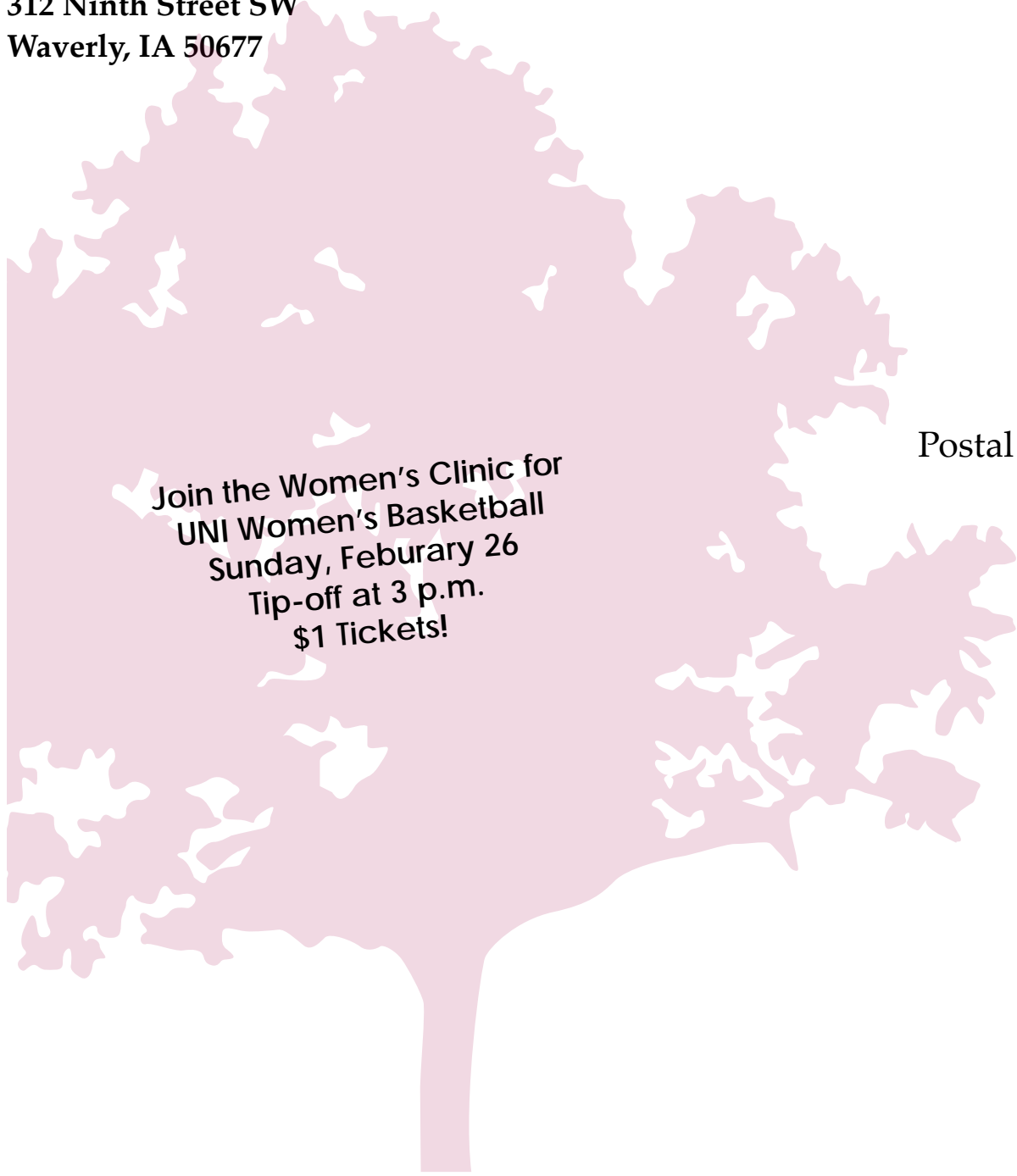
Carstensen-Gruben (CG) Room

Call (319) 352-5644 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 Women's Clinic for  
UNI Women's Basketball  
Sunday, February 26  
Tip-off at 3 p.m.  
\$1 Tickets!

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

2<sup>nd</sup> Floor, Christophel Clinic

**Nashua Clinic**

(641) 435-4133

Dr. Clay Dahlquist

Amy Bodensteiner, 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. Matt Deppe

Erin Flores, ARNP

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

**Orthopedics**

Dr. Linda Martin (319) 483-1440

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

Kerri VanEe, ACNP

2<sup>nd</sup> and 4<sup>th</sup> Wednesdays and Fridays

of each month

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

Monday

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

Wednesday

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

Annette Geary, FNP-BC, DCNP

2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> Tuesdays of each month;

Wednesday

Jessica Gerlach, PA-C

2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> Tuesdays of each month

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

**Ear, Nose & Throat**

Dr. Ed Gonzales (515) 576-3100

2<sup>nd</sup> and 4<sup>th</sup> Wednesdays and Fridays

of each month

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

**Nephrology**

Dr. Tarek Daoud (319) 833-5940

1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of each month

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

**Orthopedics**

Dr. Jeffrey Clark (319) 273-5275

Brenda Cooper, ARNP

2<sup>nd</sup> and 4<sup>th</sup> Mondays of each month

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

**Dr. Arnold Delbridge**

(319) 233-6448

Tuesdays

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

**Psychiatry**

Dr. Ann Rathe (319) 234-2893

1<sup>st</sup> and 4<sup>th</sup> Wednesdays of each month

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

**Pulmonology**

Dr. David Visokey (319) 272-5000

Thursdays

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

**Urology**

Dr. Timothy Mulholland (641) 494-5280

3<sup>rd</sup> Monday of each month

3<sup>rd</sup> Monday of each month

2<sup>nd</sup> Monday of each month

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