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Vital Signs Co-Editors:  
Alison Bauer  
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- St. Anthony Auxiliary Installs 2019 Officers
- February is Heart Health Month. Give yourself a healthier YOU.

### 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 Auxiliary Installs Officers for 2019

St. Anthony Regional Hospital Auxiliary installed 2019 officers last month. Serving as the organization's co-presidents are Joleen Mooney and Sheryl Wernimont; Pat Hill and Mary Macke; Norma Schleisman and Marilyn Zimny; and Jan Potthoff and Linda Wernimont. Judy Mayer was installed as treasurer and Carolyn Ehlers will serve as recording secretary.

The hospital Auxiliary provides many services for St. Anthony patients and visitors, said Ed Smith, St. Anthony president and CEO.

"On behalf of everyone at St. Anthony, we say thank you to the Auxiliary for the many ways it touches the lives of our patients, residents, staff and all who visit the hospital," Smith. "Our volunteers are selfless, helpful, patient, kind and giving. St. Anthony Auxiliary members make our hospital and community a better place to live, work and raise our families."

According to Smith, Auxiliary members interact with patients and their families regularly by operating the popular Coffee and Gift Shop, staffing the visitor reception desks in the atrium and surgery center, assisting with clerical duties in various departments, and helping coordinate community blood drives.

Auxiliary members also work diligently behind the scenes to provide additional care and comfort to patients. Many auxiliarians offer their time and talent knitting or crocheting blankets, so every baby born at The Birth Place at St. Anthony goes home with a handmade gift. Also, auxiliary members make prayer shawls, which are donated to the pastoral care program to provide comfort to St. Anthony patients.

"In addition to donating countless hours and items, the St. Anthony Auxiliary has also been a strong financial supporter of the hospital over the years," said Smith. "We are grateful to Auxiliary members for their generosity and for contributing to the success of St. Anthony in numerous ways."

The Auxiliary has donated more than \$732,000 to major hospital projects, including the Alzheimer's addition, The Birth Place, Education Center, Stork's Nest, cardiac rehabilitation and enhancing cancer treatment at St. Anthony. The organization helps fill the need for many other donations, including equipment, toys and supplies throughout the hospital.

The Auxiliary's scholarship program awards \$600 scholarships to DMACC Carroll Campus, Carroll Kuemper Catholic High School and Carroll Community High School students who enter nursing programs. The organization also contributes \$500 to the Iowa Healthcare Education and Research Foundation statewide scholarship program.

The Auxiliary is also a major sponsor of St. Anthony's Annual Golf Classic. Special fundraising projects throughout the year include sales of books and gifts, uniforms and scrubs, baked goods, linens, Scentsy products, Pampered Chef products, \$5 jewelry events, and the Spring Fling style show.

There are currently 371 Auxiliary members who all play a vital role in the organization. For information about St. Anthony Auxiliary contact Kathie Luchtel, membership chair, at (712) 792-1734.



Pictured left to right: Sheryl Wernimont, Joleen Mooney, Mary Macke, Pat Hill, and Jan Potthoff, all Co-Presidents). Carolyn Ehlers, Secretary, and Judy Mayer, Treasurer. Newly elected leaders not pictured include: Co-Presidents Norma Schleisman, Marilyn Zimny & Linda Wernimont.

## GIVE THE GIFT OF A HEALTHIER YOU

February, National Heart Month, is the perfect time to evaluate your heart health and take the steps below to improve it.

"Heart disease, which includes coronary artery disease, stroke and heart attack, remains the leading cause of death in the United States for men and women," said Kyle Ulveling, M.D., Iowa Heart Center and St. Anthony Regional Hospital.

"Some of the key risk factors for heart disease include high blood pressure, high LDL, or bad cholesterol, and smoking. These are all things that individuals can positively impact by their actions. The bottom line: living a healthy lifestyle can help reduce risk for heart disease," said Ulveling.

Follow these strategies to make positive changes to your lifestyle and improve your heart health – you and your loved ones will be happy you did.

**Get a physical.** Studies show many people do not practice preventive health care. For a variety of reasons, many skip annual physicals year after year. Make the call this month. Getting a physical is the single best step you can take to care for your heart health.

**Eat healthy.** Enjoy a well-balanced diet of lean meats, fruits and vegetables, fiber-filled whole grains, nuts, legumes, seeds and fish.

- Increase fruits and veggies. Studies show fruits and veggies with lots of potassium can help lower blood pressure – so include bananas, tomatoes, potatoes, squash and sweet potatoes in your weekly routine.
- Reduce bad fats. Saturated fats and trans fats increase risk of heart disease; specifically, trans fats raise LDL. Work to cut back on saturated fats, which can be found in fatty meats and dairy, and trans fats, found in chips, crackers, fried food, etc.
- Increase good fats. Eat more food with unsaturated fats which are good for cardiovascular health. Incorporate olive oil, avocados and almonds into your daily routine. Omega-3 fatty acids, which are a type of unsaturated fat, are especially beneficial for the heart and blood vessels, and can be found in salmon, tuna, oysters, flaxseed and walnuts.

**Do not smoke.** Smoking is linked to a numerous health conditions and diseases, and negatively impacts heart health. Smoking causes blood vessel linings to swell and narrow; and may cause various types of cardiovascular disease. If you smoke, quit today to reduce your risk of developing heart disease.

**Exercise.** Regular physical activity can make a big difference to your cardiovascular health, boost your energy and attitude, lower your blood pressure and cholesterol, and may even help you deal with stress. Start small and increase exercise to these levels for ideal health results. Add one half to one hour of cardio exercise into your schedule two to three days a week plus strength training two to three days.

**Limit alcohol.** There is some evidence that drinking small amounts of alcohol may have limited health benefits. However, most research agrees excessive amounts of alcohol are not good for overall health or heart health. Drinking too much can cause high blood pressure, placing a strain on your heart.

**Manage stress.** Left untreated, stress can wreak havoc on your body. Stress may impact behaviors that increase heart disease, e.g. high blood pressure and cholesterol, physical inactivity, unhealthy diet, etc. Strive to develop healthy habits and coping strategies that work for you. Get enough sleep, try relaxation techniques like meditation, limit caffeine, and be sure to exercise.

**REMINDER: Deadline to submit St. Anthony Foundation scholarship applications is Friday, March 29th**

# WELCOME

## New Employees

Luke Hicks–F&N  
Victor Ceballos–F&N  
Kristi Kenkel–NH  
Mackenzie Cast–MSP  
Sarah Healy–F&N

Jacob Reiling–F&N  
Annette Ganoë–NH  
Donna Drees–Surgery  
Aislinn Haefs–F&N

*Thank you for the thoughts and prayers after the passing of my father-in-law and Colee's grandfather.* Joan Wittrock, SDS, & Colee Hayworth, Anesthesia

### Our Condolences to:

Courtney Sibbel (Social Services) for the loss of her grandmother-in-law.



**St. Anthony Regional Hospital Campus**  
311 S Clark St., Carroll, Iowa

#### **Chronic Care Center**

Deb Adams, ARNP, Cara Vogl, ARNP  
712-794-5901

#### **St. Anthony Cancer Center**

Randal Hess, M.D., *Radiation/Oncology*  
712-794-5265

#### **St. Anthony Surgical Group**

Nicholas Kuiper, D.O., & Patricia Teschke, M.D.  
712-794-5700

#### **Mental Health Services**

Amy Canuso, D.O., Cyndi Johnson, ARNP  
Philip Muller, M.D.  
712-794-5435

#### **St. Anthony Clinic-Carroll**

405 S. Clark St.  
Carroll, IA 51401  
712-792-2222

#### **Adult Medicine**

Mark Collison, M.D.

#### **Family Medicine**

Patrick Courtney, M.D.  
Tina Flores Schechinger, M.D.

David Nystrom, D.O.

Barb Boldt, PA-C

Shelley Diehl, PA-C

#### **Gynecology/Urology**

Maria Hernandez, M.D.

#### **OB/GYN**

Nelson Lo, M.D.

Charles Svensson, M.D.

#### **Pediatrics**

Karla Cheney, M.D.

Susan Teggatz, M.D.

#### **Neurology**

Blanca Marky, M.D.

#### **Urology**

Richard Sazama, M.D.

#### **St. Anthony Clinic-Breda**

Jeff Boldt, PA-C  
221 Main St. Breda, IA 51436  
712-673-2301

#### **St. Anthony Clinic-Coon Rapids**

David Nystrom, D.O.  
215 Main St. Coon Rapids, IA 50058  
712-999-2237

#### **St. Anthony Clinic-Denison**

DeRae Schroeder, DNP  
Abby Behrens, ARNP  
1820 4th Ave South Denison, IA 51442  
712-263-6116

#### **St. Anthony Clinic-Manning**

Michelle Kroeger, ARNP  
221 Ann St. Manning, IA 51455  
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#### **St. Anthony Clinic-Wall Lake**

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311 W. First St. Wall Lake, IA 51466  
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#### **St. Anthony Clinic-Westside**

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