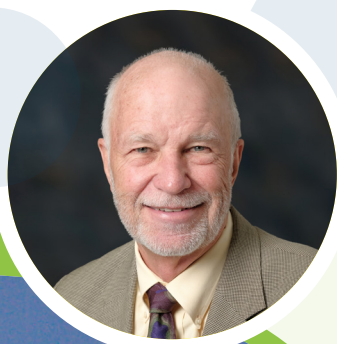


Look to the Cross...



GLIDDEN CANCER SURVIVOR EXCITED FOR NEXT CHAPTER OF LIFE



LOU ANN
Forward



**ST. ANTHONY
COVERAGE AREA**

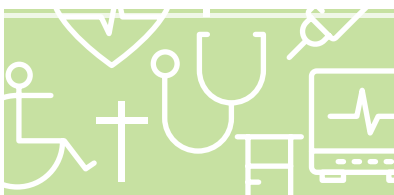
9,529

LIVING WITH CANCER



1,121

**NEW CANCER CASES
EACH YEAR**



Lou Ann Forward of Glidden, a first responder, was no stranger to seeing others during their most vulnerable moments. However, when she was diagnosed with breast cancer in 2016, Lou Ann had a difficult time grappling with the shock of cancer.

“My initial reaction was, no, it’s not me. It can’t be me; it’s somebody else,” Lou Ann said. “I was always the one there to help pick up my friends when they were facing a crisis. For me, it was – wow, how did that happen? I did not see it coming.”

Lou Ann attributes her early diagnosis and ability to quickly receive local treatment to the fact that she can call herself a three-year cancer survivor.

Early diagnosis, Lou Ann shares, she attributes, in part, to her Sun Conure Parrot, Sully, who began to sit on Lou Ann and peck at the site of the cancer. Finally, certain that Sully knew something wasn’t quite right, Lou Ann scheduled an appointment with Family Physician Michelle Heim, D.O., McFarland Clinic. A mere three days after a prescribed mammogram, she knew she had breast cancer.

“I was told my cancer was caught early and had been there at most two months. It’s hard to put into words what that diagnosis feels like. Unless you’ve felt it before, you just can’t know what you’re going to be faced with – and it’s so much better to go through in a community with family and friends,” Lou Ann said. “I knew St. Anthony is where I wanted to go for treatment. The hospital is known for providing excellent care, and it was very important to me to have care close to home.”

From there, the process moved quickly. Testing determined Lou Ann’s genetic composition. Surgery was completed within two weeks of her diagnosis, and the cancer was removed. Radiation treatments and oral hormone-based chemotherapy began under the cancer care team at St. Anthony, including Mark Westberg, M.D.

“My care at St. Anthony was very personal. The physicians and the wonderful nurses treated me with respect and dignity,” Lou Ann said. “There isn’t a single medical professional at St. Anthony that I wouldn’t call a friend after my treatment concluded.”

That care and comradery, Lou Ann shares, came in different forms depending on the support she needed that day. Someone was always there with a smile on their face, to offer a pat on the back, a hug, a listening ear, a can of Diet Mountain Dew, a simple distraction, or to just “plain have fun as friends would.” ➡

➤ Katie Nelson, RN, BSN, OCN, radiation oncology nurse, has a lot of interaction with patients in the radiation department. She describes Lou Ann as being an extremely positive person.

“Lou Ann would often be sitting in the waiting room, smiling. If another patient needed someone to brighten their day, she was ready to talk to them,” Katie said. “She was able stay positive through the entire process.”

Lou Ann, 63, is now a three-year cancer survivor. She is grateful for the people that supported her throughout the journey, including her husband, David, and son, Greg, and the team at St. Anthony.

“I would not be here today if not for the excellent care I received at St. Anthony and the cancer center. I don’t think I could have done this anyplace else, it wasn’t an option,” said Lou Ann, who continues to see Dr. Westberg and Radiation Oncologist Randal Hess, M.D., for follow-up appointments. “I wanted to stay home for this fight – I wanted to be at St. Anthony.”

And for others in the community, Lou Ann wants her family, friends and neighbors to know the importance of having quality cancer care in the region.

“It is so important for the community to have access to excellent care – and that includes the new cancer center and growing our medical services here in Carroll,” Lou Ann said. “For me, it was a 10-minute drive from Glidden to St. Anthony for treatments and follow-up appointments. You don’t have to go to a big city, you don’t have to wait weeks for an appointment or treatment. You can be seen and heard, then go back home and live your life. It’s the small-town atmosphere and the kind of care you get at St. Anthony that will make all the difference in your treatments and recovery.”

Lou Ann believes staying upbeat and focused served her well in her battle against cancer. Her prognosis is excellent, as Dr. Westberg gave her the “all clear” for another year in January 2019.

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“I am taking care of my health, enjoying life, taking time to be me and getting out and helping people that need it,” Lou Ann said. “Next January, we will deal with whatever comes, but for now I can’t wait to see what the next chapter will be!”

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CANCER CARE PHYSICIANS AT ST. ANTHONY



ROBERT BEHRENS, M.D.

Medical Oncology & Hematology

Served St. Anthony: Since 2003

“It’s reassuring for patients to receive treatment in a familiar setting. Sometimes, that means going to the same place again and again for treatment. Sometimes, it is walking in the door and knowing the people live and work in the same community. No matter what a patient is up against, we’re there to help. If the individual needs surgery, we get them to the right provider. If they need radiation, we get them to the right provider. If they need chemotherapy, hopefully I can help with that.”

- Dr. Robert Behrens



MARK WESTBERG, M.D.

Medical Oncology & Hematology

Served St. Anthony: Since 1986

“I think the patients are better served, their strength is better, and their energy is better if we can treat them locally.”

- Dr. Mark Westberg



RANDAL HESS, M.D.

Radiation Oncology

Served St. Anthony: Since 2016

“My patients are special. Each patient is an active participant in his or her own care. I take pride in a multidisciplinary approach, through educating patients, allowing them to participate in the decision-making process, and helping each patient define and achieve their goals. Most importantly, cancer treatment is a team approach – one that recognizes the patient as the most important member of that team.”

- Dr. Randal Hess

ST. ANTHONY BUILDS HOPE FOR THE FUTURE WITH NEW REGIONAL CANCER CENTER

OUR \$7 MILLION CAPITAL CAMPAIGN

As a part of our mission to provide high quality health care services and to be responsive to the needs of the communities we serve, St. Anthony Regional Hospital announced the next big investment in care – a new regional cancer center. We kicked off the year with the exciting announcement and the launch of a \$7 million capital campaign to aid in funding a significant portion of the \$16.5 million project. The cancer center will be located near the center of the St. Anthony campus, conveniently located for our patients to receive the best care possible right here in west central Iowa.

“The new cancer center is a significant and important investment for the future of our region,” said Ed Smith, St. Anthony President and CEO. “The capital campaign is a way that our community members can be directly involved in that investment and show their support of loved ones, friends and neighbors battling cancer. This facility will house the providers and services we need to put our best foot forward in our continued fight against cancer.”



The St. Anthony Foundation is fortunate to have a dedicated team of volunteer leaders on the frontlines of the campaign. For their time, efforts and passion, we are thankful for our Campaign Co-Chairs (pictured above) Barry and Mary Bruner, Tom and Jean Farner, and Matt and Peggy Greteman. Honorary Chairs include: Sister Helen Elsbernd, John and Sally Norgaard, Wayne and Shirley Seaman, and Gene and Loa Dawn Vincent.

“This project is a substantial undertaking for the hospital and our community,” said Dr. Karl Eischeid, St. Anthony Foundation Board Chair. “We are extremely grateful for this team of dedicated

individuals who have committed their time and resources to make a difference in the lives of our community members.”

A CORNERSTONE GIFT FROM OUR FOUNDERS

More than 110 years ago, St. Anthony was founded by the Franciscan Sisters of Perpetual Adoration (FSPA). Today, we maintain a special relationship with our founders and continue to fulfill our Franciscan heritage, treating our community’s physical and spiritual needs. This year, we were honored to accept a significant cornerstone gift in the amount of \$2.5 million from the FSPA to be used toward the new cancer center. This contribution helped St. Anthony build momentum in our capital campaign, and we are forever grateful to our founders for their continued trust and support of our efforts.

“We are excited to invest in the new regional cancer center to bring health, healing and hope to those facing cancer in the region. We pray our gift will help illuminate this important campaign and bring people together in west central Iowa,” said Sister Helen Elsbernd (pictured), FSPA member and honorary campaign chair.



CANCER CARE SERVICES FOR OUR COMMUNITIES

For more than 25 years, St. Anthony Regional Hospital has led the region in providing radiation oncology and chemotherapy treatment to our family, friends and neighbors in west central Iowa. This includes comprehensive cancer care with access to oncology specialists, oncology certified nurses, advanced treatment options, leading-edge technology and a full range of resources. The new cancer center will expand our critical cancer services by bringing together the people, equipment and healing environment that patients and their families need and deserve.

St. Anthony cancer services include: radiation therapy, chemotherapy and surgery oncology treatment. Our infusion therapy department complements those

services with outpatient IV infusion therapy including chemotherapy, IV medications to prevent bone loss and IV medications for rheumatoid arthritis, Crohn's Disease and multiple sclerosis. And, as part of St. Anthony's mission to treat the whole body, our support resources for patients and their families are always available. This includes the hospital chaplain, social workers, mental health professionals, support groups and creating connections between individuals facing similar circumstances.

It is our goal to provide the highest quality cancer care close to home for the next generation of west central Iowans. With less travel time, our patients can spend more quality time with loved ones – creating a sense of comfort during a difficult time.

THE BUILD BEGINS

On April 23rd, St. Anthony Regional Hospital hosted a groundbreaking event to celebrate the building of a regional cancer center on its campus. Hospital administration and staff, as well Board and Foundation volunteer leaders commemorated the event by moving the first shovels of dirt. More than 20 colored shovels were used to represent the types of cancer awareness ribbons. Members of the community and region joined in the celebration. Leaders unveiled construction plans for the center and highlighted special features, including upgraded, next level treatment technology, expanded space with natural lighting for improved patient experience and convenience, and improved coordination of care, all under one roof.



“Our fellow community members and the St. Anthony team have worked diligently to see this project through,” said Ed Smith, St. Anthony President and CEO. “This day is momentous knowing that we have a plan in place to serve the health care needs of west central Iowa – and that we can give hope to those facing the unimaginable.”

NOW IS THE TIME TO BUILD HOPE

During the past 25 years that I have served St. Anthony Regional Hospital, I have seen tremendous progress in the services we offer, the projects we have completed and the power of community coming together. Thanks to charitable contributions from our community members, we have raised funds for spiritual and cardiac care, renovation of the St. Anthony Emergency Department, and building the St. Anthony Education, Training and Simulation Center. Our focus has turned to cancer care.

St. Anthony has become an important part of the lives of so many of our fellow west central Iowans. Through life's most exciting times, such as the welcoming of a new baby, or life's most challenging circumstances, including battling cancer, St. Anthony remains a steadfast beacon of hope. Our hospital and new cancer center will provide that hope our family, friends and neighbors need in the fight of their life – and it is my hope that you will join us in building for the future. While we wish that no one would ever have to battle cancer, we know all too well that now is the time to take action. This cancer center has the ability to change lives, by bringing together exceptional providers, technology, and medical care, to give our loved ones the best chance in the fight against cancer.

It is an honor and a privilege for me to be a part of bringing the cancer center to fruition here at St. Anthony. The communities of west central Iowa should be proud of this shared effort. If you or your organization would like to partner with St. Anthony in our philanthropic efforts, we have many opportunities to support the St. Anthony cancer center campaign. We welcome your support and encourage you to join St. Anthony in *Building Hope* today.

SINCERELY,

Trish Roberts

Trish Roberts, CFRE
St. Anthony Development Director
Ph: (712) 794-5223
Email: troberts@stanthonyhospital.org



SAC CITY MAN LEAVES A LOVING LEGACY FOLLOWING HIS BATTLE AGAINST CANCER



DON & ANNETTE
Wellington

The late Don Wellington and his wife of 37 years, Annette, lived and raised their three sons in Sac City. The family grew with the addition of two daughters-in-law and four grandchildren. Don cherished being a husband, father and grandfather. Before his passing, he courageously shared his story of cancer, his treatment at St. Anthony, and his thoughts on family and hope. It is because of patients like Don that St. Anthony continuously strives for advancements in cancer care and plans for the future needs of west central Iowans – to treat our family, friends, and neighbors so that they may have the most time possible with their loved ones.

Don never had a problem with the 37-minute drive from Sac City to Carroll every day because he enjoyed his work at American Home Shield. This daily commute took-on a whole new meaning in March 2016, when Don was diagnosed with colon cancer by his local physician, Dr. Zoltan Pek. In that moment, Don's battle against cancer began.

Don and Annette relied upon the expertise of medical professionals at the University of Iowa Hospitals and Clinics and Medical Oncologist Mark Westberg, M.D., at the St. Anthony Infusion Center. The doctors agreed on a plan, which included chemotherapy and radiation treatment that would be administered at St. Anthony, as well as a surgery in Iowa City. Although scared, Don was optimistic as he felt he was in the very best hands, close to home. His family and friends rallied around him – and he prepared for the battle.

Don's treatment plan included six weeks of pre-operation chemotherapy and radiation therapy at St. Anthony. Those first rounds of treatments weren't easy, Don acknowledged in an interview before his passing.

"Dr. Westberg is an incredible doctor. He and the amazing staff helped me get through every single day," Don said. "They were always encouraging me and making me laugh. They are a tremendous group of people, and I am so thankful that St. Anthony was there for me when I needed them most."

Ten weeks of rest was followed by an eight-hour robotic surgery in Iowa City during which the tumor in his colon was removed. He spent the next six weeks recovering at home and then jumped into a six-month series of every-other week chemo treatments at St. Anthony. At the end of the six months, he was thrilled to learn he was cancer free. ➡

▶ “We wanted Don to do his treatments someplace close to home – that is why we chose St. Anthony,” Annette said. “He liked all the nurses and doctors. They made him laugh – and he made them laugh too – even during the hard treatments. That’s something we will always be thankful for, because it meant the world to him.”

Six months later cancer returned in a new form; spots were discovered on Don’s lungs and liver. While disappointed, Don firmly believed he was in the right place to receive the highest quality care. Don and his family had come to know the St. Anthony cancer care team well and knew the doctors and nurses truly cared about his well-being. This gave Don a sense of comfort each time he entered the hospital doors.

Don became a self-proclaimed regular in the infusion center once again. After additional chemotherapy every other week, the tumor on his liver disappeared, and the spot on his lung stopped growing.

“Don was such an inspiring patient,” said Dr. Westberg. “He always had a smile on his face and a positive attitude, even on the days you knew he did not feel the best. His optimism was contagious.”



Back Row (left to right): Adam, Cody, Don and Ben Wellington;
Middle Row (left to right): Leslie, Annette and Kara;
Front Row (left to right): Adeline, Evan and Sawyer

Unfortunately, as many of those battling cancer know all too well, despite the treatments and the amount of love Don had, his body could simply not overcome the disease. After a nearly two-year battle with cancer, Don passed away at the age of 60 on June 5, 2018. And though cancer may have taken Don too soon, his family will remember that his spirit lives on through them.

While experiencing the cancer battle as caregivers, the Wellington family is thankful for the time they were given with Don and the care and support they received from the staff at St. Anthony.

“Dad always talked about the nurses and doctors as though they were his best friends. It’s a horrible process to go through, but they made it very soothing and easy for him,” said son Ben. “When he was at the hospital, he wasn’t thinking about what he was going through, because they kept him upbeat. As a son, it was comforting to know my dad was treated this way.”

While living, Don’s courage and optimism were a beacon of light and hope. His family honors his legacy by sharing their experience and encouraging those who will face their own battle in the future.

For Ben, the plans to add a new cancer center at St. Anthony is an important step in continuing to provide the high quality care that everyone fighting cancer needs.

“It means the world to the people in Sac and Carroll counties and other rural areas that you can come here and get the same level of care that other big-name hospitals provide. You are going to get the quality, compassionate care and attention you need right here at St. Anthony,” said Ben.

When reflecting on his journey, Don attributed his ability to get through the worst days to his outstanding support network. Those are the memories his family and the hospital staff at St. Anthony will cherish.

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“Between my faith, family, friends and the staff at St. Anthony, I have the best support team anyone could ask for. I can’t say enough about the staff in St. Anthony’s radiation and chemo departments. The staff always treat me with the highest level of dignity and respect, which means so much to someone with cancer,” Don said. “I will never forget what St. Anthony and the people who work there have done for us.”
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**IN LOVING MEMORY OF
DON CHARLES WELLINGTON
JULY 12, 1957 - JUNE 5, 2018**

**THANK YOU TO THE FAMILY AND
FRIENDS OF DON WELLINGTON
WHO GRACIOUSLY DONATED IN
HIS MEMORY TO THE ST. ANTHONY
CANCER CENTER.**

TOGETHER, WE ARE STRONGER AND WELL-POSITIONED FOR THE FUTURE


In the first few months of the year, St. Anthony embarked on an exciting journey – launching a capital campaign to build a new regional cancer center that will serve west central Iowans. At a time when many rural hospitals across Iowa and the nation are facing financial headwinds, our Hospital Board of Directors made the bold decision to invest in our region's future by making the greatly needed cancer center a reality. We will continue to serve patients battling cancer and will enhance and expand our services to provide the best possible care close to home.

In conjunction with quality leadership, St. Anthony is fortunate to have a team of extremely talented and dedicated physicians and staff. St. Anthony continually strives to improve the care and services we provide. We do this through education, professional development, certification, and investment in new technology. We are indeed blessed to have a team of dedicated, talented professionals here at St. Anthony.

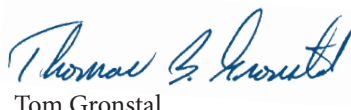
This winter we extended our team of qualified professionals. We had the great opportunity to have two new general surgeons, Patricia Teschke, M.D., and Nicholas Kuiper, D.O., join us to form the St. Anthony Surgical Group. St. Anthony also welcomed Sister Mary Laurence Ugoaru to our spiritual care team as staff chaplain. Thank you to these individuals for being part of our important work at St. Anthony.

Carroll County moved up significantly in the U.S. News Healthiest Communities rankings, reaching 104th in the country compared to 205th just last year. The rankings measure crucial health-related components of nearly 3,000 counties on 81 indicators across 10 categories, including population health, equity, education, public safety, infrastructure and more. As a result of our leadership, physicians and staff, St. Anthony also received special recognition in 2019. St. Anthony was named one of the Top 100 Rural & Community Hospitals in the nation by the Chartis Center for Rural Health. We accepted this prestigious honor on behalf of our entire team. Reaching this pinnacle was only possible by working together every day to provide excellent health care in west central Iowa. I can't help but feel proud of the work that our health care providers gave in order to rank so highly across the entire nation.

Finally, as we move into the summer season, we would like to congratulate the residents of Carroll on celebrating 150 years of being a healthy, vibrant community. Our collective achievements have been reached through each person's contributions – both big and small – involvement, and support of area schools, businesses, organizations and churches. St. Anthony is proud to be part of this exceptional community and region – where people care about each other and about making our corner of the world a healthy and safe place to call home.



Ed Smith
President and CEO



Tom Gronstal
Board President



ED SMITH

President & CEO



TOM GRONSTAL

Board President