

Look to the Cross...

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

Lake View Parents Celebrate Birth of Second Baby Boy

Lake View residents, Sarah and Daniel Carstens, welcomed their second baby boy at St. Anthony Regional Hospital on Sunday, July 8, 2018. Clyde Lee Carstens entered the world at 12:59 p.m., weighing in at 8 pounds, 12 ounces and 20 ½ inches long. The healthy newborn was greeted at home by his 20-month-old brother, Vernon, both delivered by Obstetrician Nelson Lo, M.D. in The Birth Place at St. Anthony.

The excitement and celebration of Clyde's birth held extra meaning for the Carstens, following complications early in Sarah's pregnancy and a miscarriage between the couples' two sons.

"I experienced heavy bleeding twice during the first 16 weeks of my pregnancy with Clyde," Sarah said. "Dr. Lo put my mind at ease by performing weekly ultrasounds to ensure the baby was still developing and put me on bedrest until I was able to visit a specialist that Dr. Lo recommended in Omaha. It was comforting to know Dr. Lo had our best interests in mind every step of the way."

During the appointment with Obstetrician Hemant Satpathy, M.D., who specializes in perinatology and maternal-fetal health, he was able to determine the cause of Sarah's bleeding – her placenta had torn away from her cervix. The good news, everything was fine with baby Clyde.



Sarah and Daniel Carstens with sons Vernon and Clyde.

"Prenatal care is my utmost priority when assisting soon-to-be mothers and the baby throughout each pregnancy," Dr. Lo said. "There are times when collaborating with a specialist provides us the greatest insight into potential concerns. This can help to ensure a successful pregnancy, and also importantly, help to alleviate any fears the mother may have."

Following the assessment, Sarah was able to return to work at the Carroll Area Child Care Center and Pre-school as a lead teacher in the older infant room.

"I initially chose St. Anthony to deliver our children with the knowledge

of their wonderful nursing staff," said Sarah, whose aunt, Alison King has served St. Anthony as an obstetrics nurse for six years. "Throughout both of my pregnancies, Dr. Lo's nurses were quick to respond to my questions and were compassionate about the care they provided."

At 4:00 a.m. on Sunday, July 8, Sarah began to experience contractions at home in Lake View. After two hours of contractions, she decided it was time to wake her husband and begin the 40 minute drive to St. Anthony.

"When we arrived, the nurses hooked

me up to the fetal monitor and Dr. Lo came in to check on me," Sarah said. "I have been blessed with quick deliveries and Clyde was no exception. I was already dilated to four centimeters, so Dr. Lo broke my water to speed up the process. The head of anesthesia [Anesthesia Director Ed Cutler, CRNA], performed my epidural, and Clyde arrived within a couple of hours."

Sarah shares that her aunt Alison was there every step of the way in the delivery process.

"With this being my second child, the delivery process was familiar," Sarah said. "But it was nice having someone there that personally knows me. From the moment we found out we were pregnant, to attending St. Anthony's breast feeding support group meetings, the nurses have been awesome and willing to answer any question."





► And for Sarah and Daniel, the blessing of these two little boys has come full circle. The couple tried to become pregnant for two years before being referred to Dr. Lo by Sarah’s primary care provider, Family Medicine Provider Michelle Heim, D.O., McFarland Clinic. Between setting up their appointment and beginning initial screenings, a miracle happened – and when Sarah went in for her initial visit with Dr. Lo, they discovered she was pregnant with their first child, Vernon.

“We couldn’t be more excited about the growth of our family over the past couple of years,” Sarah said. “We are blessed to have the phenomenal support of the nurses and medical staff at St. Anthony.”

DID YOU KNOW?

More than 43% of mothers who deliver at St. Anthony reside outside of Carroll County. This includes parents who travel from Audubon, Calhoun, Crawford, Greene and Sac Counties for obstetric care at St. Anthony.

In 2017, the baby delivered the farthest from home traveled more than 60 miles to enter the world at St. Anthony.

ST. ANTHONY MEDICAL STAFF

CARDIOLOGY

Suzanne Feigofsky, M.D.
 Laurie Kuestner, M.D.
 Kyle Ulveling, M.D.
 Shelby Mescher, ARNP

FAMILY MEDICINE

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

Amy Canuso, D.O.
 Philip Muller, D.O.
 Lori Brownshield, ARNP
 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 Anderson, M.D.
 Thomas Dulaney, M.D.
 Mark Hansen, M.D.
 Jeffrey Holtgrewe, M.D.

PATHOLOGY

Jedd Hagen, M.D.

PEDIATRICS

Karla Cheney, M.D.
 Susan Teggatz, 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

Heidi Curtis, ARNP – Dermatology
 Tracey Wellendorf, M.D. – ENT
 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 Regional Hospital Welcomes New Team Members

Amy Canuso, D.O., Psychiatrist

Dr. Canuso joined the mental health services team in July. As a full-time psychiatrist she focuses on adult care for both inpatient and outpatient settings. She joins two dedicated, licensed health care providers, including a psychiatrist and advanced registered nurse practitioner, to complete the St. Anthony mental health department.

Dr. Canuso most recently served as a psychiatrist at the U.S. Naval Hospital in Guam. She has also been deployed to Afghanistan with the U.S. Marines, and finished her career ranking as Lieutenant Commander.

“After serving our country for more than a decade, I am excited to serve the communities of west central Iowa,” Dr. Canuso



Amy Canuso,
D.O.
Psychiatrist

said. “I look forward to my family joining the Carroll community and serving an organization that has made mental health services a priority. I am impressed by the commitment St. Anthony has to maintaining psychiatric services. At a time where many medical networks have cut back on a national scale, St. Anthony has doubled down by expanding their services and expertise.”

Born in Johnson City, Tenn., Dr. Canuso earned her bachelor’s degree in women’s and diversity studies from the University of North Carolina Greensboro. After earning her medical degree from Pikeville College School of Osteopathic Medicine, Dr. Canuso discovered her passion for psychiatry during clinical rotations. She began her psychiatric training with the military, first as an intern and resident at the Naval Medical Center in San Diego, and then with a fellowship in child and adolescent psychiatry at the Walter Reed National Military Medical Center.

Rebecca (Becky) Richardson, RN, Director of Obstetrics

Becky Richardson joined St. Anthony in September as director of obstetrics. With more than 35 years of nursing experience specific to the field of obstetrics, she oversees patient care and staffing at The Birth Place.

“From the moment I interviewed at St. Anthony, I recognized it was a special place. I felt a warm, welcoming feeling from the staff and community members,” Richardson said.

Richardson came to St. Anthony after serving UnityPoint Health Finley Hospital for 35 years, where she most recently served as family birthing suites director. Richardson earned her designation as registered nurse from The Finley Hospital School of Nursing in her hometown

of Dubuque, Iowa, and completed her bachelor’s degree in health arts from St. Francis University in

Joliet, Ill. She is certified in inpatient obstetrics and Resolve Through Sharing Bereavement Counseling.



Rebecca
Richardson, RN
Director of Obstetrics



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In Times of Change, St. Anthony's Mission Remains the Same

One of the things that makes life so interesting, and challenging, is change. Whether it is personally or professionally, we all deal with change in some way. It is no different at St. Anthony.

As the landscape of health care in Iowa changes, especially in rural communities, constant challenges need to be addressed. Changing demographics, new laws and evolving regulations all pose significant challenges to what St. Anthony Regional Hospital and Nursing Home does to care for others. Given these factors, it is important for everyone to remember three key things about St. Anthony:

OUR MISSION

We continue to be inspired by faith and committed to excellence, and we are dedicated to improving the health of the people we serve. Our focus remains on "Health, Healing and Hope" and we believe in quality, integrity, high standards, and the healing ministry of Christ.

FUNDING PRIORITIES

Several different unreimbursed and under-reimbursed funding areas continue to be targeted for ongoing support. These include: recruitment and retention of staff; community health and education; women's services; mental health; innovation

and technology; senior services; as well as spiritual, cancer, cardiac and orthopedic care.

YOUR SUPPORT MATTERS

Each donation to the St. Anthony Foundation has a direct impact on the patients and families that come through our hospital's doors. As a non-profit organization, the Foundation reinvests 100 percent of its income back into the hospital.

No matter the current economic conditions and/or tax laws, donations to the St. Anthony Foundation are always welcome and can be made with cash or property, such as stocks, mutual funds, retirement funds or real estate. Additionally, donors may choose a gift that will provide lifetime income, such as a charitable gift annuity or a charitable trust. Donors may also list St. Anthony as a beneficiary in their will, retirement fund or insurance policy.

We are so thankful for the support people have shown - and continue to show - to our hospital. In fact,



Trish Roberts,
CFRE
Development Director

more than 1,600 gifts were received this past year to support various initiatives. These charitable and philanthropic gifts dramatically impact people in the communities we serve, so we are truly blessed by the continued generosity of so many people. Studies show people continue to give to charities and organizations they believe in, no matter the tax benefits. This is why we remain focused on our mission and goals and are firmly committed to providing the high-quality care and services everyone has come to expect.

Please let us know if you are interested in hearing more about the work of the St. Anthony Foundation, or learning how you can create your own legacy of giving. We would be glad to help. Again, thank you for your continued support of the St. Anthony Foundation. Your partnership is much appreciated.

Sincerely,



Trish Roberts, CFRE
St. Anthony Development Director
Ph: (712) 794-5223



DID YOU KNOW?

The St. Anthony Golf Classic raised \$76,575 for hospital projects in 2018, for a total of \$986,000 over the past 20 years.

Patient Feels Blessed by St. Anthony Cardiac Service

A native of Scranton, Iowa, Wayne Seaman is well-known in west central Iowa. Born and raised a farm kid, this father and grandfather knows the value of hard work and giving back. Wayne served West Central Cooperative in Ralston for 43 years, where he worked his way up the ladder to chief executive officer. Following his retirement from the co-op in 1999, he began his own company and management consulting firm. In 2014, he was chosen as Carroll's Citizen of the Year. He gave back to his community, serving on numerous boards, including the St. Anthony Board of Directors and the St. Anthony Foundation Board for a combined total of 30 years. Today, he volunteers at New Hope Bargain Shoppe in Carroll, in the community where he and his wife, Shirley, moved after retirement.

Wayne's close connection with St. Anthony came full circle for him on his 79th birthday – September 26, 2017. A mere 10 days earlier, Wayne visited Physician Assistant Barbara Boldt for an annual exam. During that exam, Wayne shares that after checking his heart rate, Boldt asked if he was feeling alright, to which he responded – “Barb, I think it's time to get a new machine [blood pressure monitor], because I feel great,” said Wayne.



Wayne Seaman pictured with Nurses Darlene Rueter and Carol Snyder.

All joking aside, Barb referred Wayne to Cardiologist Kyle Ulveling, M.D., FACC, of Iowa Heart Center at St. Anthony. Dr. Ulveling evaluated Wayne and performed a series of cardiac tests in the Carroll office. These tests confirmed Boldt's suspicions of potential heart issues and resulted in Wayne's referral to Interventional Cardiologist Liberato “Bert” Iannone, M.D., of Iowa Heart Center at Mercy Medical Center in Des Moines for an angiogram.

“Dr. Ulveling was outstanding,”

Wayne said. “He talked to me about the angiogram procedure and potential bypass surgery just like he was explaining it to his own father. He reassured me everything would be alright and described what would happen in great detail.”

The angiogram revealed that an artery in Wayne's heart was completely blocked, likely resulting in a past heart attack. While Wayne can't pinpoint when that would have been, he admits he was surprised to still be alive. The angiogram also showed two other coronary arteries

were also significantly blocked. And, on his 79th birthday, Wayne was evaluated by Iowa Heart Center Cardiovascular Surgeon Marnix Verhofste, M.D. and told he would benefit from triple bypass surgery.

“Two years prior I had an incident while working and needed Shirley's help to get into the house,” Wayne said. “I don't know for sure if that is when I had the heart attack, but I felt fortunate to have a tremendous team of physicians looking after me.”

“Mr. Seaman has been a model patient. He went from feeling his normal self to being offered open-heart surgery within three weeks,” Dr. Ulveling said. “Both Wayne and Shirley took the information well. They asked pointed, appropriate questions regarding the procedures and expected recovery.”

The surgery was successfully completed on October 23, 2017 at the Iowa Heart Center, Mercy Medical Center. Four weeks after surgery, Wayne was able to attend follow-up visits with Dr. Ulveling and the St. Anthony Cardiac / Pulmonary Rehabilitation team. Dr. Ulveling and Nurses Darlene Rueter, Tricia Daniels and Carol Snyder collaborated to monitor Wayne, build his strength, and encourage healthy exercise and eating habits.

“I visited the rehab team three times a week for 12 weeks to build my strength and stamina,” Wayne said. “The nurses taught me how to eat heart healthy foods and put together an exercise plan to continue after graduating from therapy.”

During the first several weeks of rehab, he began walking on the treadmill and pedaling a bicycle while staff monitored his weight, blood pressure, and amount of oxygen in his blood. Each workout was individualized so he could continue at his own pace.

“It’s like having a personal trainer,” said Wayne, who continues to exercise at the facility even after completing his required therapy. “You don’t want to let the nurses down. They encourage you to keep working hard.”

“Cardiac Rehab staff strive to find those motivational factors that promote healthy lifestyle changes for our participants,” Rueter said. “In August, the American Association of Cardiovascular and Pulmonary Rehabilitation approved the program for another three years of program certification. We have maintained this certification since 2009.”

The rehabilitation facility and equipment are available to all cardiac patients for eight dollars a session. This is part of a maintenance program for graduates of the Cardiac Rehab program. Wayne is also battling pulmonary fibrosis, a chronic and progressive lung disease that makes breathing difficult. He takes comfort

in knowing he is being closely monitored.

“It gives me peace of mind to occasionally have my heart checked and oxygen levels measured while working out,” Wayne said. “The nurses are wonderful coaches. They make you feel comfortable and don’t push you. They’re caring people who support you to do whatever you can do that day.”

A year after discovering he was going to have triple bypass surgery, Wayne celebrated his 80th birthday on September 26, 2018. And his blessings are not lost upon him.

“I am so blessed. There are so many people who become old and feeble after a heart attack,” Wayne said. “But I’ve been blessed to remain active, in large part due to the initial issues that St. Anthony so quickly identified, the skilled hands of my surgeon at Iowa Heart and the continued care provided through the St. Anthony Cardiac Rehab Department. This team has taken such good care of me.”

“Excellent coordination of care was one of the features of practicing at St. Anthony that drew me back five years ago,” Dr. Ulveling said. “From Barb’s excellent clinical evaluation initially, to Iowa Heart Center for the incredible workup required for open-heart surgery, to an absolutely top-of-the-line cardiac rehabilitation program staffed by Darlene, Tricia and Carol – heart patients at St. Anthony benefit from the full spectrum of care.”

DID YOU KNOW?



35% of heart disease mortalities are due to physical inactivity.

60% of all Americans age 18 and older are physically inactive. Physical activity and stress reduction can help prevent or manage heart disease.

ST. ANTHONY CLINIC

FAMILY MEDICINE, INTERNAL MEDICINE, PEDIATRICS, UROLOGY, NEUROLOGY

Carroll.....	712-792-2222
OB/GYN.....	712-792-0702
GYNO/Urology.....	712-792-2222
Neurology.....	712-792-2222
Breda.....	712-673-2301
Coon Rapids.....	712-999-2237
Denison.....	712-263-6116
Manning.....	712-653-2211
Wall Lake.....	712-664-2800
Westside.....	712-663-4371
Radiation Oncology: Cancer Center.....	712-794-5265
Mental Health.....	712-794-5435

ON-SITE SPECIALISTS

CARDIOLOGY

Iowa Heart Center..... 712-792-6500

EAR/NOSE/THROAT

Wellendorf ENT..... 712-792-4368

GENERAL SURGERY

Western Iowa Surgery..... 712-792-0480

OPHTHALMOLOGY

St. Anthony Eye Clinic..... 712-792-8255

ORTHOPEDICS

McFarland Orthopedic Surgeons..... 712-792-7520

Orthopedics

Thomas Dulaney, M.D..... 712-792-2093

PATHOLOGY

Jedd Hagen, M.D..... 712-792-5257

CHEMOTHERAPY/

INFUSION CENTER..... 712-794-5502

RADIOLOGY

Iowa Radiology..... 712-794-5202

VISITING SPECIALISTS

Call 712-794-5072 for appointments

Oncology..... Robert Behrens, M.D.;

Mark Westberg, M.D.

Dermatology..... Scott Green, M.D.;

Katherine Blomgren PA-C

Nephrology..... Samer Yaseen, M.D.

Plastic Surgery..... Bryan Folkers, D.O.

Pulmonology..... James Meyer, D.O.

ST. ANTHONY SERVICES

Chronic Care Center..... 712-794-5901

Pain Clinic..... 712-794-5206

Sleep Center..... 712-794-5214

Rehabilitation Services..... 712-794-5000

St. Anthony Embraces Change to Meet Health Care Needs

The most successful individuals and organizations are those who respond to change in a positive way. St. Anthony is prepared and embracing change. Excitement, opportunity, and high performance are a part of our future.

St. Anthony created a rich history of being able to adapt to meet the ever-changing health care needs of people in our community. We have stood at the forefront of health care, ensuring residents we serve have access to the best, modern and most holistic options locally. Here are a few updates from this past year:

In June, Garden View, a 36-apartment assisted living facility was opened in response to a survey that revealed more senior housing options were needed in the community. The modern facility offers a wide array of services and unique amenities. It is the ideal setting to meet the health care, spiritual, and social needs of the tenants. You are encouraged to inquire about the apartments that are available for immediate occupancy.

The St. Anthony health care team was expanded with the addition of talented and caring individuals. Amy Canuso, D.O., psychiatrist, joined the mental health services team in July. As a full-time psychiatrist she focuses on adult care for both inpatient and outpatient settings. There is a shortage of qualified



Ed Smith
President and CEO



Tom Gronstal
Board President

mental health workers throughout the state. We are extremely fortunate to have Dr. Canuso on staff. St. Anthony also welcomed Father Tim Boekelman to our spiritual care team as a full-time staff chaplain in July. Father Tim serves as a spiritual and life resource to St. Anthony patients, nursing home residents, and staff members. Most recently, Becky Richardson joined our team as director of obstetrics in September. With more than 35 years of nursing experience in obstetric care, we look forward to the contributions and insight she will bring to our talented team at The Birth Place.

St. Anthony proudly offers a widely ranging variety of medical services and health care assistance. Our newly redesigned website showcases these many specialties and services, and you are invited to visit www.stanthonyhospital.org. The website was redesigned for easier navigation and offers even more

information about the services and providers that are close to home.

The sponsorship of St. Anthony Hospital and Nursing Home transitioned from the Franciscan Sisters of Perpetual Adoration to St. Anthony Ministries. The Franciscan Sisters recognized the emerging needs of today's society and made the deliberate decision to focus their efforts on social-justice issues, including human trafficking, homelessness and immigration. St. Anthony is grateful to our founders for all they have done for the hospital and the foundation. We also have great confidence in our new sponsor, St. Anthony Ministries, as St. Anthony Regional Hospital continues to provide the highest level of faith-based, health care services to all.

St. Anthony Regional Hospital will soon be making a major announcement regarding cancer service delivery. This exciting change will impact many of our

patients, neighbors, friends and family members through an expansive effort to create a regional service line for west central Iowa. Look for more details in early 2019. We are eager to share the details with you!

Although St. Anthony has embraced change this year and throughout our 100-plus year history, there is one thing that has and will continue to remain the same – commitment to providing the highest quality health care to all individuals in our community.

Ed Smith
President and CEO

Tom Gronstal
Board President

New site. New style. Same great service.

Check out our new look at

www.stanthonyhospital.org.

Here you can find additional information about services and providers that are close to home.