



Look to the Cross...

SPRING 2017

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ST. ANTHONY
Regional Hospital & Nursing Home

St. Anthony Provides Care for Life Challenges, Celebrations

On October 13, Christy and David Reis of Carroll celebrated their 12th wedding anniversary with their three children: Hudson, 5; Trip, 3; and 11-month-old Whitney. While the couple considers themselves to be extremely blessed, their journey to the family they enjoy today was a long and difficult path. Together, the couple has overcome cancer and fertility concerns, to eventually celebrate the birth of their three children at St. Anthony Regional Hospital.

A Carroll native, Christy met David, who was born and raised in Denison, nearly 20 years ago while he worked at Pella Corporation and she was employed at American Home Shield, where she still works today as Human Resource Generalist. Today, David is a second grade teacher for Denison Public Schools.

The self-proclaimed nontraditional couple decided to forego a customary wedding ceremony and instead celebrated their new life together with family and close friends at a resort in Florida. However, just 16 days after their wedding, Christy was diagnosed with breast cancer.

“Being diagnosed with cancer is simply the worst,” Christy said. “After getting married, you think things will be wonderful. You look forward to the life and family the future has in store. When I learned I had cancer, it seemed as though everything I thought would happen was being taken away.”

Christy’s primary care physician, Greg Perkins, M.D., McFarland Clinic, conducted a biopsy to confirm her diagnosis and referred her to Oncologist Robert Behrens, M.D., of the Cancer Center of Iowa located in the St. Anthony Infusion Center, for treatment. The St. Anthony Cancer Care team performed a lumpectomy procedure to remove the cancer and continued to treat Christy with six rounds of chemo and one month of radiation.

“Diagnosing a patient with any disease, especially cancer, is one of the most challenging aspects of being a physician,” Dr. Perkins said. “However, with routine exams we were able to catch Christy’s cancer in an early stage, which made all the difference.”

“I knew I wanted to receive treatment at St. Anthony when I was diagnosed with cancer,” Christy said. “The Cancer Care team worked

with my schedule, which allowed me to receive treatments over lunch and then return to work. When you’re battling cancer, it’s important to maintain a sense of normalcy. I already knew I was sick, and felt the effects of cancer – but I wanted to keep my mind sharp.”

Christy shared that Grammy-award winner Melissa Etheridge’s battle with cancer, which coincided with hers, provided a level of hope and courage.

“I followed Melissa’s story and it gave me hope,” Christy said. “I would go to my appointments with Dr. Behrens at St. Anthony and realize I was getting the same treatments as someone in Hollywood, right here in Carroll, Iowa. It made me recognize you don’t have to go to Minneapolis or Omaha for the absolute best treatment.”

“St. Anthony has always provided the latest technology, tools and resources in cancer care,” Dr. Behrens said. “We have built a Cancer Care team that is not only trusted, but also convenient for the residents of west central Iowa.”

By March of the following year, Christy had completed cancer treatment, but continued taking medication to ward off a recurrence of the disease. However, side effects included early menopause, so the couple decided to take that time – five years – to travel and enjoy the time they had together.



Greg Perkins, M.D.
Family Medicine



Robert Behrens, M.D.
Hematology/Oncology



Susan Teggatz, M.D.
Pediatrician



After coming off the medication, Christy and Dave cautiously hoped to start a family. They returned to St. Anthony to see OB/GYN Nelson Lo, M.D., who in conjunction with Mid-Iowa Fertility, was able to help the couple become pregnant over the course of nearly two years. Thankful for a clean bill of health following Christy's cancer diagnosis, the possibility of becoming pregnant was a joyful time for the two.

"Cancer treatments, such as chemotherapy, are a necessary part of battling the disease, but not without risk," Dr. Lo said. "Often, treatments can damage the ovaries causing immediate or delayed infertility. In Christy's case, her body was able to recover from the cancer and effects of her medication, and she was able to go on to raise three healthy children. As a physician, there is nothing more rewarding than experiencing success stories like Christy's."

After giving birth to three children via caesarian section, Christy has also developed a close relationship with, and respect for, the St. Anthony Birth Place.

"I relied on the doctors and nurses at St. Anthony for advice," Christy said. "They made the delivery process run so smoothly, and I felt right at home. In fact, each time they gave me the okay to go home, I didn't want to leave."

The Reis family continues to rely on St. Anthony for the care of their children with routine visits to Pediatrician Susan Tegatz, M.D.

"It's important to have a relationship with a physician who specializes in children," Christy said. "Dr. Tegatz treats my children like her own and that compassion comes through at each visit. That sense of caring for others is something I have experienced with each visit to St. Anthony – during the most difficult times and during the best."

"It is my job to pay attention to the physical, emotional and social development of the children in my care," Dr. Tegatz said. "Children are not simply small adults. In fact, they often present different symptoms, require different prescriptions and have difficulty in communicating how they are feeling. It is my passion to aid parents through not only routine visits, but also the challenging illnesses that arise in newborns and children."

Today, Christy continues routine breast exams, including regular self-exams and annual check-ups with Dr. Lo, to catch any returned cancer growth.

"I am so grateful for all that St. Anthony has done for me and my family," Christy said. "The quality of life we have experienced over the past 12 years is in part due to the hard work and commitment of St. Anthony's dedicated team."

St. Anthony Welcomes New Team Members



Charles Svensson, M.D.
OB/GYN

Dr. Charles Svensson, OB/GYN

St. Anthony Regional Hospital welcomed OB/GYN Charles Svensson, M.D., in February. Dr. Svensson focuses on general obstetrics and gynecology services, while specializing in minimally invasive surgery, endometrial ablation and colposcopy. He serves patients routinely at the St. Anthony Clinic and in surrounding communities.

Dr. Svensson came to St. Anthony from the UnityPoint Clinic in Des Moines, where he served most recently as chief of staff. He has 26 years of experience in the medical field, working for Henderson and Walton Women's Center; and Crommelin and Svensson in Birmingham, Ala.; and opening his own practice, The Women's Wellness Center in Foley, Ala. Svensson earned his Bachelor of Science degree from the University of Alabama and his Doctor of Medicine from the University of South Alabama. He completed his residency at East Carolina University in Greenville, N.C. and is certified by the American Board of Obstetrics and Gynecology.



Cyndy Johnson, ARNP
Mental Health Services

Cyndy Johnson, ARNP, Mental Health Services

Advanced Registered Nurse Practitioner (ARNP) Cyndy Johnson joined the Mental Health Service Department at St. Anthony in February. In her role, Johnson serves the needs of outpatient mental health clients, specializing in medication management, depression, bipolar disorder, schizophrenia, dementia and behavioral concerns, as well as provides care to patients in the inpatient unit.

With nearly 30 years of experience in mental health services, Johnson came to St. Anthony from UnityPoint Health-St. Luke's in Sioux City, where she was a psychiatric registered nurse. In 2014, she made the decision to pursue her lifelong dream of becoming a psychiatric mental health nurse practitioner and completed her post-masters certificate at the University of South Alabama in December 2016.



DeRae Schroeder, DNP
Family Medicine

DeRae Schroeder, DNP, St. Anthony Clinic in Denison

St. Anthony Clinic, Denison, announced the addition of DeRae Schroeder, doctor of nursing practice (DNP) in January. Schroeder provides care to patients of all ages at the Denison location.

A native Iowan and current resident of Wall Lake, Schroeder received her Bachelor of Science in Nursing from Morningside College in Sioux City, Iowa, and her Doctorate of Nursing Practice from Creighton University in Omaha, Nebraska. She came to the Denison Clinic from Burgess Health Center in Onawa, Iowa, where she also served as a family doctor of nursing, nurse practitioner. Her previous experience includes time spent as a registered nurse in the Solid Organ Transplant Unit at the University of Nebraska Medical Center in Omaha, as well as serving as a registered nurse in St. Anthony Regional Hospital's Emergency Department from 2009 to 2013.

Four Sisters, One Hospital

Born and raised in Coon Rapids, the Boeke sisters have a common thread besides their family ties – they each have chosen St. Anthony Regional Hospital to deliver and provide health care for their children. From oldest to youngest – Angela Oswald, Heather Mohr, Jessica Phippen and Danielle Willenborg – all four sisters have confidence in St. Anthony and the hospital’s medical staff.

Angela and Nick Oswald

Angela, Administrative Assistant at Glidden-Ralston Community School District, and her husband, Nick, Diversified Crop Insurance Services, started their family in Omaha, where Angela gave birth to the couple’s first two sons, Tanner, 13, and Wyatt, 10. Then the family returned to Coon Rapids in 2007.

“After my first pregnancy, I knew I needed an OB/GYN for future pregnancies,” Angela said. “My placenta ruptured, and Tanner ended up being born two months early. There were no complications, but I knew having someone that specialized in child birth would give me comfort that both my child’s and my health were in good hands.”

Angela was the first of the four sisters to see Nelson Lo, M.D., board-certified OB/GYN at St. Anthony Clinic, with the births of Caden and Bryce, now 8 and 4. She appreciated his attention to detail and the overall sense of compassion provided by the medical staff at St. Anthony.

“At St. Anthony, I wasn’t just a number laying in a bed,” Angela said. “I received more one-on-one time and attention from the staff, who made delivery easy. The entire process was overwhelmingly better at a small hospital, where I received not only quality, but also compassionate care.”

Today, Angela continues routine exams with Dr. Lo and Hope Jensen, St. Anthony Clinic Nurse Practitioner. She trusts her children’s health care to Karla Cheney, M.D., St. Anthony Clinic Pediatrician.

“Dr. Cheney is very thorough,” Angela said. “Three of my four sons had cleft palates, and she was amazing through every aspect. She helped us diagnose the issue and referred us to a specialist in Iowa City. I’m so thankful my children were in her care, so we could catch and aid them early on.”

Heather and Justin Mohr

Heather, Marketing Coordinator at ET Video, and husband, Justin, Mohr Construction, are the parents of twins Griffin and Claire, age 6. Heather gave birth to one of the bigger set of twins at St. Anthony – 7 pounds 7 ounces and 8 pounds 14 ounces – on September 17, 2010.

“My husband and I sought Dr. Lo’s help in getting pregnant after having problems conceiving naturally,” Heather said. “He was very comprehensive with his testing and recommendations, including bloodwork, hormone testing, a hystrogram and fertility medications. In such a trying time, his team of nurses were amazing! I still can recall the day that two of his nurses called to share the exciting news that I had finally ovulated. I knew there was something special about this great group of people!”

After initial stages of testing, Dr. Lo referred the couple to Mid-Iowa Fertility where the couple became pregnant via in vitro fertilization.

“When we found out we were pregnant, we were over the moon excited!” Heather said. “We had tried for over four years to get pregnant and the entire process was physically and mentally exhausting. It was like a weight was lifted off my shoulders. Then the focus was shifted to keeping the pregnancy. I put my trust in Dr. Lo and his team, knowing we would be in good hands.”

Heather also underwent a cesarean section and is thankful Dr. Lo was able to perform the procedure.

“One of the many benefits I experienced with Dr. Lo was his



Angela and Nick Oswald



Heather and Justin Mohr



Nelson Lo, M.D.
OB/GYN

“It is always a privilege to be a part of the miracle of life,” Dr. Lo said. “We are very pleased and humbled to be able to provide a broad spectrum of health care services to this entire family – from pre-natal care to adolescence for the children, as well as providing routine exams for the whole family. It has been a rewarding experience to see the growth of these families.”

ability to provide care through all stages of pregnancy – from prenatal care to the delivery room,” Heather said. “I didn’t have a surgeon I didn’t know performing my c-section, instead it was Dr. Lo who knew me, my family and our specific needs.”

She is also grateful for the skilled care provided by Dr. Lo’s nurses.

“Destiny [Garrels] is amazing!” Heather said. “She has been a huge help during each of my sisters’ and my pregnancies. She is knowledgeable, caring, personable and always willing to explain things in detail.”

Heather’s two sisters-in-law have also entrusted Dr. Lo with the care and delivery of their children. Heather shares her insight.

“My sister-in-law went to one of her initial appointments, and her previous doctor couldn’t find the baby’s heartbeat with the fetal Doppler,” Heather said. “He recommended she visit a hospital for an ultrasound to find the heartbeat. That’s when I suggested she visit Dr. Lo. He is able to do ultrasounds right in his office, where you are able to get immediate feedback and results. That makes a big difference to a mother at any stage in the pregnancy.”

Today, the Mohr family continues to visit St. Anthony for their health care needs, including Dr. Lo; Tina Flores-Schechinger, M.D., Family Physician; and Susan Tegatz, M.D., Pediatrician.

“The personal touches I received at St. Anthony are unparalleled,” Heather said. “I have developed relationships with the medical staff that you can’t find anywhere else. From our family care provider, Dr. Flores, who came to the hospital during her busy day at the clinic to check on me after an emergency appendectomy, to Dr. Susan Tegatz who takes time to listen to my concerns in regards to health issues with my children, the compassion shown during each visit can turn a bad experience turn into a positive outlook.”

Jessica and Nathan Phippen

Jessica, Service Advisor at Asurion, and husband Nathan, Transportation Director at Coon Rapids-Bayard Community Schools, have three children, Carly, 4, and twins, Corbin and Cassidy, 6 months. Following the outstanding care her sisters received from Dr. Lo, Jessica knew he was the right choice for

her pregnancies, especially when her pregnancy with the twins didn’t go as expected.

“When I was pregnant with the twins, my placenta ruptured at 11 weeks,” Jessica said. “I knew something was wrong when I noticed bleeding. I immediately contacted Dr. Lo who performed an ultrasound. He found my babies’ heartbeats which gave me peace of mind.”

Dr. Lo kept Jessica in the hospital for three days before putting her on bed rest for eight weeks. With appointments every other week, he continued to monitor the progression of placenta regrowth and re-attachment. Thankfully, after eight weeks, everything had returned to normal.

“Dr. Lo was so comforting and helpful,” Jessica said. “He focused on getting me as far as he could, and kept my mind focused on short-term goals. He kept me calm and encouraged me to take things one week at a time. His steadfast approach was invaluable to me at a time when I was very anxious.”

When it came time for delivery, Jessica was nervous once again, as she was about to undergo her first surgery – a cesarean section. Dr. Lo made her feel comfortable, and Jessica shares it was over in no time. Dr. Tegatz was also in the delivery room to welcome the twins and diagnosed Corbin’s cleft palate.

The family’s relationship with Dr. Tegatz continued since that day. In January, Cassidy developed respiratory syncytial virus (RSV) and spent four days at St. Anthony. Jessica shared that Dr. Tegatz’s care and concern meant the world to them.

“We have a deep appreciation for St. Anthony as a whole,” Jessica said. “The fact that all four of us have chosen St. Anthony, and Dr. Lo, tells you the doctors and medical staff are doing something right. We never would have picked anywhere else.”

Danielle and Codi Willenborg

Danielle, School Nurse at Coon Rapids-Bayard Community School, and husband Codi, Willenborg Trucking, have a 4-year-old son, Paxton, and are expecting their second child in June 2017. Danielle shares the importance of having an OB/GYN following three miscarriages.



Jessica and Nathan Phippen



Danielle and Codi Willenborg

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Four Sisters...

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"I chose Dr. Lo because he is very thorough, takes time to make me comfortable and is very cautious," Danielle said. "From the time you walk into his office to the time you leave, everyone is helpful. Reception staff are friendly, and the nurses are easy to talk to and take time in their explanations."

Danielle transferred her care to Dr. Lo after her first two miscarriages, and is extremely grateful for the compassionate care and caution Dr. Lo and his team took during her pregnancies.

"Pregnancy loss is a horrifying experience no matter the circumstances, but Dr. Lo and his nurses were compassionate and made the unthinkable a little more manageable for me and my husband," Danielle said. "I value the fact that Dr. Lo did not hesitate to refer us to specialists when he thought necessary."

Danielle also shares that Destiny Garrels, one of Dr. Lo's nurses, went the extra mile to work with her family, the insurance company and genetic counselors to get genetic testing following the couple's third miscarriage.

"I appreciate her going out of her way to collaborate with everyone to get this testing done, like she did in this instance and in many others, during my pregnancies," said Danielle.

With a 4-year-old, Danielle also knows the significance of trusting a local pediatrician.

"Having a full-time pediatrician close to home has been helpful," Danielle said. "Dr. Teggatz is so kind and caring. She knows how to work with children to make them more comfortable, but most importantly she has specific knowledge of children's health and can identify and diagnose illnesses more quickly."

Danielle also continues routine health exams with Hope Jensen, ARNP, and shares she has always experienced the best at St. Anthony.



Karla Cheney, M.D.
Pediatrician



Hope Jensen, ARNP
Family Medicine



Tina Flores Schechinger, M.D.
Family Physician

"Hope is relatable and personable," Danielle said. "She is never rushed and always has time to answer my questions. This type of individual treatment is what I have come to expect and appreciate at St. Anthony. It's why I choose to receive my health care in Carroll and why my sisters have as well."

St. Anthony Invites You To...

Living with Joy in the Midst of Change. Join Tom Thibodeau as he discusses the topic of Franciscan joy. All of us are affected by rapid change in our institutions, our communities and our families. Joy helps us find a center place from which we can live deliberately, intentionally and confidently in the midst of change. Thibodeau will share how to find internal joy, insight on adapting to change and the importance of slowing down.



Tom Thibodeau

This is a special presentation, open to the community, at the Santa Maria Winery on Tuesday, May 9. A social and light hors d'oeuvres will begin at 6:30 p.m., followed by the presentation at 7:00 p.m. The program is open to the public, and there is no fee to attend. Please reserve your space by calling (712) 794-5296 or emailing foundation@stanthonyhospital.org.

Tom Thibodeau is the distinguished Professor of Servant Leadership at Viterbo University in LaCrosse, Wis. where he has taught for 33 years. He is founder of the Master of Arts in Servant Leadership, the only Master's degree of its kind in the nation. Tom is a popular professor, public speaker, and active community

member who lives by what he calls the 11th commandment – thou shalt not stand idly by! He is a founder of the Place of Grace Catholic Worker House in La Crosse and has served on several community boards and committees. Tom is a husband, father, grandfather, teacher, active community member and part owner of a country tavern. Thibodeau received his master's degree in Human and Religious Studies from Saint Mary's University in Winona, Minn.

A Time to Give:

St. Anthony Employees Donate Grotto to Garden View

St. Anthony Regional Hospital and Nursing Home believes in giving back – to our patients, our residents, our colleagues and our community. Each year, employees are encouraged to join the St. Anthony Employee Giving Campaign to raise funds for a special project. This year St. Anthony employees are proud to present a grotto, valued at \$50,000, to complement Garden View, the new assisted living facility on the St. Anthony campus.



Ground breaking on the assisted living facility took place on September 22, 2016. Garden View is expected to be completed the summer of 2018 and will feature a two-story, 36-unit complex. The grotto will serve as a symbol of St. Anthony's faith-based heritage, and will be located in the garden portion of the property between Garden View and Orchard View.

This timeless gift also pays homage to a historical landmark in Carroll, the Immaculate Conception Grotto built by Father Paul Dobberstein. The original grotto was located on the grounds of St. Angela Academy, which later became Kuemper Catholic High School. When the high school built an addition, the grotto was dismantled by Father Louis Greving in the early 60s, and its stones were incorporated into the Grotto of the Redemption in West Bend.

"I have fond memories of the Immaculate Conception grotto, dating back to my school years when we did the living rosary and crowning of the queen in May," said Sister Maris Kerwin, St. Anthony Board Member. "It was a quiet place for

individuals to sit, pray and reflect. I imagine the new grotto will also provide a place of solace for those living at Garden View, local students and community members. This is a wonderful project that St. Anthony employees have taken on that honors the hospital's FSPA heritage and will serve as a cornerstone attraction in the community."

"It is our hope to locate stones from the original grotto that may have remained in the Carroll area and incorporate them in the design of the new St. Anthony grotto," said Ed Smith, St. Anthony President and CEO. "This gift by St. Anthony Employees demonstrates our ongoing commitment to *Health, Healing and Hope.*"

The Garden View Grotto will be accessible for the entire community to enjoy. Special signage will recognize the grotto as a gift, donated by St. Anthony employees.

How You can Give Back

Charitable and philanthropic gifts can dramatically impact people in the communities we serve. Over the past decade, St. Anthony has utilized your charitable contributions to raise funds for pastoral, cancer and cardiac care, as well as renovate the St. Anthony Emergency Department and build the St. Anthony Education, Training and Simulation Center. Each of these projects has been made possible with the support of community giving, from people like you! If you would like to partner with St. Anthony in our philanthropic efforts, donations are accepted at any time.

The St. Anthony Foundation works with patients and community members to plan your charitable giving. In fact, planned giving, or gift and estate planning, refers to a strategic plan that includes instructions for leaving a charitable gift upon your passing or investing today in a way that will result in a gift later. The plan could make a difference to you now through lower taxes or provide you with lifetime income, all while supporting St. Anthony.

St. Anthony has experts who can work with you and your financial advisor at no charge. For a confidential consultation to learn how you can give back, please call Trish Roberts at (712) 794-5223 or email troberts@stanthonyhospital.org.



Trish Roberts, CFRE
Development Director

Historic Roots Pave the Way for Future Success

There is definite value in understanding and paying close attention to history. In fact, we can learn a lot from history that is all around us and use these lessons to our advantage today.

For example, Father Joseph Kuemper is a well-known figure in Carroll's history. He came to the community in 1901 to become the pastor of SS. Peter and Paul Church and immediately recognized there was a need for a medical health center to serve the growing area. Given this, he took it upon himself to organize volunteers to assist in this endeavor and even went so far as to use his own funds to purchase the land for a future building. It was an ambitious project, but Father Kuemper was determined and committed to his cause because he saw a need for better medical care and firmly believed he was the person who could help make it happen.

It was not long before Father Kuemper was searching for an administrative partner in the project. He offered \$1,000 and a completed, fully equipped facility for someone who could administer and serve the proposed hospital. The Franciscan Sisters of Perpetual Adoration were willing to take-on the challenge, so on June 13, 1905, a new 30-bed



Ed Smith
President and CEO



Fred Dolezal
Board President

hospital with seven doctors was opened in Carroll. It was named St. Anthony.

Fast forward more than 112 years later and St. Anthony Regional Hospital

is still serving the residents of Carroll today, as well as many more people throughout west central Iowa. Yes, the hospital – and the services we offer – has gone through many changes since it was first opened and run by the Franciscan Sisters of Perpetual Adoration. Our organization is marked by a long-standing, demonstrated history of a commitment to compassion, responsibility, responsiveness, teamwork, dignity, respect and integrity. All of these are words we live-by, and practice on a daily basis as we provide high quality, high value health care services to those in-need around us.

Recognizing, and acting upon these needs, is why we are

moving forward with construction of the Garden View Assisted Living Facility. It is why we are providing new levels of specialty service and care for patients at our St. Anthony Clinics and our newly opened Denison location. It is why we continue to serve as the leading resource in the area for obstetric services. We continue to contribute to economic vitality by providing a wide range of services to address a broad spectrum of health care needs.

We have come a long way since 1905, but we believe Father Kuemper would be proud of the many things we have accomplished. We suspect, if he were alive today, he would also be an advocate for our continued push to expand services and find new ways to add value to the communities we serve.

What will the hospital be like 100 years from now? Only time will tell, but we believe we are doing a good job in advancing our mission and paving the way for health care in west central Iowa.


Ed Smith
President and CEO


Fred Dolezal
Board President

St. Anthony Medical Staff

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Aaron From, M.D.
Laurie Kuestner, M.D.
Kyle Ulveling, M.D.
Beth Chia, ARNP
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