



Vital Signs Co-Editors:
Alison Bauer
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- Welcome to Dr. Richard Goding
- Tips for Bedtime Routine
- Deadline for 1/4 zip pullover orders: Aug. 17

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 Announces Arrival of Full-Time Orthopaedic Surgeon, Dr. Richard Goding, with Capital Orthopaedics & Sports Medicine

Orthopaedic Surgeon Richard Goding, M.D., will begin seeing patients full-time on Monday, Aug. 17. Dr. Goding joins St. Anthony through Capital Orthopaedics & Sports Medicine, PC, a Des Moines-based, board-certified group of orthopaedic specialists. The partnership allows for full-time, comprehensive orthopaedic service at St. Anthony.



“I am excited about the opportunity to build a new, multi-specialty orthopaedic program in west central Iowa,” said Dr. Goding, who relocated to Carroll with his wife, Janet of 12 years and daughters, Sydney, age 12, and Madison, 10, this month. “Investment in and support of an orthopaedic program of this quality in Iowa is totally unique – our program features a tremendous facility, a team of talented orthopaedic specialists and an administration that truly supports the program.”

Dr. Goding joins Brian Crites, M.D. in serving St. Anthony through Capital Orthopaedics & Sports Medicine. Two additional orthopaedists will join the team as visiting specialists in September.

“The addition of Dr. Goding to our team at St. Anthony marks an important milestone in the future of orthopaedic service for our region,” said Ed Smith, St. Anthony President and CEO. “Our partnership with Capital Orthopaedics & Sports medicine will bring a full spectrum of orthopaedic services, allowing the highest quality of care close to home.”

“Our excitement surrounding our partnership with St. Anthony continues to grow as our orthopaedic providers settle into the community,” said Ryan Smith, Vice President/COO for Capital Orthopaedics & Sports Medicine. “We view St. Anthony as an anchor location for the region and the state. It is our hope that this partnership will spark continued growth in orthopaedic service offerings and our presence throughout Iowa.”

Dr. Goding comes to St. Anthony from the Joint Preservation Institute of Iowa in West Des Moines, where he specialized in joint preservation and reconstruction surgery since 2016. At the same time, he held a practice at Wayne County Hospital in Corydon. Prior to that, Dr. Goding was in Champaign, Illinois with Christie Clinic Orthopaedics & Sports Medicine Center and served 10 years at West Kauai Medical Center in Waimea, Hawaii.

Dr. Goding has completed fellowships in shoulder, knee and foot and ankle surgery. His residency was completed at St. Vincent Catholic Medical Center in New York, and he completed his medical education at Georgetown University School of Medicine. His undergrad was completed at Oklahoma State University, and he is a native of Tulsa, Oklahoma. Dr. Goding is board certified by the American Board of Orthopaedic Surgeons.

“My wife and I are excited to raise our family in the community of Carroll – a nice, safe small town with a solid base of industry and quality education,” Dr. Goding said. “It is my honor to provide orthopaedic service to west central Iowans here at St. Anthony. This is an unparalleled opportunity.”

In his free time, Dr. Goding enjoys spending time with his family, hunting and fishing. He also hosts a radio show entitled Joint Preservation Institute of Iowa Radio on WHO News Radio 1040 Sunday mornings at 8:00 a.m.

Back to School Bedtime Routines are as Good for Adults as They are for Children

- The CDC suggests at least 7 hours of sleep for adults.
- Not following these guidelines can increase the risk in cardiovascular disease and memory loss.
- Poor sleep can increase the risk of slowed reaction times, irritability, anxiety, obesity, high blood pressure and diabetes.
- Not having a consistent sleep and wake time can impact the circadian rhythm which leads to weight gain and metabolic disturbances.

4 Easy Tips on Getting Better Sleep:

- Set your alarm clock and rise the same time each day (including weekends)
- Set a regular bedtime
- Avoid naps
- Create and follow a sleep ritual if you have difficulty sleeping

ST. ANTHONY
Strong

Thank you for
your commitment
to those we serve
and to each other.

Reminder: Order forms for the St. Anthony Strong quarter zip pullovers are due on Aug. 17.
Please give your order form to your managers.
Samples can be tried on in the HR office.



The family of Larry (Fred) Boeckman would like to thank everyone for their outpouring of kindness and generosity since the passing of Fred. We appreciate all the tokens of kindness from the St. Anthony Family either in the form a text, card, gifts, food, and more importantly, prayers. Although his death was sudden, I am comforted in knowing he did not suffer.

Please keep our family in your prayers as we continue to face serious health challenges for my son-in-law Mark.

I have been fortunate to have understanding from the St. Anthony family at this challenging time.

God Bless!! Jeanne Boeckman & family

Our Condolences to:

Jeanne Boeckman (Breda) for the loss of her husband.
Mandy Boeckman (HHH) for the loss of her father-in-law.
Becky Bouquet (HHH) for the loss of her father.
Lynn Berger (FN) for the loss of her father-in-law.



ST. ANTHONY

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