



Vital Signs Co-Editors:
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- Vail resident celebrates after kidney transplant
- Five best back to school tips

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 Dialysis Team Celebrates with Vail Native after Successful Kidney Transplant



Vail native Kevin Gallagher was born with Berger's disease, a kidney disease that occurs when an antibody called immunoglobulin builds up in the kidneys. However, the disease wasn't discovered until Kevin was 38, when a kidney biopsy was conducted at Creighton University Medical Center in 2000.

"I was put on medication and told that eventually my kidneys would deteriorate," Kevin said. "In 2016, my kidneys failed, and I began dialysis at St. Anthony."

While going through the transplant evaluation process to get on the list for a new kidney, Kevin encountered multiple health issues. A bacterial infection in his lung in 2017, discovered by Mark Collison, M.D., Adult Medicine at St. Anthony, and bypass surgery in 2018. He continues to see Cardiologist Kyle Ulveling, M.D., Iowa Heart at St. Anthony for routine check-ups on his heart. Each hurdle disqualified Kevin from the transplant evaluation process for another six months.

"Every time I was about to get on the list, another issue would arise. It was very discouraging," said Kevin, who continued dialysis at St. Anthony – four hours at a time, three days a week, for three and a half years.

"We have the best dialysis ward I've seen," Kevin said. "I've been to other locations, but I can't say enough about the team at St. Anthony. My first day I was scared to death because I didn't know what all it would entail, but the nurses explained the entire process and made me comfortable. They are a bunch of sweethearts who have become good friends of mine."

Kevin received his new kidney on February 16, 2019. His recovery went extraordinarily well as he returned to work as a driver for Schroeder Farming Inc. just six weeks after the procedure.

"The St. Anthony Dialysis Unit strives to provide quality care to our patients by utilizing staff that invest kindness and compassion into each patient," said Lynn Riesenberg, St. Anthony Director of Dialysis. "St. Anthony staff endeavor to optimize patient quality of life by offering distinguished services and support. We take pride in the ability to meet the needs of those we care for."

"The dialysis unit at St. Anthony has consistently received a 5 star rating from Press Ganey since January 2015, which is when the unit opened," said Ed Smith, President and CEO. "It is with great pride and appreciation to our dedicated staff that we provide such noteworthy, high quality care."

FIVE BACK TO SCHOOL TIPS FOR PARENTS

Back-to-School Tip #1: Be Enthusiastic

Almost every student approaches the start of a new school year with at least a bit of trepidation, and if your child has struggled with school in the past, he's much more likely to be less than overjoyed about heading back into the classroom.

To allay your child's fears, do your best to project an attitude of confidence and enthusiasm:

Back-to-School Tip #2: Be Realistic

Instilling a sense of confidence and enthusiasm in your child is an important part of preparing for a new school year, but be careful not to raise her expectations too high.

It may be tempting to comfort your child by promising her that none of the frustrations she experienced in the past will rear their ugly heads again this year, but when this doesn't come to pass, you may be left with a child who is both disappointed in her circumstances and distrustful of the person (you) who pledged that she wouldn't have to go through all of this again.

Be sure to temper your enthusiasm with healthy doses of realism:

Back-to-School Tip #3: Be Prepared

For many students, the most intimidating aspect of a new school year is the fear of the unknown. What if my teacher is mean? What if I can't make any friends? What happens if I can't find my classroom, or if I don't understand the lessons?

There's no way you can dispel all of these worries, but you can ease quite a bit of your child's back-to-school anxiety by removing as many unknowns as possible:

Back-to-School Tip #4: Be Proactive

When it comes to their children's experiences in school, many parents take a "wait and see" (or, in some cases, a "hold our breath and hope for the best") approach. Some may even be intimidated by school personnel, or may feel that advocating on their child's behalf will target them as being troublemakers.

In truth, being proactive doesn't mean that you're being pushy; rather, it means you are committed to your child's welfare, and you know that it's easier to solve a problem before it gets too big:

Back-to-School Tip #5: Be Consistent

When it comes to your child and school, don't forget that routines are your ally. From consistent bedtimes to a well-established homework zone, developing positive habits can help ease anxiety and promote appropriate behaviors:



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Friends and coworkers,

Thank you!

I want to share my sincere appreciation to everyone who provided care or reached out with a kind word or deed during my recent surgery and hospitalization. My wonderful experience at St. Anthony makes me proud to see how my coworkers take care of every single person who walks through our doors! You all truly care.

Thank you for all you do! Trish Roberts

WELCOME

New Employees

Gloria Ewoldt- NH
Victoria McCool-Med/Surg
McKayla Janning-F & N
Allysha Vibbard-Med/Surg
Amber Elwell-F & N

Mark Adams- Clinic
Karol Dammann-Mental Health
Mackenzie Davis-Med/Surg
Brooklyn Foley-F & N

Our Condolences to:

Noelle Clouse (Mental Health) on the loss of her grandmother.

