



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

- Welcome to Cassie Esdohr, PA-C
- Farewell reception to David Nystrom, D.O.

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 Clinic in Coon Rapids Welcomes Physician Assistant Cassie (Gehling) Esdohr



St. Anthony Regional Hospital announced the addition of Certified Physician Assistant Cassie (Gehling) Esdohr to its team at the St. Anthony Clinic in Coon Rapids this July. Esdohr will replace David Nystrom, D.O., who served St. Anthony for more than 16 years.

A native of Carroll County, Esdohr will serve patients full-time in Coon Rapids, a community she and her husband Jacob will proudly call home.

“Carroll County is home to us,” Esdohr said. “We look forward to returning to a community that gave us so much growing up. This opportunity has given us the chance to return home, to be close to family and friends as we begin the next chapter of our lives.”

Esdohr comes to St. Anthony from Madison County Health Care System, where she served as a physician assistant in the areas of urgent care and family medicine. Raised on a farm just south of Halbur, Esdohr attended Kuemper Catholic Schools. She earned her Bachelor of Science degree in kinesiology and health from Iowa State University and completed her Master of Physician Assistant certification at the University of Nebraska Medical Center.

“We extend our thanks to Dr. Nystrom for his service to St. Anthony and wish him all the best in his future endeavors. It’s always exciting to see the next generation of medical providers return to west central Iowa to provide health care services for the families they grew up alongside,” said Ed Smith, St. Anthony President and CEO. “Cassie will be an asset to our team not only with her skillset, but also with her passion for caring for others.”

“Having a passion for helping others is an innate quality – it’s something you’re born with,” Esdohr said. “As a medical provider, I take a patient-centered approach to caring for my patients. I am respectful and responsive to their needs and values by including the patient in decisions about their health. Research shows that patient involvement leads to better outcomes, which is our long-term goal.”

Esdohr and her husband, Jacob, have been married just over a year. In her spare time, Esdohr enjoys staying active, golfing, walking their dog, baking and spending quality time with family and friends.

Esdohr is accepting new patients at the St. Anthony Clinic in Coon Rapids. To schedule an appointment, contact the clinic directly at (712) 999-2237. No referral necessary.

What's on our
Summer Bucket
List?



- | | |
|---|---|
| <input type="checkbox"/> Visit the Zoo | <input type="checkbox"/> Make a New Friend |
| <input type="checkbox"/> Go Hiking | <input type="checkbox"/> Plan Something |
| <input type="checkbox"/> Make Popsicles | <input type="checkbox"/> Play Frisbee |
| <input type="checkbox"/> Visit a New City | <input type="checkbox"/> Complete a DIY Project |
| <input type="checkbox"/> See the Ocean | <input type="checkbox"/> Go Paddle Boarding |
| <input type="checkbox"/> Have a Water Balloon Fight | <input type="checkbox"/> Tye-Dye Shirts |
| <input type="checkbox"/> Make Ice Cream | <input type="checkbox"/> 1 Day Without Technology |
| <input type="checkbox"/> Have a PJ Party | <input type="checkbox"/> Eat From a Food Truck |
| <input type="checkbox"/> Create a New Recipe | <input type="checkbox"/> Catch a Firefly |
| <input type="checkbox"/> Make a Summer Scrapbook | <input type="checkbox"/> Toss Pennies in a Fountain |
| <input type="checkbox"/> Sleep in a Tent | <input type="checkbox"/> Make Flavored Lemonade |
| <input type="checkbox"/> Have a Picnic | <input type="checkbox"/> Have a Movie Marathon |
| <input type="checkbox"/> Eat a Snow Cone | <input type="checkbox"/> Ride a Rollercoaster |
| <input type="checkbox"/> Make S'mores | <input type="checkbox"/> Explore the City |
| <input type="checkbox"/> Watch a Baseball Game | <input type="checkbox"/> Make Ice Cream Sundaes |
| <input type="checkbox"/> Take a Day Trip | <input type="checkbox"/> Go Zip-Lining |
| <input type="checkbox"/> Nature Scavenger hunt | <input type="checkbox"/> Visit a Relative |
| <input type="checkbox"/> Watch Fireworks | <input type="checkbox"/> Dance in the Rain |
| <input type="checkbox"/> Feed Ducks | <input type="checkbox"/> Watch the Sunset |
| <input type="checkbox"/> Paint Pottery | <input type="checkbox"/> Play Putt-Putt |
| <input type="checkbox"/> Try a New Restaurant | <input type="checkbox"/> Find a 4 Leaf Clover |
| <input type="checkbox"/> Visit a Major Landmark | <input type="checkbox"/> Pick Wildflowers |
| <input type="checkbox"/> Go Night Swimming | <input type="checkbox"/> Go to the Drive-In Movies |
| <input type="checkbox"/> Drink Smoothies in a Pineapple | <input type="checkbox"/> Make Ice- Cream Floats |
| <input type="checkbox"/> Visit a Farmers Market | <input type="checkbox"/> Go to the Aquarium |

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
Patricia Teschke, M.D. & Nicholas Kuiper, D.O.
Gynecology/Urology
Maria Hernandez, 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

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
712-653-2211

St. Anthony Clinic-Wall Lake
Jeff Boldt, PA-C
311 W. First St. Wall Lake, IA 51466
712-664-2800

St. Anthony Clinic-Westside
Dominick Ervelli, D.O.
235 Hwy 30 Westside, IA 51467
712-663-4371

Farewell and Best Wishes to David Nystrom, D.O.



You are invited to a reception to honor Dr. Nystrom

Friday, July 19, 1:00-2:30pm
Thomas Rest Haven, Coon Rapids
And/or

Thursday, July 25, 1:00-2:00pm
St. Anthony Atrium
Refreshments will be served.

*Dr. Nystrom has practiced at St. Anthony since 2007.
We wish him well in his new pursuits.*

Our Condolences to:

Michelle Rothe (Clinic) for the loss of her brother.

