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Vital Signs Co-Editors:
Alison Bauer
Paula Lambertz
Stacey Vonnahme

- Cathy Tigges mission trip to Santiago.
- Secret Angels

Mission

St. Anthony is inspired by faith and committed to excellence.

We are dedicated to improving the health of the people we serve.

We will lead in providing high quality, high value healthcare services responsive to the needs of our patients and the region. We are committed to the health ministry of our sponsors, St. Anthony Ministries.

Vision

As a faith-based regional provider, St. Anthony will continue to be the recognized leader in mission focus, quality care and fiscal strength in Iowa.

Mantra

Health, Healing and Hope

St. Anthony RN, Cathy Tigges

Pursues Mission Helping Others in Dominican Republic

Helping others has always been a passion for Manning native, Cathy Tigges. It's why she pursued a career in nursing and it's why she participated in a week long mission trip to Santiago in the north central region of the Dominican Republic this November.

"After going to Santiago, I realized how fortunate we really are," Tigges said. "I saw firsthand how much medical help is desperately needed there."

Cathy has worked at St. Anthony for 38 years and is in the post-anesthesia care unit in the St. Anthony Surgery Center. Her commitment to serving others extends beyond her daily shifts.

In August, Cathy was visiting with Chris Hanson, CRNA, NSPM-C, who conducts the St. Anthony Pain Management Clinic when the topic turned to missionary work. Chris had previously ventured to the Dominican Republic with a medical mission group sponsored by Creighton University in Omaha, Nebraska. Cathy said that conversation quickly evolved into her signing up for the next volunteer mission trip.

For this specific trip, the American group was tasked with performing hernia surgeries. In the group were doctors, pharmacists, nurses and aides, CRNA's, and anesthesiologists. They prepared patients for surgery, assisted surgeons, and provided post-operative care for patients in a clinic setting.

"Supplies had been shipped from the U.S. back in August but didn't arrive until the last day of the trip," Tigges said. "All of the medical supplies we used were donated. We landed on a Saturday, sorted through supplies on Sunday, and started surgery on Monday morning. We performed 106 hernia repairs in the clinic over five days, working up to twelve hours each day," Tigges said.

"I realized on this trip that we have many luxuries we take for granted – things as simple as having sterile gowns and drapes or as complex as advanced technology."



Tigges explained that some patients rode a bus for nearly three hours, waited outside on benches before surgery, and returned to those benches as quickly as an hour after surgery, only to wait for the bus back home.

"Of the patients that were seen, 35 were children. We had book bags, toys, and little gifts that we could give to them during their long day at the clinic," Tigges said.

Cathy is also grateful for the support of St. Anthony who provides a mission trip support fund to match employee vacation hours.

(Cathy is pictured far right.)

Secret Angels

Each Christmas season, St. Anthony Regional Hospital and Nursing Home employees join together to make the holidays extra special for nursing home residents by becoming "Secret Angels".

Secret Angels take time to visit with their assigned resident through the holidays and give them a small gift (\$10 limit) at the:

Secret Angel Party
Wednesday, December 12th
10:00 am
Nursing Home Chapel



Please become a Secret Angel.

Contact Aura Lee Sibenaller at ext. 5289 to sign up. She will assign you a resident and also give you some gift ideas for your resident. *79 Secret Angels are needed each year.*

Thank you for your kindness.

WELCOME

New Employees

Ella Dralle– Nursing Home
Joyce Tyo– Pt. Reg

Kimanique Reese– F&N



Thank you to all of you who remembered me with cards, gifts, and well wishes for my second retirement. Thank you for the privilege and honor to be a member of the St. Anthony family. May we continue to hold each other in prayer.

Thank You

Our Condolences to:

Margie Glassburner (Edu) for the loss of her mother.
Lisa Reid (OB) for the loss of her mother-in-law.



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