



Vital Signs Co-Editors:
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- Orthopedic Services Commitment
- What motivates you to lose weight?

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 Maintains Commitment to Orthopedic Services *Orthopedic Services Remain through DMOS Partnership, as Search for Additional Full-Time Providers Continue*



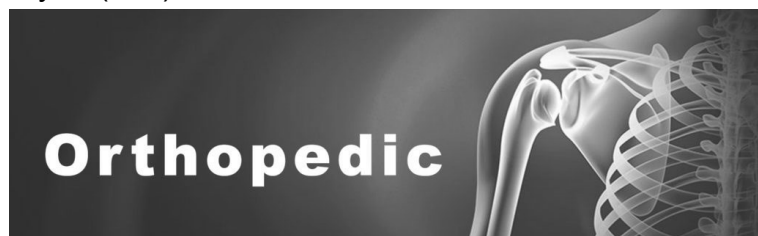
St. Anthony Regional Hospital has announced that orthopedic services, including surgeries and follow-up appointments, will continue through Des Moines Orthopedic Surgeons (DMOS) at St. Anthony in Carroll. Services are provided by Surgeon Thomas Dulaney, M.D., of DMOS, who has served St. Anthony for nearly 18 years. The St. Anthony orthopedic program is recognized for its high quality, outstanding patient satisfaction.

Over the past year, St. Anthony partnered with McFarland Clinic to compliment DMOS orthopedic services in Carroll by offering visiting orthopedic specialists at the hospital. As those visiting physician contracts expire this summer, St. Anthony and McFarland Clinic will continue to recruit a full-time orthopedic surgeon to the community.

“Nationwide, recruitment and retention of orthopedic surgeons continues to be a challenge for rural hospitals. However, we remain committed to providing outstanding orthopedic care to the residents of west central Iowa and will continue to add additional talented surgeons to our hospital,” said Ed Smith, St. Anthony President and CEO. “We invite you to join us in this search by contacting orthopedists you may know personally and sharing this opportunity with them.”

“St. Anthony will remain synonymous with providing excellent orthopedic services along with top notch rehabilitation follow-up care right here in Carroll,” said Eric Hammer, St. Anthony Vice President of Regional Operations. “We anticipate focused recruitment of additional orthopedists to continue.”

To ask questions regarding orthopedic services, scheduling your orthopedic surgery or follow-up appointments, please contact St. Anthony at (712) 792-3581.



What motivates you to lose weight?



The most critical element of weight loss is your own personal drive to succeed. Odds are, you already have a pretty good idea of what you need to do to lose weight — eat less and move more. That's the basic equation of weight loss but difficult to do. **Why?**

You may not have found the necessary motivation.

Knowing the how-to, eat-this/don't-eat-that of weight loss is certainly important. But to be successful at losing weight, you need to figure out what will give you an ongoing, burning desire to succeed. The best motivators come from within. How do you unlock your inner motivation?

Start by asking yourself this: **"Why do I want to lose weight?"** There may be several reasons. Improved health. More energy. An upcoming beach vacation. Whatever. Make a list of what's important to you. Then under each item, write down specific reasons why it matters.

For example, let's say your top reason for losing weight is that you have a high school reunion coming up. (OK, maybe that's not as important as improving your health, but big life events can be great motivators.) Under that, write why exactly you want to lose weight and what you plan to do to succeed. There are no wrong answers here — it's what matters to you.

Make a record of all the benefits of losing weight and staying fit. Keep that list of motivators in front of you, especially at moments of decision (do I really want that candy bar?). It's a great way to find the strength to get through challenging moments.

Come join in the fun!

Carroll Merchants Baseball Game

Sunday, June 9th, 4:05pm

Carroll Baseball Stadium



FREE admission for all St. Anthony employees and family.

WELCOME

New Employees

William Trecker—FN
Dayana Lopes Contreras— Med/Surg
Maddison Rotert— Med/Surg
Jeffrey Hernandez— Maintenance

Hannah Clausen— Med/Surg
Maddison Rotert— Med/Surg
Marta Pugh— Med/Surg
Jennifer Greve— F&N

Our Condolences to:

Jane Bruening (HIM) for the loss of her mother-in-law.
Peggy Klocke, MarySue Vivyan & Chris Langenfeld (HIM & Maintenance) for the loss of their brother.



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712-794-5901

St. Anthony Cancer Center
Randal Hess, M.D., Radiation/Oncology
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St. Anthony Surgical Group
Patricia Teschke, M.D. & Nicholas Kuiper, D.O.
712-794-5700

Mental Health Services
Amy Canuso, D.O., Cyndi Johnson, ARNP
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