

# *Look to the Cross...*

SPRING 2018 | [www.stanthonyhospital.org](http://www.stanthonyhospital.org)



**ST. ANTHONY**  
Regional Hospital & Nursing Home  
CARROLL, IOWA | 712-792-3581

# Wall Lake Native Shares Struggle with Diabetes to Raise Awareness

Diagnosed with Type I diabetes at St. Anthony Regional Hospital, Wall Lake native and East Sac County High School graduate Alexandria (Alex) Roth shares her struggle with the disease and how it has influenced her career path.

Alex and her parents, Steve and Peggy, first saw signs of the disease in 2005. During a dance class, Alex recalls being lethargic and disinterested in dance, which was unlike the nine-year-old.

"I was sick, tired and extremely thirsty," Alex said. "I remember drinking a lot of milk that weekend."

With no sign of change in Alex over the next couple of days, Peggy took her to the Emergency Room at St. Anthony where medical staff completed an A1C blood test. The test revealed that Alex's blood sugar levels were off the chart.

"It was mostly a blur," Alex said. "At the time, I was overwhelmed and scared. My life changed in an instant. From that point forward, I was told I had to start taking shots, poking myself to test my blood sugar levels and put in charge of my own health. It didn't matter where I was – in the middle of birthday parties or school events – I was going to have to monitor my health."

Peggy shares that she was just as scared,



Alex Roth

but tried her best to put on a brave face for Alex.

"I didn't want to cry when we heard the news. I didn't want her to know that it could be scary. She was just a little girl," said Peggy. "It ended-up being a huge learning curve for all of us – even the school, as Alex was the only diabetic in the building. Learning to count carbs, eating scheduled meals and getting up to check her blood sugar at night was quite a challenge."

Alex took on a tremendous amount of responsibility with the disease. As soon as Alex was able to test her blood sugar levels and give herself shots, she took over those tasks. The family met with a St. Anthony dietitian and continued routine visits with the McFarland Clinic

and an endocrinologist in Ames.

"It has been a journey for Alex and her family. Diabetes is a disease that effects the entire family. It does take a team to manage the disease," said Deb Dieter, RN, CDE, St. Anthony Certified Diabetic Educator. "Her providers – Dr. John Evans, the providers when she moved on to college, her endocrinologist – have all been instrumental to help work through the struggles along the way."

"We struggled to control Alex's blood sugar levels early on," Peggy said. "On top of this being a challenging disease to control, the shots didn't work well. Finally getting her on a pump was a big help."

In 2006, things changed for the Roth family when they met Deb Dieter.

"Deb quickly became a significant part of my care team," Alex said. "She was able to evaluate my blood sugar, coordinate with St. Anthony dietitians and collaborate with my endocrinologist and family doctor."

Peggy also praises the care Deb Dieter has provided since becoming a part of Alex's care team.

"Alex had an instant connection with Deb, and that trust and comfort level continues today," Peggy said. "Deb helped all of us get a better handle on the disease. She could read what Alex was thinking and

## DID YOU KNOW?



**1 in 3 adults  
are at risk for  
Type 2 Diabetes**



**422 million adults  
have diabetes**

## St. Anthony Diabetes Services:

- Education, one-on-one or group classes
- Insulin pump therapy
- Continuous glucose monitoring services
- Insulin starts
- Continuous care partnership with your current provider



▶ feeling without her saying it, because Deb has lived it. Deb is relatable and that is what got Alex through many of life's toughest stages, including adolescence, high school and transitioning to college."

Though Alex is in Omaha continuing her education, she routinely visits two to three times a year with Deb to catch up on things and discuss struggles and changes.

"Deb has become a friend. When I'm home I can simply call to see if there is room for me to get in to the Diabetes Center, for Deb to evaluate how things are going, and I don't have to waste an entire day of travel just to do that," said Alex.

And Peggy concurs. "The one constant over the years has been Deb," Peggy said. "She cares about Alex personally, and we think very highly of her."

Today, Alex is following in Deb's footsteps, utilizing her experience with diabetes to help others. She is currently working to earn her bachelor's degree in nursing at the College of Saint Mary in Omaha, Nebraska.

"I spent so much time at the hospital, learning how to take care of myself and how to handle this disease. I feel at home in that capacity and now it's time to help others," Alex said. "I would not be where I am today without the strong support and health networks I had. My parents, physicians, nurses and Deb took great care of me, and it is my hope to do the same for others."

"I am very proud that she has chosen to get into nursing to help give back," Deb said. "She will do well!"

## ST. ANTHONY MEDICAL STAFF

### CARDIOLOGY

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

### ENT

Tracey Wellendorf, M.D.

### FAMILY MEDICINE

Isabella Ahanogbe, D.O.  
Patrick Courtney, M.D.  
Nicole Cummings, D.O.  
Samuel Dvorak, M.D.  
John Evans, M.D.  
Tina Flores-Schechinger, M.D.  
Michelle Heim, D.O.  
Linda Iler, M.D.  
Douglas McLaws, D.O.  
James R McQueen, D.O.  
David P Nystrom, D.O.  
Greg Perkins, M.D.  
Julie Perkins, M.D.  
Carly Quam, D.O.  
Shaun Quam, D.O.  
Michael Slattery, M.D.  
Joshua Williams, D.O.  
Debra Adams, ARNP  
Barbara Boldt, PA-C  
Jeffrey Boldt, PA-C  
Shelley Diehl, PA-C  
Abby Behrens, ARNP  
Sue Gehling, ARNP  
Michelle M Kroeger, ARNP  
DeRae Schroeder, ARNP, DNP  
Cara Vogl, ARNP

### GENERAL SURGERY

Ronald Cheney, D.O.  
Marc Miller, D.O.  
Josh Smith, D.O.

### INTERNAL MEDICINE

Mark Collison, M.D.  
Dominick C Ervelli, D.O.

### NEUROLOGY

Blanca Marky, M.D.

### PSYCHIATRY

Philip Muller, D.O.  
Jeannie Franklin, ARNP  
Patty Hildreth, ARNP  
Cyndy Johnson, ARNP

### OB/GYN

Nelson Lo, M.D.  
Charles Svensson, M.D.

### OPHTHALMOLOGY

Lou Ann Kiessling, M.D.

### ORTHOPEDICS

Thomas Dulaney, M.D.

### PATHOLOGY

Jedd Hagen, M.D.

### PEDIATRICS

Karla Cheney, M.D.  
Susan Tegatz, M.D.

### PODIATRY

Eric Jensen, D.P.M.  
Abby Williams, D.P.M.

### RADIATION ONCOLOGY

Randal Hess, M.D.

### RADIOLOGY

Michael Soe, M.D.

### UROGYNECOLOGY

Maria Hernandez, M.D.

### UROLOGY

Richard Sazama, M.D.

### CERTIFIED REGISTERED NURSE ANESTHETIST

Jordan Blackwell, CRNA  
Kevin Bohac, CRNA  
Edward Cutler, CRNA  
Matthew Earl, CRNA  
Chris Hanson, CRNA  
Colee Hayworth, CRNA  
Corey Mehlhaff, CRNA

### ON-CAMPUS VISITING SPECIALISTS

Scott Green, M.D. Dermatology  
Katherine Blomgren, PAC  
Dermatology  
Robert Behrens, M.D.  
Hematology/Oncology  
Mark Westberg, M.D. Hematology/  
Oncology  
Sameer Yaseen, M.D. Nephrology  
Jay Swanson, D.O. OB/GYN  
Marvin Hurd, M.D. Physiatry  
Bryan Folkers, D.O. Plastic Surgery  
James Meyer, D.O. Pulmonology  
Nicholas Southard, M.D.  
Vascular Surgeon

# St. Anthony Employee Builds Legacy through Generous Donation to the Foundation

A committed, dedicated employee of 20-years at St. Anthony Regional Hospital, Randy Eischeid was diagnosed with parotid carcinoma, a rare type of salivary gland cancer, on November 27, 2015. Today, the 60-year-old shares that his battle against cancer has been a long road, filled with twists and turns. However what brings him comfort, is knowing that he will leave a legacy for his children and for the organization he has served for more than two decades – St. Anthony.

Over the past several years, Eischeid has relied on health care services and collaboration amongst St. Anthony Regional Hospital, Mayo Clinic and Boone County Hospital. His original CAT-scan in 2015 was completed under the guidance of physicians Dominick Ervelli, D.O., and Mark Collison, M.D., Adult Medicine, at the St. Anthony Clinic, who referred Eischeid to the Mayo Clinic for surgery. He also received hyperbaric and wound care treatment at Boone County Hospital.

Over the past two years, Eischeid has battled the disease as it has taken on new forms, including a tumor on his spine, and most recently, two tumors on his lungs.

“Since November of 2015, I was cancer-



Randy Eischeid

free for one day,” Eischeid said. “Battling cancer has been a rollercoaster ride. I am so grateful for the collaboration among St. Anthony, Mayo and Boone, for their commitment to get me to the right specialist at the right time, and for the ability to complete many of my treatments right here in Carroll.”

While off work for multiple cancer treatments, Eischeid shares that he was fortunate enough to be able to plan for the future.

“When the tumor on my spine was found, the doctors said it could mean being paralyzed from the neck down – or even death. I knew I had to get my ducks in a row, and in a hurry,” said Eischeid. “There was a fair amount of risk involved with this tumor, and it served as an awakening for me to plan financially.”

He seized an opportunity to meet with Doug Olson of Thompson and Associates through the St. Anthony Foundation. Olson is at St. Anthony one day each

month to assist people in developing an estate plan that reflects their personal goals and values.

“I’ve donated to St. Anthony when I was able, making sure my expenses were covered first,” Eischeid said. “Nurses, doctors, coworkers and other staff in the hospital have stood by me every step of the way, and it made such an impression on me that I wanted to leave an estate gift to the St. Anthony Foundation. My colleagues always ask how I’m doing, and that means a lot to me. If I didn’t have the support from co-workers at St. Anthony, things could have gone much differently for me – I might not have been afforded the opportunity to battle this disease.”

Eischeid shares that Doug Olson was able to help him through the estate planning process, objectively analyze his assets and liabilities, and determine how to allocate funds following his passing.

“There was never any pressure as to the way my funds would be distributed,” Eischeid said. “The estate planning process gave me great comfort in knowing what my children and grandchildren would receive and that my donation to St. Anthony would come from my 403(b). I encourage anyone who is considering estate planning to take the time now, to plan for the future – because we never know what’s in store.”

▶ Trish Roberts, St. Anthony Development Director, concurs.

“It’s easy to become so busy in our daily lives that we don’t realize how much we have accumulated, and it’s not just for the wealthy,” said Roberts. “Estate planning can help us to determine how to make the most of appreciated assets, not when we need them today, but in a tax-wise manner after retirement or upon passing.”

Eischeid, who allocated \$100,000 to support cancer care services through the St. Anthony Foundation, urges others to plan for their loved ones as well as charities near and dear to their heart.

“If you want to make sure someone, or an organization, is taken care of, whether that be St. Anthony, your local church or school, estate planning is a great way to plan ahead. That way, you know where your money is going and this process helps the executor of your will,” said Eischeid.

Following the estate planning process and radiation treatment of the spine, Eischeid decided it was time for a little something himself – a 2017 Harley Freewheeler.

“I told myself last spring that if I was alive in 2018, I was going to get a new Harley trike. I’ve always wanted one, so this year I didn’t wait,” said Eischeid, who plans to get outside after work to tour the countryside around Swan Lake and surrounding areas on the three-wheeled bike.

Randy continues to work at St. Anthony as an IT project manager. He routinely visits the Mayo Clinic for monthly exams, and sees St. Anthony Oncologist Mark Westberg, M.D., and Mark Collison, M.D., as needed.

“Going to work gives me a reason to get up, to do something normal,” Eischeid said. “You feel like you’re worth something.”

“We at St. Anthony are so grateful for Randy’s generous contribution,” Roberts said. “Most importantly, on a personal level, we are pleased that he took advantage of our complimentary estate planning services and decided what is most important to him and his family.”

If you are interested in a confidential consultation to learn how you can create a legacy of your own, please call Trish Roberts at (712) 794-5223 or email [troberts@stanthonyhospital.org](mailto:troberts@stanthonyhospital.org).



**Trish Roberts,**  
**CFRE**  
*Development Director*

## **ST. ANTHONY INVITES YOU TO... THE UNCOMFORTABLE YES: LEARNING TO SAY YES WHEN THE WORLD SAYS NO!**

PROGRAM PRESENTED BY:  
**JAKE SULLIVAN**



Former Iowa State Basketball Star and President of Kingdom Hoops, Current Student and Family Ministry Director at Grace Christian Church in Eden Prairie, Minnesota.

**WEDNESDAY, MAY 9, 2018**  
**Carrollton Centre, Carroll, Iowa**  
**6:00 p.m. Social & Light Hors D'oeuvres**  
**7:00 p.m. Program**

Please RSVP to: **(712) 794-5296** or  
**[foundation@stanthonyhospital.org](mailto:foundation@stanthonyhospital.org)**.  
This free community event is open to the public, and sponsored in partnership with the Carrollton Hotel and Event Centre.



# St. Anthony Clinic Welcomes New Team Members

## Abby Behrens, Family Nurse Practitioner

St. Anthony Regional Hospital welcomed the addition of Family Nurse Practitioner Abby Behrens to its team at the St. Anthony Clinic. Behrens, who began working full-time at the clinic in March, is currently accepting patients. Behrens assists patients of all ages with acute and chronic health needs.

"I am excited about the opportunity to return home, to serve the health care needs of patients in Denison and the surrounding communities," Behrens said. "I value building relationships with patients and take a holistic approach to health care, guided by mutual trust between the provider and the patient. I am committed to continuous education and look to bring my passion for quality health care to my career at the St. Anthony Clinic."

Behrens, a native of Lohrville, comes to St. Anthony from Southeast Polk Community School District, where she served as a registered nurse for six years. She has nearly a decade of experience as a registered nurse, including her time at



**Abby Behrens**  
Family Nurse  
Practitioner

the University of Nebraska Medical Center Oncology Hematology Special Care Unit. Behrens earned her Bachelor of Science in Nursing from Creighton University and her Master of Science in Nursing from Graceland University.

To make an appointment at the St. Anthony Clinic in Denison, call (712) 263-6116.

## Barbara Boldt, Certified Physician Assistant

Certified Physician Assistant Barbara Boldt returned to St. Anthony Regional Hospital in April to serve at the St. Anthony Clinic in Carroll. In her role, she collaborates with local physicians, and diagnoses and treats patient health needs.

"Working with patients in the community, surrounded by the specialists and talented physicians at St. Anthony is a tremendous opportunity," Boldt said. "I am proud to serve the Carroll area, and look forward to growing my skill set and finding new ways to help patients through exciting and challenging times."



**Barbara Boldt**  
Certified Physician  
Assistant

A native of Arcadia, Boldt comes to St. Anthony from the Family and Specialty Medical Center in Carroll. She has nearly 30 years of experience as a physician assistant, including her time at Iowa Physicians in Carroll and at the St. Anthony Manning and Westside Clinics. A graduate of Kuemper Catholic High School, Boldt obtained her Bachelor of Science in General Science from the University of Iowa and her Bachelor of Science with distinction in the Physician Assistant program from the University of Nebraska Medical Center. She was certified as a physician assistant by the National Commission on Certification of Physician Assistants in 1988.

Boldt, who overcame her battle with acute lymphoblastic leukemia, a blood and bone marrow cancer, shares that her battle with the disease has made her a better health care provider.

"Battling cancer changed my frame of mind," Boldt said. "I am better able to communicate with patients who are facing cancer or a serious illness, to relate to their concerns and to share a positive outlook, that there is hope in beating the disease."

Boldt is currently accepting new patients. To schedule your appointment, call the St. Anthony Clinic in Carroll at (712) 792-2222.



## SAVE THE DATE

### WHAT:

Garden View Assisted Living Open House

### WHEN:

Sunday, June 24th, 2018  
Noon to 2:00 p.m.

### WHERE:

502 South Maple Street  
Carroll, IA 51401

### WHO:

The event will feature a program that will begin at 1:00 pm.

- Blessing by Father Kevin Richter
- Keynote address by Governor Kim Reynolds
- Message by Carroll Area Development Corporation, Executive Director Shannon Landauer

### DETAILS:

Tours and refreshments will be offered.

## St. Anthony Extends Commitment to New and Growing Families with Lactation Consultation Services

The Birth Place at St. Anthony has a history of providing a host of educational services and classes to help new families navigate parenthood. From breastfeeding classes and weekly support groups to home visits and one-on-one counseling sessions, The Birth Place staff are a valuable resource. Recently, St. Anthony Registered Nurse Alicia Dentlinger of Coon Rapids, expanded her knowledge to better assist new mothers at The Birth Place by earning her lactation consultant certification through the Iowa Breastfeeding Coalition. As a result, this year The Birth Place will extend its service offerings to include lactation support and consultation.

“This is an exciting time for St. Anthony,” Dentlinger said. “The licensure has changed our approach to breastfeeding. Our focus has transitioned to a more individualized approach to feeding infants, whether that be straight breastfeeding, a combination of breastfeeding and supplemental feeding, bottle feeding – or anything in-between. It is our goal to help new mothers choose the feeding method that best fits their needs.”

Dentlinger completed 90 hours of online, lactation-based education and



**Alicia Dentlinger,  
RN, BSN, IBCLC**

completed 1,500 clinical hours for licensure through the International Board Certification of Lactation Consultants. She earned her designation on January 1, 2018.

“We believe the number one reason new mothers give up on breastfeeding is a lack of support,” Dentlinger said. “That’s why we make it a priority to tailor feeding options to each mother-child pair. At St. Anthony, we recognize that no two babies are the same. The same mother may have a completely different experience from her first baby to her second. Sometimes the answer isn’t black and white – we’re here to provide support and feeding options to make feeding easier.”

New and expecting mothers, whether seeing a St. Anthony physician or another health care provider, are welcome to attend all St. Anthony support services and classes free

of charge. The St. Anthony Infant Feeding support group meets weekly from 10:00 a.m. until noon every Tuesday. The group meets on the third floor at St. Anthony Regional Hospital near The Birth Place, located at 311 South Clark Street in Carroll. During the sessions, nurses weigh the babies; answer questions on breastfeeding, concerns about going back to work, and more; and mothers build comradery amongst other new mothers. No registration is required and mothers and newborns may come and go as their schedules allow.

St. Anthony is also excited to announce Dentlinger will begin offering infant feeding support groups in May at the St. Anthony Denison Clinic on Wednesday mornings, from 10:00 a.m. to noon and the Manning Regional Health Care Center on Wednesday afternoons, from 1:00 p.m. to 3:00 p.m. The format is open for walk-ins, and no registration is required. All mothers are welcome to the group, regardless of where their child was delivered.

For questions regarding infant feeding or a St. Anthony support group, please contact The Birth Place at St. Anthony Regional Hospital at (712) 794-5260.

### DID YOU KNOW?

**St. Anthony delivers approximately 35 babies each month.**



**60% of mothers do not breastfeed for as long as they intend to.**

**In Iowa, up to 55% of infants are nursed for 6 months or less.**

**The American Academy of Pediatrics recommends that infants be exclusively breastfed for the first 6 months, with continued breastfeeding alongside introduction of appropriate complementary foods for 1 year.**

# A Caring, Compassionate Environment at St. Anthony

During my tenure at St. Anthony Regional Hospital, I have been humbled by the amazing people who have come together with different skills, but one focus: to improve the health of west central Iowans. From the Franciscan Sisters, our board of directors, medical staff, volunteers, and employees, St. Anthony is blessed to have such caring and devoted individuals committed to providing excellence in care for all patients.

Each year we have the privilege of caring for thousands of patients at St. Anthony. Our team makes a difference in the lives of those who come to us in times of need. Our medical staff and employees provide extraordinary compassion as well as vast knowledge and experience. St. Anthony team members pour their hearts into their work and create special moments for patients and their loved ones each and every day. Why? You are our friends and our neighbors, and we are here through the best and the most challenging times.

Whether it is welcoming a newborn, helping families cope with complex diseases such as cancer, or helping our nursing home residents complete a bucket list item, I know that every patient has a story, and we are part of that story.

Each year St. Anthony delivers nearly 400 babies at The Birth Place. I have seen nurses



**Ed Smith**  
President and CEO



**Tom Gronstal**  
Board President

stay past their scheduled shift in order to remain with the mothers throughout the delivery. I have seen doctors cut short vacations to take care of mother and child. I have seen the joy of parents as they are gifted with knitted blankets and caps that were handmade by volunteers who want to assure every birth is special.

At St. Anthony Hospital, we provide a host of specialty services, and our patient experience and quality scores are among the highest in the state. What we do is the result of the passion our medical staff and employees have for our patients.

I have witnessed cancer patients retain a sense of normalcy in their lives while completing radiation and chemotherapy. I have seen orthopedic patients marvel at the pain relief that they receive. I have been moved by stories of grandparents being able to cherish their grandchildren due to procedures and treatments by our

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*"This is an exciting time for St. Anthony, as we are well-positioned to expand our health care offerings, including a robust line of specialty services. This is the result of strong leadership, the confidence of our community members and a commitment to doing what's best for those community members. This collaborative effort amongst leadership, physicians and staff makes our hospital a regional treasure."*

TOM GRONSTAL, BOARD PRESIDENT

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cardiologists. The talent and commitment of our physicians never ceases to amaze me. People may choose St. Anthony because they value our clinical expertise, but they remember us because of our devotion to making them feel safe, secure, and supported. We believe every moment defines us.

Thanks to tremendous community support, St. Anthony Hospital has been able to continue to build and enhance our services and campus. As an organization we are always looking for ways to improve the health of our communities by having access to the latest services, technology, and facilities. This summer, we will open the doors to Garden View, a new 36-unit assisted living facility. This past year, we have added new physicians and providers to our medical staff in the fields of neurology, psychiatry, and family practice. We will continue to

thoughtfully and deliberately meet the needs of the people of west central Iowa.

Health care is constantly changing, but we are well poised for the future. We will continue to evolve and diversify our services while remaining true to our mission. We are blessed by a culture of caring throughout our organization that we experience every day. We are fortunate to be surrounded by dedicated, committed board members and sponsors, and our organization is filled with talented individuals who take it upon themselves to ensure our patients have access to high quality, compassionate health care.

**Ed Smith**  
President and CEO