



Vital Signs Co-Editors:
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- Vaccinations to Consider
- Feast of St. Francis

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,
the Franciscan Sisters of Perpetual Adoration.*

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 Shares Vaccinations to Consider for Your School Aged Children, Family this Season

By Marcia Schaefer, Home Health, Hospice and Public Health Director

At St. Anthony, we're here to help you sort through vaccination options for your family and other new requirements for your middle- and high-school-aged children. Here are just a few of the vaccinations we want you to know about this year:



Influenza Vaccine: We encourage any person six months and older to get a flu vaccine each year. Vaccination is especially important for those who are at a high risk of complications related to the virus, including children under the age of five, adults 65 and older, women who are pregnant and those with chronic health conditions. Annual vaccinations are needed due to changing flu viruses and the decline of the body's immune response. We recommend vaccination as early as September, due to the fact that it takes time for your body to develop antibodies to fight off influenza.

Carroll County Public Health will be offering the flu shot at various walk-in clinics. Visit stanthonyhospital.org, the St. Anthony Regional Hospital Facebook page, or co.carroll.ia.us for a complete schedule of dates, times and locations.

Tdap Vaccine: The Tdap vaccine protects adolescents and adults from tetanus, diphtheria and pertussis. One dose of Tdap is routinely given at age 11 or 12, and a booster should be given every 10 years. The vaccine is also encouraged after a severe cut or burn to prevent tetanus infection, or to pregnant women during pregnancy to protect the newborn from pertussis.

Human Papillomavirus (HPV) Vaccine: This vaccination prevents infection with HPV types that are associated with many cancers, including: cervical, vaginal, and vulvar cancers in females, throat, and anal cancer in males and females, and penile cancer in males. The HPV vaccine is recommended by the Center for Disease Control for both males and females and is routinely given at 11 or 12 years of age, but may be administered at ages 9 through 26. And there's good news – if this vaccination series is given before age 15, individuals may receive only two doses, versus three.

Meningococcal ACWY (MenACWY) Vaccine: Meningococcal disease is a serious illness that can lead to meningitis (infection of the lining of the brain and spinal cord) and infections of the blood. We recommend two doses of MenACWY for adolescents 11 through 18 years old, the first dose at 11 or 12 years old, with a booster dose at age 16. Additional vaccination may be required for certain individuals who have HIV, spleen damage or sickle cell disease, college freshmen living in dormitories, military recruits, or people traveling to parts of the world where meningococcal disease is common.

Serogroup B Meningococcal (MenB) Vaccine: The MenB vaccine can help prevent meningococcal disease caused by serogroup B. The MenB vaccine is recommended for individuals 10 years or older who are at increased risk for serogroup B infections, including anyone who has spleen damage, persistent complement component deficiency or taking eculizumab. Ages 16 to 18 are the preferred ages for vaccination.



Feast Day of St. Francis

October 4th marks the feast day of St. Francis of Assisi, one of the most beloved, and popular saints of all faiths. The Spiritual Care Department invites you to celebrate this feast day by sharing with us in prayer at our daily mass at 9:30.

Where will you find the spirit of St. Francis this day, this week, this year? Look for him in the spirit and attitudes of the people – those of which lead to caring and love, serving and concern, prayer and humility; we find Francis in those who live in his spirit.

St. Anthony Regional Hospital and Nursing Home recently celebrated Founders Day by dedicating the Grotto at Garden View in honor of the Franciscan Sisters of Perpetual Adoration. St. Anthony also hosted a food drive in honor of the Franciscan Sisters as a small way to show our appreciation for their dedication and faithfulness to us throughout the years.



The Sisters Motherhouse, located in La Crosse, Wisconsin is the home to 250 Sisters. The legacy of the Franciscans and their presence throughout the years with St. Anthony has been, and will continue to be, instrumental for the St. Anthony family. Following the footsteps of St. Francis, they have been a model of love and service. For the past 140 years, the La Crosse Franciscan Sisters have been praying around the clock, 24/7, keeping vigil, and praying for the community of Lacrosse but also for the needs of the world. That prayer also includes the St. Anthony family. Since August 1st, 1878, two Sisters have been praying before the Sacrament, day and night, maintaining an awareness of God's presence in our lives.

The Sisters remind us, if we have any prayer requests that we may contact them at www.fspa.org, or by mailing them at: Franciscan Sisters of Perpetual Adoration, 912 Market St. La Crosse, Wisconsin 54601.

May we join with the Franciscans as they celebrate St. Francis Day on October 4th.

WELCOME

New Employees

Sandra Klukow-Thompson—Pharm
Jennifer Lampe—Med Surg
Elizabeth Lowe—Pharm
Geri Ricke—Pt. Fin.
Kimberly Greene—NH

Cassandra Hodges—FN
Amber Romick—BMU
Mary Ann Irlbeck—Pt. Reg.
Terri Pontow—FN
Hope Petzenhauser—Rad.

Our Condolences to:

Trish Roberts (Foundation) for the loss of her uncle.



Adult Medicine

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David Nystrom, D.O.

Barb Boldt, PA-C

Shelley Diehl, PA-C

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OB/GYN

Nelson Lo, M.D.

Charles Svensson, M.D.

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