

# A Healthier You

YOUR GUIDE FOR LIVING WELL

Local and  
Convenient  
Specialized  
Care **P2**



Hansen Family  
HOSPITAL

## A MESSAGE TO THE COMMUNITY

Spring: The eagerly anticipated season of all things new and fresh. 2016 is a year of new perspective for how we help our community lead healthier, more active lives. To help you be successful we know we need to lead by example.

In January we launched a free 10-part series of free educational sessions through our Business Health Department. The sessions offer information on a wide array of topics from nutrition to active shooter response training and have been well-attended so far.

February was heart health month and over 160 participants took initiative to take care of themselves through screenings, healthy meal choices and easy exercises to do between tasks at work.

In early March we launched our own "Biggest Loser"-style weight loss competition with 105 employees participating in the 9-week challenge. Each team is led by a physician-champion who sends encouraging feedback and healthy habit reminders with a heavy dose of humor to their teams.

We now offer "Freedom from Smoking" cessation classes to the community and will offer a fresh new version of our prediabetes class in spring and fall for anyone concerned about diabetes in their family. Read more about these programs in this issue.

We want to offer you more. Now that we are approaching our 2-year anniversary in our hospital and have fully implemented a new electronic health record, it is time to look to the future to understand your health needs and prepare for them. Strategic planning is also under way for 2016 so that we can be an active leader in providing necessary services to create a safer and healthier community for all of us.

With three new providers joining us this year we continue our focus on your primary care and strive for innovative ways to keep your health care convenient and close to home. I invite you to join our challenge to try new activities and new foods to broaden your healthy horizons. Hit the trails, taste locally-grown fruit, or just park farther away from the storefront and enjoy the fresh air and extra steps. Small changes grow into new habits. Enjoy Spring!

*Cherelle Montano*

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**Rhian Gronewold, ARNP-BC**  
Family Practice,  
Ackley Medical Center



**Hannah Carlsen, DO**  
Family Practice,  
Ackley Medical Center



**Thomas Waters, MD**  
Iowa Falls Clinic

## New Providers to Join Hansen Family Hospital and Clinics in 2016

Hansen Family Hospital is pleased to announce the arrival of new providers to its clinics in 2016.

Rhian Gronewold, ARNP-BC, joined the organization in February and will practice at Ackley Medical Center, Ellsworth Family Medicine, and Iowa Falls Clinic. Rhian received her Bachelor of Science and Master of Nursing degrees from Allen College in Waterloo, Iowa. Rhian is a native of Wellsburg.

In summer of 2016, Ackley Medical Center will welcome Hannah Carlsen, D.O. Dr. Carlsen is completing her residency at Mercy Medical Center-North Iowa and is originally from Wisconsin.

Also in summer of 2016, Thomas Waters, M.D. will join Iowa Falls Clinic upon completion of his residency in Sioux City. Dr. Waters is originally from the Des Moines area.

Ackley Medical Center also welcomes Tasha Visser, ARNP, currently affiliated with Ellsworth Family Medicine. Tasha will expand her practice to include seeing patients at Ackley Medical Center.

**COVER PHOTO:** Dr. Darron Jones and Marjean Jensen share smiles following Marjean's knee replacement surgeries.



▶▶ WELCOME HANSEN FAMILY HOSPITAL to the neighborhood! Like us on Facebook at [www.Facebook.com/hansenfamilyhospital](http://www.Facebook.com/hansenfamilyhospital)

# Convenient Care after Total Knee Replacement ...Getting Back to Life

**P**hysicians from Mason City Clinic and Mercy Medical Center - North Iowa bring specialized care to patients at Hansen Family Hospital

"I had trouble getting up from a chair, sitting down and walking around the house. I couldn't go grocery shopping or into the big department stores. I was in a lot of pain," said Marjean Jensen, 72, of Iowa Falls. For three years Marjean received pain medication via injections to both of her knees at her local hospital, Hansen Family Hospital, where orthopedic surgeon Dr. Darron Jones from Mason City Clinic visits and sees patients every two weeks. These shots temporarily eased Marjean's pain, but eventually the pain returned. Marjean said, "Dr. Jones took X-rays of my knees and it showed that I had a lot of arthritis and it was wearing down with bone. He said the next step would be to replace the knees."

Physicians like Dr. Jones bring specialized care to patients in Iowa Falls at Hansen Family Hospital. In addition to seeing patients and conducting surgery in Mason City at Mercy North Iowa's main medical center campus, Mason City Clinic surgeons and physician assistants see patients through the Mercy Health Network of eight rural primary care hospitals, and Mercy Clinics. According to Dr. Jones, "It's important that we bring specialized care to patients in the community in which they live." Marjean said, "I like that the orthopedic surgeons come to Iowa Falls to see patients. It saved me driving 40 miles. It's really, really handy."

The first surgery for Marjean was in November 2014. "I went to the Joint Camp at Mercy Medical



**Post-surgical follow up care with specialists and rehabilitative services are available at Hansen Family Hospital for those recovering from major joint surgery.**

Center-North Iowa ahead of time which was so beneficial. They help you prepare for not only your surgery, but for your recovery and rehab. It really helped," Marjean explained.

Marjean said, "My surgery on my left knee went so smooth. I didn't have swelling; I went to physical therapy and did all of my exercises and it healed fast. Getting up and walking soon after surgery is a speedier way to heal. I was pretty much healed by the end of January." Marjean then had her right knee replaced in April 2015.

Marjean is now walking up and down stairs and able to go out shopping and walking. She is no longer on any pain medication.

Mercy Medical Center - North Iowa and Mason City Clinic work in unison to deliver highly skilled orthopedic care including ACL reconstructions, total knee, total hip, total and reverse shoulder surgeries and carpal tunnel release to patients in a 100 mile radius of Mason City covering 14 counties. In addition to seeing patients and conducting surgery in Mason City at Mercy North Iowa's main medical center campus, Mason City Clinic orthopedic surgeons and physician assistants see patients weekly through the Mercy Health Network of eight rural primary care hospitals, and Mercy Clinics (a primary care and specialty physician network).



(L to R) Kristi Zwiefel, RD LD, and Christina Peterson, BSN, RN team up to educate patients and the community about diabetes.

## Prediabetes

# DEALING with DIABETES

## Hansen Family Hospital offers classes

When it comes to a healthy life, diet and exercise are always important. When it comes to living with diabetes, those things become vital to surviving.

Hansen Family Hospital offers various educational opportunities for those afflicted with diabetes throughout the year. On March 24, they will be holding a free prediabetes class.

The class will address risk factors of diabetes, healthy food choices, the role of increasing activity and weight loss in prevention of diabetes, and how to check blood sugars.

Prediabetes is a condition when blood sugar levels are higher than normal but not high enough to be considered diabetic. With the right steps, a person with prediabetes can delay the onset of or prevent Type 2. That is the purpose of the March 24 class, according to Director of Health Education Christina Peterson.

“Our diabetes program is part of the

### Prediabetes Class

**What:** Prediabetes Class

**When:** March 24, 3-5 p.m.

**Where:** Hansen Family Hospital Conf. Room #2

**How:** Call Julie Carolus at 641-648-7014

**Cost:** Free

American Diabetes Association, and we have a curriculum that we utilize from the International Diabetes Center,” Peterson said. “We have been through their training. We teach a series of classes that are focused on newly-diagnosed diabetes patients and giving them the information and resources to manage diabetes.”

The prediabetes class will be offered again in the fall. The diabetes program focuses on educating our patients on carbohydrate choices, the

- 86 million American adults, more than 1 out of 3, have prediabetes.
- 9 out of 10 people with prediabetes do not know they have it.
- Prediabetes is when your blood sugar level is higher than normal but not high enough yet to be diagnosed as type 2 diabetes.
- Prediabetes increases your risk of:

**Type 2 Diabetes**  
**Heart Disease**  
**Stroke**

● If you have prediabetes, losing weight by eating healthy and being more active can cut your risk of getting type 2 diabetes in half.

● Without weight loss and moderate physical activity, 15-30% of people with prediabetes will develop type 2 diabetes within 5 years.

● People with diabetes are at higher risk of serious health complications like:

**Blindness**  
**Kidney Failure**  
**Heart Disease**  
**Stroke**  
**Loss of Toes, Feet or Legs**

**DIABETES** Cont'd ... p.6

FROM CENTER FOR DISEASE CONTROL

# Smoking Cessation:

# Learning to be a Quitter

**A**bout 18 percent of Iowans regularly smoke. The unhealthy habit has continually decreased across the country for several decades. One survey shows in 1997 about 24.7 percent of Americans smoked. A more recent survey in 2015 put that number at 14.9 percent.

Part of the reduction in smoking could be because people are more aware of the risks now than they have been in the past. Even with what we all know now about how smoking impacts the body and a person's health, 17 percent of Iowans still are lighting up.

A program began this winter at the Hansen Family Hospital aiming to help those who are ready to lose nicotine's hold on them. A new set of classes will be offered quarterly thereafter.

The program is called Freedom from Smoking. It is a seven-week course with eight sessions.

Gwen Groen, Business Development Team Lead at Hansen Family Hospital is administering the program. She said the first few sessions prepare a person for their "quit date" that is going to be the fourth Tuesday of the program. The subsequent Thursday, the group will have a special session to see how everyone is coping with being a non-smoker.

This will be the first time the program will be available to the public. Groen said they did the program for staff after she was certified.

A former smoker herself, Groen said to keep participants on the right track, she encourages them to find their smoking triggers.

"We find out what the triggers are and talk about ideas and ways for when triggers happen to redirect them," Groen said.

Alternatives such as walking, drinking water or exercising may help get a person's mind off smoking.

Stress seems to be a big trigger for smokers, according to Groen.



Jennifer Smith, CRT, left, and Gwen Groen, business development team lead at Hansen Family Hospital are getting ready for the Freedom from Smoking program. The program will help those who are ready to quit smoking do so successfully. There is a \$75 charge for the program, but Groen said she does have a payment plan available. For information on upcoming summer and fall sessions, contact Groen at 641-648-7111.

"That's the biggest factor," she said. "You had a bad day at work, or you woke up and nothing went right."

Changing the daily routine is also a way to keep from reaching for that pack and a lighter. She said she did that herself when quitting.

"I had to completely change my routine," she said. "The first thing I would do is put my feet on the ground and have a cigarette, so I had to do some things differently."

**SMOKING** Cont'd ... p.6

## DIABETES Continued ...

long-term effects of diabetes, how to check blood sugars and much more detailed information. There is homework involved to check how well each patient is progressing. Those meetings are held on Tuesdays and Thursdays with each class roughly two weeks apart.

Hansen Family Hospital Dietitian Kristi Zwiefel said diabetic patients are encouraged to attend those classes as well, which are held throughout the year.

Age, weight, nutrition and heredity are all factors in diabetes.

“Mainly we talk about trying to be more physically active and also trying to lose a little bit of weight,” said Zwiefel. “We don’t focus on counting carbs as much in this class as we do on watching the calories and the fat and trying to cut back on the portions we’re eating so we see some weight loss to help prevent diabetes.”

The diabetes and prediabetes classes are similar in that nutrition and exercise are a big part of what is taught.

“We know that, with diabetes, there’s such a huge impact on people’s health,” Peterson explained. “So if we can get people in here and educate them before they’re actually diabetic and prevent or delay the onset, that’s honestly our goal.”



**Prediabetes education offers support and help in making healthy food choices - a small change that can make a big impact towards preventing or delaying the onset of diabetes.**

Peterson said the public is welcome to attend, even those who do not have prediabetes are encouraged to attend if they have certain risk factors like elevated glucose or triglyceride levels and a family history of the disease.

“We encourage those people to come because if they have one

parent with Type 2 diabetes, they have a 60 to 80 percent chance of getting it. If parents have it, there’s an 80 to 100 percent chance. So, if you have a family history of it, come. We provide you with the education and resources and give you the tools to hopefully make some simple lifestyle changes.”

## SMOKING CESSATION:

### Spring-Summer Session:

May 17th, 24th, 31st

June 7th, 9th, 14th, 21st and 28th

Morning Sessions: 6:00am - 7:30am

Evening Sessions: 5:00pm - 6:30pm

### Fall Session:

September 20th, 27th

October 4th, 11th, 13th, 18th, 25th

November 1st

Morning Sessions: 6:00am - 7:30am

Evening Sessions: 5:00pm - 6:30pm

Smoking cessation participant fee is \$75, cash pay with payment plans allowed. These classes are not filed through insurance. Participants are welcome to file themselves.

## SMOKING Continued ...

While Groen quit ‘cold turkey’ 23 years ago, now there are many more aids to help people quit. She said participants will be encouraged to reach out to their doctors for prescriptions to help them go through the process of quitting.

The benefits to quitting are numerous. After just 24 hours, blood pressure and pulse rate drop. In two to 12 weeks, circulation and lung function improve. After a year, the excess risk of coronary heart disease is half that of a smoker’s. After 10 years, the risk of lung cancer death is cut in half. After 15 years, coronary risk is back to as if the person had never smoked.

You can’t place an absolute value on your health but there are financial benefits to extinguishing the habit, too. At \$4.50 a pack, a pack a day habit equates to \$1,642. A person who wants to smoke the premium brands and lay out \$7 a pack, they spend \$2,555 a year at one pack a day

and heavy smokers lay out more than five thousand dollars a year.

Respiratory therapist Jennifer Smith, CRT, said money was a big factor for her to quit.

“I was buying cartons on credit cards,” she said.

She also said she often just did not feel well. She and her husband kicked smoking at the same time. She said he had an easier time than she did. While she did not use a program like Freedom from Smoking, she did use some of the products available, like Chantix, to help her stop smoking.

As a respiratory therapist she sees many smokers and will ask them if they are ready to quit.

She said one person was recently handed information about the upcoming program because the patient was considering quitting.

The Freedom from Smoking series has a cost of \$75. Groen said there is a payment plan available. Anyone interested in quitting can contact her at 641-648-7111 or email to [gwen.groen@mercyhealth.com](mailto:gwen.groen@mercyhealth.com).

# HANSEN FAMILY HOSPITAL FOUNDATION NEWS

## Your Gifts at Work

As final gifts to the capital campaign are received, we turn our focus to helping Hansen Family Hospital provide necessary services and promote healthy living in Hardin County.

Gifts received in 2015 made it possible to enhance patient care care and support healthcare initiatives in our community in a variety of ways:



### 2015 Gifts at Work:\*

Patient Transportation .....	\$75.00
Charity Care .....	\$1,742.04
Babysitting Certification Scholarships .....	\$20.00
HeartStart Defibrillator (EFM) .....	\$1,502.49
Specialized equipment .....	\$375.27
Walker (PT) .....	\$1,448.00
Infant/Toddler Immobilizer (Imaging Services).....	\$5,218.89
Scholarships (IFA (2), South Hardin (1), AGWSR (1) and Hansen Family Hospital Employee (1)).....	\$1,700.00
Auto-Pulse (Emergency Services).....	\$14,435.88
<b>TOTAL .....</b>	<b>\$26,517.57</b>

\*Excludes capital campaign gifts.

## A Healthier You

*A Healthier You* is published by Hansen Family Hospital. Information provided in this publication should not be substituted for medical advice provided by a physician. Please consult your physician regarding specific medical concerns and questions.  
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# Long-Time Physician Announces Retirement

Dr. Joseph Brunkhorst of Iowa Falls Clinic announces his retirement from family medicine practice. An open house celebration honoring Dr. Brunkhorst's 43-year career will be held on Sunday, April 3rd, from 1 to 3 p.m. in the foyer of Hansen Family Hospital.

Dr. Brunkhorst graduated from Loras College (Dubuque, IA) in 1965 with a Bachelor of Science degree. He then went on to earn his Doctor of Medicine from Creighton University (Omaha, NE) in 1971. He completed his residency in California before moving to Iowa Falls where he began practicing family medicine with Drs. Graham, Dunlay, and Gude.

Throughout his career, Dr. Brunkhorst has served the community as a 4-H leader for 10 years, Grand



Knight for the Knights of Columbus, and member of the Hardin County Medical Society. He has served as Hardin County Medical Examiner since 1995.

He continues to be active with St. Mark's Catholic Church in Iowa Falls, enjoys time with his wife, Ann and their children: Pam French, Tim Brunkhorst, Dr. Joey Brunkhorst, and Dr. Luke Brunkhorst and their families; along with bicycling, horseback riding, golfing, hunting, traveling, reading, sports and running.

The public is welcome to join Dr. Brunkhorst and his family at the open house on Sunday, April 3rd from 1 to 3 p.m. Hansen Family Hospital is located at 920 South Oak Street, Iowa Falls, Iowa.

## Spring Calendar of Classes

### Parenting and Family Classes

#### BREASTFEEDING CLASS

Let the experts at Hansen Family Hospital coach you through breastfeeding with helpful guidance and tips. \$15.00, no charge if delivering with us.

**March 30, 7:00 PM**

**May 25, 7:00 PM**

#### SIBLING CLASS

Bring your children to the Sibling Class to learn about life with a new baby. We will do a brief tour of the OB department and explore some of the baby equipment siblings are likely to encounter while visiting in the hospital, followed by a question and discussion time. \$15, no charge

if delivering with us.

**April 12, 6:30 PM**

#### PREPARED CHILDBIRTH CLASS

Our trained educator will help you plan and prepare for what to expect on baby's big day! \$25, no charge if delivering with us.

**April 19, 6:00 PM**

#### NUTRITION FOR PREGNANCY

Nutrition for pregnancy Hospital OB experts provide valuable tips in how to eat for two in a healthy way. \$10, no charge if delivering with us.

**April 21, 6:30 PM**

### First Aid & CPR Classes

#### EMPLOYEE HEALTHCARE PROVIDER CPR

\$40

ECC McClure Hall Room 102

**April 6, 12:00 Noon**

**May 4, 12:00 Noon**

**June 8, 12:00 Noon**

#### PALS RENEWAL

N/C for employees, \$100 others

ECC McClure Hall Room 102

**April 14, 8:00 AM**

#### ACLS RENEWAL

\$100

ECC McClure Hall Room 102

**April 21, 8:30 AM**

#### AHA HEARTSAVER CPR

Through medical advancements in the treatment of cardiovascular disease and sound training on lifesaving skills, the American Heart Association's Emergency Cardiovascular Care (ECC)

Programs increase survival rates and quality of life. - \$40

ECC McClure Hall Room 102

**May 10, 6:00 PM**

#### AHA PEDIATRIC FIRST AID

The Heartsaver® Pediatric First Aid course is designed to meet the regulatory and credentialed training requirements for child care workers in all 50 states. This course teaches

basic first aid, CPR, and AED skills for children such as:

- What to do when a child or infant has a breathing problem
- Giving compressions and breaths to an infant or child
- Stopping bleeding that can be seen

\$40.00

ECC McClure Hall Room 102

**May 17, 6:00 PM**

#### AHA HEALTHCARE PROVIDER CPR

The Basic Life Support (BLS) for Healthcare Providers Classroom Course is designed to provide a wide variety of healthcare professionals the ability to recognize several life-threatening emergencies, provide CPR, use an AED and relieve choking in a safe, timely and effective manner. - \$40.00

ECC McClure Hall Room 102

**June 7, 6:00 PM**

#### AHA FIRST AID

The Basic Life Support (BLS) for Healthcare Providers Classroom Course is designed to provide a wide variety of healthcare professionals the ability to recognize several life-threatening emergencies, provide CPR, use an AED and relieve choking in a safe, timely and effective manner. - \$40

ECC McClure Hall Room 102

**June 14, 6:00 PM**

## CALENDAR OF EVENTS

#### LUNCH N' LEARN

Gwen Groen, Hansen Family Hospital Business Development Team Lead will present a program on "Bridges out of Poverty". This program will be a brief synopsis for businesses, agencies or organizations that work with people from poverty, a deeper understanding of their challenges and strengths. It will help you partner with those individuals to create the opportunity for success.

Conference Rooms 1 & 2

**April 6, 11:30 AM - 12:30 PM**

#### BABYSITTING CLASS

This 1 day class includes age appropriate activities: first aid, safety, child development and nutrition for children. Great information for young people who provide child care in babysitting situations for other families or for younger siblings. For 4th and 5th grade students. Cost of the class is \$15.00. Call Julie at 641-648-7014 to register.

**Ellsworth Community College - McClure Hall Room 10**

**April 16, 9:00 AM**

**Green Belt Home Care Office in Eldora**

**April 23, 9:00 AM - 1:00 PM**

#### BREAKFAST MEETING

Connie Perry of Hospice Compassus will present a program on pain management.

Conference Rooms 1 & 2

**May 4, 6:30 AM**

#### LUNCH N' LEARN

Natalie Miller of Iowa Donor Network will present a Lunch n' Learn on the process for registering to be a donor and impact this makes to others. CEU's are available.

Conference Rooms 1 & 2

**June 1, 11:30 AM - 12:30 PM**

➔ **REGISTER FOR OUR CLASSES** online by visiting [www.hansenfamilyhospital.com](http://www.hansenfamilyhospital.com) and selecting the Classes & Events tab, or call **(641) 648-7014**.

## OUR CLINICS

### ACKLEY MEDICAL CENTER 641-847-2625

Jennifer Jass, DNP, ARNP  
Lee Carlson, ARNP  
Tasha Visser, ARNP  
Rhian Gronewold, ARNP-BC

### ELLSWORTH FAMILY MEDICINE 641-648-3202

Francis Pisney, MD  
Tasha Visser, ARNP

### IOWA FALLS CLINIC 641-648-7100

Joseph Brunkhorst, MD  
Katie Haverkamp, MD  
Gregory Ogaard, DO  
Erin Schmidt, MD  
Brianna Neuberger PA-C  
Sarah Scott, ARNP  
David Van Gorp, MD, Hospitalist

### SURGERY CLINIC 641-648-7175

Mark Andrew, MD

### BEHAVIORAL HEALTH SERVICES 641-648-6491

### WOMEN'S HEALTH CLINIC 641-648-7100

Curtis O'Loughlin, MD  
Carol Wilson, MSN,  
Certified Nurse Midwife

### EMERGENCY SERVICES

Berri Swasand, MD  
Curtis O'Loughlin, MD  
Greg Ogaard, DO  
Abdul Panhwar, MD  
Michelle Anderson, ARNP  
Jennie Nuehring, ARNP