

# Health Update

HENRY COUNTY  
HEALTH CENTER  
CARE YOU TRUST. COMPASSION YOU DESERVE.

MOUNT PLEASANT, IOWA  
JULY, AUGUST, SEPTEMBER 2011

## HCHC Emergency Services... For us, it's personal

Henry County Health Center's Emergency Department has fully transitioned to the Henry County Emergency Physicians, a core group of physicians who are dedicated to treating patients in the Emergency Department. This continues to be a positive transition for HCHC and the patients we serve.

Dr. Ryan Van Maanen, Dr. Andrew Walter, Dr. Alexa Narro-Garcia, Dr. Suzy Roefer and Dr. Daniel Miller are the five HCHC Emergency Department Physicians. Since August 2010, Dr. Van Maanen has served as Medical Director of the Emergency Department, while Dr. Walter and Dr. Garcia also worked in the department prior to the transition. Dr. Roefer and Dr. Miller came to HCHC at the transition of the physicians group, but they are not new to emergency medicine and both physicians bring several years of healthcare experience.

**Suzy Roefer, D.O.**, graduated medical school from Des Moines University and has experience as an Emergency

Department Physician. She credits her pursuit of practicing emergency medicine to her personal life of raising six children.

"Life was hectic all the time, and I found that I thrived most of the time in that busy atmosphere. I chose to actually pursue emergency medicine when I realized that it gave me a home life. To be a good physician that is well-rounded, it is important to be a well-rounded person, one that understands the multitude of obligations we live with and the problems that can arise when you have competing obligations. Anybody can be good at diagnosing, but you have to get along with your patients," she explained. "I have worked in emergency medicine steadily for the last four years, and on and off for the four years prior to that. It was a conscious decision on my part to leave clinical practice and join the world of emergency medicine."

Dr. Roefer enjoys emergency medicine for many reasons, but she enjoys the patients most.

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*"HCHC is special because of the teamwork and the ability for all of us to work together to accomplish good patient care. The support is phenomenal and helps all of us to do our best."*

*~Dr. Suzy Roefer*



Suzy Roefer, D.O., graduated medical school from Des Moines University and has experience as an Emergency Department Physician.



Daniel Miller, D.O., graduated medical school from Des Moines University, and has experience in primary care medicine and as an Emergency Department Staff Physician.

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# Emergency Services at HCHC

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"I like letting the patient tell me their version of what is going on because their clues are worth as much as the tests we run. I like managing more than one patient at a time and having to stop and concentrate on one person to give them the best that I can," she explained. "I am compassionate and try to help people deal with the emotions they experience in the Emergency Department. It can be frightening and overwhelming to be in the E.D. and family members need to be acknowledged and helped to understand what is occurring."

She also enjoys the relationships between the physicians at HCHC. The physicians know their patients well and work well with the E.D. physicians to provide excellent care for their patients. "The nursing staff is fantastic and they know how to work together and work hard to help our patients. I'm also impressed with the paramedics who are also dedicated and caring," she said.

*"The Emergency Department at Henry County Health Center is a great place to work. The staff has been very welcoming, and I appreciate how well everyone works as a team."*

"All the staff does an excellent job of looking out for both the patients' best interests, and for each other. They provide an excellent team to work with. We all work together to get every patient well taken care of," she said.

**Daniel Miller, D.O.**, graduated medical school from Des Moines University, and has experience in primary care medicine and as an Emergency Department Staff

Physician. He credits his residency experience for his decision to come to HCHC's Emergency Department to work in emergency medicine full time.

"During my Family Practice Residency at Broadlawns Medical Center in Des Moines I worked in the Emergency Department and enjoyed the excitement. I like how every day is different," he explained.

~Dr. Daniel Miller

Dr. Miller has found HCHC's Emergency Department to be a positive transition. Prior to coming to HCHC, he provided primary care medicine to clinic and hospital patients in another community from 2008 until the present time.



## For us, it's personal.

**EMERGENCY SERVICES AT **  
CARE YOU TRUST. COMPASSION YOU DESERVE.

HENRY COUNTY HEALTH CENTER | MT. PLEASANT, IOWA | 319.385.3141 | WWW.HCHC.ORG

# Living Well

## Experience the benefits of massage therapy

In past years, massage was often viewed as a special treat and a service for those who could afford it. However, nowadays many people look to massage therapy to help them cope with the aches, pains and stress encountered in everyday life. Whether you are recovering from an injury or simply need some relaxation, Henry County Health Center Massage Therapy ensures a therapeutic massage experience at a very reasonable price.

**Judy Stevens, HCHC Licensed Massage Therapist**, has been practicing massage therapy since 1988. Her initial training was at the Soma School of Massage in California. In 1996, she advanced her massage skills by completing a three-year mentoring program at the Guild for Structural Integration in Boulder, Colorado.

### WHY MASSAGE?

There are numerous benefits of massage, which include: release of chronic muscular tension and pain, improved circulation, increased

joint flexibility, reduced mental and physical fatigue and stress, faster healing of injured muscular tissue, improved posture, and reduced blood pressure. Massage also helps promote better sleep, improves concentration, reduces anxiety, and creates an overall sense of well-being. Many people have regular massage therapy to relieve the stress and tension of everyday living, maintain good health and reduce stress. Also, massage is accepted as part of many physical rehabilitation programs which has proven beneficial for many chronic conditions, including low back pain, arthritis, bursitis, fatigue, high blood pressure, diabetes and fibromyalgia.

Massage Therapy treatments are regularly \$30 for 30 minutes, and \$45 for 60 minutes. Gift certificates are also available. For more information on massage therapy and the different treatment options, or to schedule an appointment, please call 319.385.6102.



Judy is available for appointments at HCHC Monday through Friday from noon to 6 p.m. and offers a variety of massage therapy treatments, which include:

- **Swedish Massage**
- **Sports Massage**
- **Partner Massage**
- **Foot & Leg Massage**
- **Structural Integration**
- **Chair Massage**
- **Mother/Baby Massage**
- **Neck, Face & Hand Massage**

## Massage Therapy Survey

Henry County Health Center offers the public a variety of massage therapy treatments with a Licensed Massage Therapist Monday through Friday from noon to 6 p.m. Satisfied customers return regularly to reap the numerous health benefits that come from massage therapy. For those individuals who have experienced a massage through Henry County Health Center's Massage Therapy, please help us serve you better by taking a brief survey at [www.hchc.org/massage\\_survey](http://www.hchc.org/massage_survey). For more information on Massage Therapy at HCHC, call 319.385.6102.



# HCHC Foundation

HCHC Foundation donates \$5,000 towards Wayland Community Clinic

The mission of the HCHC Foundation is to plan, promote, develop, fund and deliver important health related initiatives for the benefit of individuals and families of Henry County and surrounding areas. And

Wayland and northern Henry County. During the past few years, clinic usage has grown and services expanded. To keep pace with the increasing needs and to build upon the existing partnership between Physician & Clinics of Henry County Health Center and Wayland Economic Development Corporation, a major renovation project was started. At the conclusion of the project, patient exam rooms, offices and the lobby now have new furnishings and updates.

## Wayland Community Clinic

PHYSICIANS & CLINICS of  
HENRY COUNTY HEALTH CENTER  
*Partnering with the Wayland Community Development Corp.*

227 West Main

319-256-7100

we are doing just that with a recent award to Wayland Economic Development Corporation for renovations and updates to the Wayland Community Clinic.

The Wayland Community Clinic provides convenient and accessible healthcare services to residents of

The HCHC Foundation recognizes the important role that the Clinic plays in the health of our communities. We are pleased to be participants in this worthy project. More importantly, we are thankful for our many supporters whose gifts have made our award for the Clinic possible.

## Meet HCHC Foundation's newest board member

Please join the HCHC Foundation in welcoming its newest board member, Pat Callaway. As a board volunteer, Pat has made a commitment to the Foundation's mission and objectives. He will play a vital role in promoting and delivering important health related initiatives to the families of Henry County and surrounding areas.

Pat has lived in Southeast Iowa for 35 years. He and his wife, Cheri, have two children and three grandchildren. In 2000, Pat opened C & M Cooling, Heating and Plumbing in Mt. Pleasant, Iowa. His hobbies include farming, hunting and playing with the grandkids.

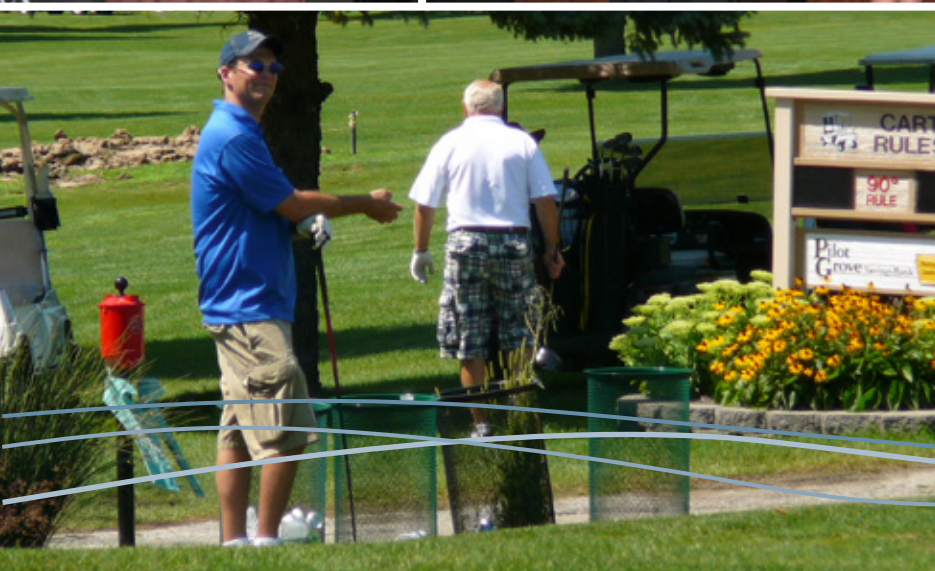


*"I decided to join the HCHC Foundation because I want to help our community. I believe that by being actively involved with the Foundation and the hospital, I can help bring in more doctors, help us get the equipment and services that our residents need, and help others understand why it's so important to keep our hospital going. I really like Mt. Pleasant and all that Southeast Iowa has to offer. It's important to me that our communities are successful. And good healthcare and a strong health center is a big part of that success."*

## All That Glitters still glittering

HCHC Foundation supporters came together to enjoy a remarkable All That Glitters Gala while at the same time knowing that they were enhancing the delivery of care and advancing medical services to improve the lives of Henry County Health Center patients and residents of Southeast Iowa.

This past year, you have once again embraced HCHC Foundation and made us a priority in your charitable giving. And your support has enabled us to fund new rehabilitation and med-surg equipment and provide financial assistance to uninsured women needing mammography, newly diagnosed diabetics needing education classes and others needing medication assistance. You've helped support community health initiatives for young families and brought new physicians from across the United States to practice here and provide an opportunity for treatment and care for our community members. We have been able to do these things and so much more because you care.



**SAVE THE DATE:**  
**Wednesday, August 10, 2011**  
**HCHC FOUNDATION GOLF BENEFIT**  
**Mount Pleasant Golf and Country Club**

Sign up now! Sponsorships are available. Proceeds will help improve the healthcare of area residents. For more information contact Michelle Rosell at 319.385.6541 or go to Foundation Events at [www.hchc.org/foundation](http://www.hchc.org/foundation).



# Elder Living

Park Place... all the comforts of home

*Henry County Health Center's Park Place offers a homelike, family-oriented atmosphere in a beautiful setting. Our residents enjoy group and individualized activities designed to meet their specific interests. Through the Eden Alternative, we show sensitivity to each resident's physical and emotional needs. And Park Place's connection to the hospital allows residents convenient access to healthcare services.*

Park Place currently has rooms available for new residents. To become part of the Park Place family, call 319.385.6192, where quality of life for each resident is our goal! Or visit [www.hchc.org/park\\_place](http://www.hchc.org/park_place) to learn more.

Read what these two Park Place residents have to say about their Park Place experience:

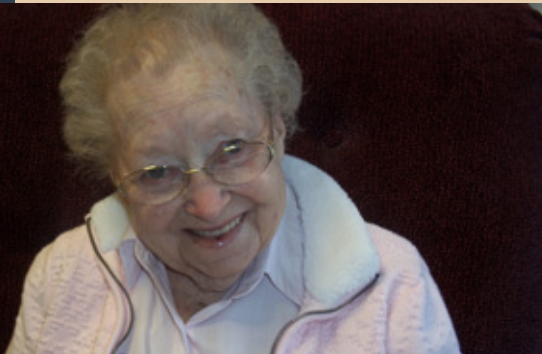
**"In the time that I have been a resident at Park Place, I have been thoroughly impressed with the Eden Alternative. The staff is friendly and courteous, and strives to keep Park Place less of a medical model and more of a homelike setting. Everyone knows each other by name, and the amenities offered make the atmosphere very relaxing."**

Paul Anderson, Park Place Resident



**"When I was at another facility, I felt alone and kind of scared. When I came to Park Place, it was peaceful and there was laughter. I don't have a chance to be lonely. It's just like home."**

Nita Carroll, Park Place Resident



## Sign up now!

HCHC invites you to subscribe to our monthly e-newsletter! The e-newsletter contains information about HCHC and the services we offer, provides updates on hospital news and events, provides articles from the HCHC Foundation, and gives the latest healthcare news in the following categories: Breast Health, Diabetes Health, For Your Child, Heart Care, Men's Health, Mind and Body, and Women's Health.

To subscribe to this email newsletter, log on to [www.hchc.org](http://www.hchc.org). Find the maroon box under "HCHC Online" and click "Sign up for HCHC's e-newsletter." Just list your email address, first and last name, and click on "HCHC Monthly Newsletters." Thank you for your interest in HCHC!

# News at HCHC

## Save the Date

MAKE PLANS TO ATTEND HENRY COUNTY HEALTH CENTER'S

*90th Anniversary Celebration!*

Sunday, September 25th, 2011

1-4 p.m.

Henry County Health Center

The public is invited to join us for an afternoon of festivities and fun as we celebrate our 90 years of excellence in healthcare!

## HCHC Trustees

Henry County Health Center is governed by a publicly elected, seven-member board of trustees who represent various cross sections of our service area. The trustees meet monthly and are committed to the hospital's mission to enhance the health of individuals and our communities through high quality, effective and efficient services. They volunteer their time and efforts as hospital trustees to assist HCHC in providing area residents with the best health services available.



**Kent Severson**

Trustee Since 1996



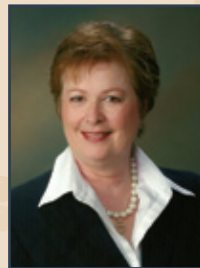
**Richard Garrels**

1992-1998  
Trustee Since 2002



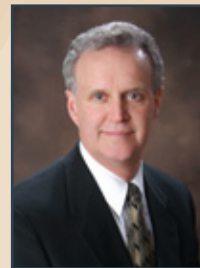
**Jan Towne**

Trustee Since 2004



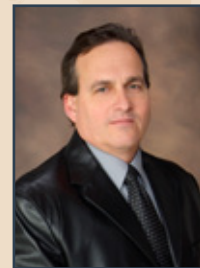
**Carmen Heaton**

Trustee Since 2005



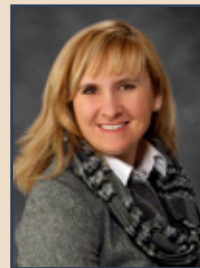
**Robert Meyer**

Trustee Since 2007



**Rick Campbell**

Trustee Since 2008



**Megan Wenstrand**

Trustee Since 2011



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# Upcoming Events

## CARDIAC/PULMONARY SUPPORT GROUP

Friday, August 19, Noon  
"Relaxation", program by  
HCHC Rehabilitation Services  
Lunch provided  
*Health Education Center, HCHC*

## DIABETES 2-HOUR FOLLOW-UP CLASS

Thursday, July 7, 2-4 p.m.  
Thursday, August 4, 2-4 p.m.  
Thursday, September 1, 2-4 p.m.  
*Health Education Center, HCHC*

## PRE-DIABETES CLASS

Thursday, July 14, 4-5 p.m.  
Thursday, September 8, 12-1 p.m.  
Call 385-6518 to register  
*Health Education Center, HCHC*

## DIABETES SUPPORT GROUP MEETINGS

Tuesday, September 13, 6 p.m.  
"Stay-cation – Stress Relief Ideas"  
*Health Education Center, HCHC*

## DIABETES GROUP TRAINING

Tuesday, July 19 and  
Tuesday, July 26  
Call 385-6518 to register  
*Health Education Center, HCHC*

Tuesday, August 23 and  
Tuesday, August 30  
Call 385-6518 to register  
*Health Education Center, HCHC*

Tuesday, September 20 and  
Tuesday, September 27  
Call 385-6518 to register  
*Health Education Center, HCHC*

## HCHC FOUNDATION BOOK FAIR

Thursday, September 22, 9 a.m.-4:30 p.m.  
*Health Education Center, HCHC*

## HCHC AUXILIARY MEETING

Monday, July 11  
Monday, August 8  
Monday, September 12  
9:00 a.m. Monthly Meeting  
*Classroom A1, HCHC*

## PHYSICIANS & CLINICS of HCHC

WAYLAND COMMUNITY CLINIC  
227 W. Main  
319.256.7100

Clinic held on Mondays and Thursdays  
8:30 a.m.–Noon and 1 p.m.–5 p.m.

WINFIELD COMMUNITY CLINIC  
Tess Judge-Ellis, DNP, ARNP  
110 W. Pine  
319.257.6211

Clinic held on Tuesdays and Fridays  
8:30 a.m.–Noon and 1 p.m.–5 p.m.

This publication does not constitute professional medical advice. Although it is intended to be accurate, neither the publisher nor any other party assumes liability for loss or damage due to reliance on this material. If you have a medical question, consult your medical professional.

Chief Executive Officer: Robb Gardner  
Editor: Shelley L. Doak  
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