

Health Line

Pocahontas Community Hospital Welcomes New Providers

Stephanie Bellcock, ARNP joined the medical staff at Pocahontas Trimark Physicians Group and Pocahontas Community Hospital on August 1st, 2011. She graduated with her Bachelor of Science degree in Nursing from South Dakota State University. Stephanie obtained her Masters degree-Family Nurse Practitioner from Clarkson College in Omaha, NE. She and her husband Justin have a daughter, Brylie and live in Sac City, Iowa. An open house was held for Stephanie to welcome her on August 16th in the Pocahontas Hospital Conference Center with a great turn-out from the public. She will be covering at the Pocahontas and Laurens Trimark sites. Pocahontas Community Hospital is very happy to have Stephanie become a member of their Medical Staff.



Stephanie Bellcock



Pictured with Stephanie is Pat Sturtz, owner of the Pocahontas Pharmacy at the Open House.

Dr. James McFadden, M.D. joined the Northwest Iowa Bone, Joint and Sports Surgeons of Spencer and Pocahontas Community Hospital in September of this year. He joins the team of Dr. Wilkerson, Frushour, Hough, Deffer, Shaffer, Leupold and Vulk, PA. Dr. McFadden completed his Fellowship at the University of Florida in July. He did his residency at the University of Illinois College of Medicine in Chicago, IL and received his Medical Degree at Harvard, Cambridge, MA. His specialties cover trauma and total joint replacement. Dr. McFadden sees patients in Pocahontas Hospital's orthopedic clinic every Thursday. We are very happy to have him join our group of outpatient clinic specialists!



Dr. James McFadden

Bobbi Honkomp, ARNP was welcomed to the roster of providers that see patients each month at Pocahontas Hospital's Outpatient Clinic on October 3rd. Bobbi joined physicians Dr. Walter Mendenhall and Dr. Dr. David Christ of Northwest Iowa Urologists, PC. from Spencer. Honkomp earned her Associates Degree in Nursing from Western Iowa Tech Community College and her Bachelor's degree in Community Health Education from Iowa State University. Bobbi states "My role will encompass all aspects of partnering with our physicians in managing urologic patients by offering a unique blend of both nursing and medical care, ranging from treating acute illness, to coordination of care and advising patients on maintaining quality urologic health for adults and children."



Bobbi Honkomp

Welcome New Employees

Employee of the Quarter

Our third quarter winner of the "Employee of the Quarter" award for 2011 went to Chuck Buske. Chuck works in the IT department. Employees who voted for him feel he works hard to make sure everything runs smoothly and he keeps the hospital up-to-date with information technology changes. He is always willing to resolve computer issues when they arise and he also checks back several times to make sure everything is working properly. Chuck is always pleasant and a true asset to PCH. Chuck received a "star performer" pin, a Gift Certificate, and a parking spot. His picture will be hung up in the recognition area. Congratulations Chuck and good luck to the next nominees!!



Blake Wiley—EMT-B



Deb Francis, RN-Utilization Nurse



Dorie Pedersen, RN-Surgery



Pat Poppen, PRN-Housekeeping



Nicolette Pruna, RN-PRN Nursing

Hospice Volunteer of the Year

Dorothy Siefken has been a Hospice Volunteer with Pocahontas Community Hospital Hospice since 2010. Although fairly new to the hospice team she has stepped right up and fulfilled her role as a volunteer. She is a great asset to our team and is always willing to come forward and help out. One case for instance that she made a huge impact on was a female that wanted to learn how to crochet before she died. Dorothy spent many hours working with this patient until she was able to master the crocheting. Dorothy helped fulfill this dying woman's wish. This is just a small example of the impact that she has had on our hospice patients. Dorothy is a very caring and compassionate person who is a very valuable member of our team. We are very blessed to have her as a volunteer.



Have you heard of SHIIP?

SHIIP (Senior Health Insurance Information Program) is a free, confidential service of the State of Iowa that helps Iowans make informed decisions about Medicare and other health coverage. Pocahontas Community Hospital and SHIIP is proud to introduce Carol McCurdy as our new SHIIP Counselor. Carol is a registered nurse and recently retired from her position as Director of Cardiac Rehab here at Pocahontas Community Hospital. This summer Carol completed an extensive training program with SHIIP. She will do a great job helping the members of our community as they navigate the various Medicare programs. SHIIP volunteers assist Medicare beneficiaries with the annual enrollment for Medicare Part D, (the prescription drug program), as well as assisting with other Medicare and insurance related issues. This year the Medicare D enrollment period begins October 15, and ends December 7, 2011. Appointments will be available every Tuesday and Wednesday from 9 a.m. to 4 p.m. beginning on October 18. Each appointment will take about an hour. Each person will receive an information sheet to complete and will be asked to bring their Medicare card and all of their current medications in the original bottles. Call 712-335-3501 to schedule an appointment.



Hospice Receives Check

Wendy Krischel, Home Health & Hospice manager is pictured receiving a check from Kelli Miller representative for the Pocahontas Breast Cancer Golf Tournament that was held in August. Each year a committee of ladies associated with the Pocahontas Golf Course organize a fun evening of prizes and treats to raise money for Breast Cancer Awareness. Thank you for this great gift of money!



Pocahontas Healthcare Foundations 7th Annual Event

The Pocahontas Healthcare Foundation will be holding their 7th Annual Fundraising Event – “Jeans & Jewels” on Saturday, October 22 at the Expo Center, Pocahontas. The evening will start off with a social hour from 5:30 – 6:30 p.m. with dinner following. This years’ entertainment will be the Deuces Wild – Dueling Pianos out of Minneapolis, MN. **Dave and Ted** have been playing around the country together for over ten years. They have spent time on both coasts and in between. They played for 20 days straight during the Olympics in Salt Lake City. They have also played with the likes of Eddie Money, Dennis Miller and on live Swedish television. They pride themselves on a diverse musical catalogue that is rarely stumped. Plan to enjoy the great music that Dave and Ted provide at the Pocahontas Healthcare Foundations “Jeans & Jewels” event on October 22 at the Expo Center. Tickets include supper, hors d’oeuvres, wine, beer, pop, entertainment and door prizes. If you would like a ticket or more information, call Connie at 335-5200 ext. 2244. Proceeds will go towards the purchase of equipment for the hospital that will be announced that night.



Bone Density Screening

Bone density screenings will be offered at PCH from Nov. 1-20. The cost will be \$130 which will include the radiologist’s reading charge. This bone density screening is for premenopausal women with these high-risk indicators for osteoporosis – family history of osteoporosis, history of eating disorders, childhood leukemia, weight under 135 lbs, gum disease or excessive tooth decay, drinking five or more cups of coffee or pop per day, history of epilepsy, rheumatoid arthritis, diabetes and chronic liver problems. Please call the Radiology Department at 335-5337 from 7 a.m. – 5 p.m. for questions or appointments.



Hospice Angels go on Sale

Starting November 7, you may honor your loved one and help decorate the Christmas tree in the hospital’s front lobby by purchasing one or more of the Hospice Angels. The angels may be purchased at the business office for a donation of \$5.



Wound Center’s First Anniversary

The Wound Healing Center of NW Iowa, a service of Pocahontas Hospital celebrated its First Anniversary on August 10th with an



Open House. The clinic officially opened its doors on August 4, 2010. The clinic is staffed by PCH nurses, Donna Stall, Katie Peterson and Barb DeWall along with Dr. Ted George, Dr. Zach Adkins and Podiatrist – Dr. Paul Dayton. The clinic, which sees patients on Wednesdays and Fridays of each week has seen over 475 patients since opening their doors. To set up an appointment, please call the clinic at 712-335-5201. Thank you to the many people who took time to stop by and visit that day.

October is National Breast Cancer Awareness Month

Pocahontas Hospital will be offering Digital Screening Mammograms October 3-31. If your insurance plan pays for an annual screening or if you have Medicare you would not want to participate in this screening program. No insurance will be filed and no bill will be generated for the hospital or radiologist charge. Patients will be required to pay for both the mammogram and reading on the day of their visit which will be \$90. Interested persons should call the Radiology Department at 335-5337 from 7 a.m. – 5 p.m.



Dr. Dayton holds Lunch & Learn

Dr. Paul Dayton, DPM spoke at a Lunch Learn held at PCH on August 10th regarding causes of wounds and wound management. During his presentation, Dr. Dayton discussed wounds caused by diabetes, arterial disease, venous insufficiency, malignancy, infection or pressure. He explained the comprehensive approach taken in the treatment and management of all wounds. Thank you to Dr. Dayton for giving his time and experience and to the community for their interest and support at his presentation.



Wellness
Counts!

Welcome New Respiratory Therapist

Pocahontas Hospital is very happy to welcome Pat O'Brien RRT, RCP, RPSGT, who brings to us over 20 years of respiratory experience. He graduated from DMACC in 1989 with a degree in respiratory therapy and has been a board certified registered polysomnographer for the past 6 years and brings an extensive knowledge about sleep related problems to Pocahontas. He is also certified in basic cardiac life support, and advanced cardiac life support. Pat has previously worked in Des Moines at Mercy in respiratory therapy. He has also worked in homecare in Des Moines and Fort Dodge for American Homepatient. Pat states that he is excited to be able to provide this new service to the area and is looking forward to helping patients improve their quality of life. Some of the new services we will be providing at the hospital include pulmonary rehab, overnight oxygen screening, and screening for sleep apnea.



How Healthy are your Lungs?

Do you smoke or have a history of smoking? YES NO

Did your healthcare provider tell you that you have asthma or chronic bronchitis/emphysema, also known as COPD? YES NO

Do you cough often?..... YES NO

Do you often bring up phlegm when you cough? YES NO

Do you get short of breath with activities such as a flight of stairs? YES NO

Do you get colds frequently?..... YES NO



If you answered yes to any of these questions . . .

Talk to your health care provider about getting a pulmonary function test, also known as spirometry. Spirometry is a simple and painless test. It is used to diagnose, stage and monitor lung conditions such as COPD. It can be used to identify change in your lungs before you have symptoms. Many people have narrowing in their breathing tubes and do not even know it.

If you have respiratory problems, your spirometry results are as important to your lung health as your blood pressure readings are to your heart health.



Celebration of Life Ceremony

The Pocahontas Hospital Hospice Department will hold their annual "Celebration of Life" ceremony on December 7th at 5:30 p.m. in the hospital's front lobby. Please join us for this very moving celebration.

School Supply Donation

Pocahontas Hospital employees supported Upper Des Moines again this year with a cash donation for their annual campaign to furnish supplies to needy children in our county. The donation came from money collected each Friday on "Jean Day" when employees pay a dollar for the privilege of getting to dress casual.

Patient Advocate

Kerri Boker, LPN has taken on the role of Patient Advocate at Pocahontas Hospital. Patient advocacy regards any activity which ultimately benefits a patient. Nurses act as patient advocates on a daily basis however their time and scope are limited by their job function. Kerri is taking this issue to another level of assistance. If you are looking for a way to afford you medication, maybe you need someone to lookout for your best interest or someone to help navigate through the healthcare system then you can call Kerri. There are medication assistance programs available to you through various drug companies and organizations. To find out if you qualify for reduced cost or free medications, call Kerri at 712-335-5231 for more information.



Donation to Millennium Ministries

Pocahontas Hospital was very happy to be able to help out the mission work of Mike and Janet Craig and their Millennium Ministries Group with their mission to help in poverty stricken nations by supplying outdated/slightly used equipment and supplies. The group has provided needed items for medical clinics, hospitals, schools and orphanages with food, computers and other needed medical equipment and supplies. MMFC has provided for the nations of Nicaragua, Honduras, Guatemala, Ghana West Africa, Pakistan, China and others.



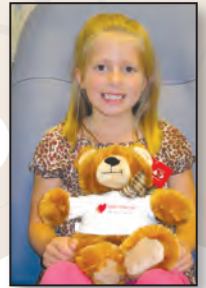
Pocahontas Hospital Offers Local Services to Community

Dr. Terrance Wood specializes in ear, nose and throat conditions, he sees patients at his Pocahontas clinic once a month and offers surgical procedures in the Same Day Surgery Department including ear tube placement and tonsillectomies.



Terrance L. Wood, MD, FACS

Katie Hofmeyer had this to say about Dr. Wood: "He is a good doctor, he is nice and he made sure I was okay!" Katie's mom, Kelly added: "Dr. Wood has a great bedside manner and is good with children. He and the nurses made sure Katie's needs were met before we left the hospital. He didn't just do surgery and leave, he stayed. He comes to Pocahontas, so we don't have to drive and this great!" For an appointment call 515-576-4200.



Wellness Committee Holds Kick-Off

A new committee was recently formed at Pocahontas Hospital to help employees interested in getting healthier. The group consisting of Mary Brandt, Evelyn Taylor, Misti Rierson, Pam Miller, Susie Aden, Dan Paulsen, Kris Plantz and Jaime Kaufman held a "Wellness Check" in June where staff was invited to a clinic where they had their blood pressure taken, weight and height and were given information on how they could eat better and exercise suggestions. Employees were treated to gift bags with a pedometer, ink pen, note pad, brochures, key chain, Crystal Lite packet and a bottle of water. The committee meets periodically to give recipes and information on food items commonly eaten in most households so that better choices can be made.





**Pocahontas
Community
Hospital**

606 N. W. 7th Street
Pocahontas, IA 50574

RETURN SERVICE REQUESTED

PRSRT STD
U.S. Postage PAID
Laurens, IA
Permit No. 21

Hospital Auxiliary will hold Jewelry Party

The next party will be held in the hospital Conference Center on Tuesday, November 8th from 10 a.m. – 5 p.m.

Calendar of Events

October

- 1-31: Mammogram Screenings
- 12: Noon to 6 p.m.—Blood Drive at Expo
- 22: Healthcare Foundation Fund-raising Event at Expo

November

- 1: 5 p.m.—Grief Group Meetings begin
Call 335-3430 if interested
- 1-30: Bone Density Screenings
- 2: 9 a.m. to 5 p.m.—Books Are Fun
Conference Center
- 7: Hospice Angels go on sale
- 7: Mailings go out for Hospice Fund-raiser
- 8: 10 a.m. to 5 p.m.—Auxiliary Jewelry Party
- 8, 15,
22, 29: Grief Group Meetings

December

- 7: 5:30 p.m.—Celebration of Life Ceremony
in lobby
- 8 & 9: Gold Refinery in Conference Center
- 14: Noon to 6 p.m.—Blood Drive at Expo

Farewell Party

Connie Lappegard, LPN was honored by staff and family with a farewell party held in the hospital dining room. Connie started working at the hospital in 2003 in the Surgery Department. She will start a new adventure in her life working at a hospital in Texas where she will be closer to family.



Pictured with her coworkers from surgery are, left to right: RN's, Jenny Benna, Katie Peterson, Manager, Susie Aden, Connie, Donna Stall and Dorie Pedersen. Best wishes Connie. We will miss you and thank you for your years of service to our hospital!

“FUN”draising Committee Plans Fund-raisers

The hospital “FUN”draising Committee will be holding two opportunities for the staff and the public to prepare for the upcoming holidays. On November 2nd “Books Are Fun” will be set-up in the hospital Conference Center with books and gifts for all ages from 9:30 a.m. to 5:30 p.m. And on December 8th & 9th the Gold Refinery will return to give cash for unwanted gold, silver and platinum jewelry and coins in the Conference Center, watch the paper for times.

