

A Publication of the Story Medical Foundation

Inspired

Spring
2019

Peace of Mind

Kim Jackson Places
Her Trust in Story
Medical Senior Care

StoryCounty
Medical
CENTER

An Affiliate of  UnityPoint Health

Hospital Update



Pharmacist Returns to a Hero's Welcome

It was just more than a year ago that dozens of Story Medical employees threw a going-away party for pharmacist Paul Groteluschen, who was leaving for a one-year mission in Kosovo with the National Guard.

On February 18, the gang at Story Medical gathered once again to host a party in Paul's honor ... this one to welcome him back to the Medical Center and his role heading up the Pharmacy.



He arrived on U.S. soil on Jan. 25 at Fort Bliss, Texas, and finally got back to his family in Urbandale on Feb. 1.

The party for Paul, who has served Story Medical for two decades, was a total surprise to him.

"They trick me into these things," he said with a smile.

Paul was complimentary of the coverage of the pharmacy in his absence. He said the care with which it was handled was "excellent."

As for his year away, Groteluschen said it was "very educational."

It was his first time being in Kosovo. He served as an advisor.

Employees from across Story Medical stopped in the cafeteria during the party to welcome Paul back with smiles and hugs.

"It's great to be back. This place here is like a second family," he said.

Article and photo courtesy of Marlys Barker, Nevada Journal.



Murphy Puts Her Heart Into Caring for Cardiac Patients

For most patients, the days and weeks after a cardiac event are full of uncertainty. Laura Murphy, who helps oversee Story Medical's Cardiac Rehab program, appreciates the role she plays in helping these patients get comfortable with life after their incident.

"I love that I get to work so closely with patients to figure out what they need to get them on the road to recovery and leading a healthier lifestyle," she says.

In addition to Laura, cardiac rehab patients are cared for by Story Medical's exercise physiologists.

"Our team gets along really well, and our strengths complement one another," Laura says. "That enables us to provide the best care to our patients."

Laura works with most patients for about three months, monitoring their heart rate and rhythm as they perform exercises like walking on a treadmill or an elliptical machine.

A Respiratory Therapist, Laura has worked at Story Medical for two years, spending the last year on the Cardiac Rehab team. She says it is an important service for patients on the mend.

"Cardiac Rehab has many benefits for the patient," Laura says. "Regular, monitored activity can help decrease chances of another heart attack, control symptoms like shortness of breath and chest pain, stop or reverse damage to blood vessels, and help patients build up the emotional confidence that allows them to return to work, hobbies and normal activity."

That last one, helping them build confidence, is big.

"The biggest challenge is turning patients into believers," Laura says. "Helping patients to change their habits can be difficult. Our goal is to educate and provide physical activities that the patient can take home to build healthy habits."

To learn more about the Story Medical Cardiac Rehab program, visit StoryMedical.org/CardiacRehab



Story Medical Senior Care Offers Up Peace of Mind

For years, Kim Jackson worried about her mother's well-being from hundreds of miles away. Living in Denver, Colorado, Kim knew that her mother, Jean, was struggling to care for herself while gripped by advancing dementia. On a trip to visit her mother last spring, Kim knew it was time to find her mother an assisted living center that could provide the kind of care she needed and deserved.

After hearing of the compassionate care provided at Story Medical Senior Care from relatives with a family member there, it was quickly decided it was the right place for Jean.

"Because I live so far away, I don't get to see her much," Kim says. "But I can tell you that from the time she moved in to Story Medical Senior Care, until the next time I saw her, the change was night and day."

"I arrived unannounced and didn't know what to expect," Kim continues. "I found her sitting in a chair, smiling and having a snack. It was incredible. She looked

happier, her color had returned, she had gained weight, and her skin looked so healthy."

Kim says that in addition to the excellent health care the team at Senior Care has provided, they have also been focused on Jean's emotional well-being.

"Mom loves to be around people," Kim says. "The staff are always happy to have her tag along with them. She is a walker and this allows her to be up and getting around on a regular basis. It is wonderful."

Kim says knowing that her mom is being cared for in body, mind and spirit is comforting, especially with her being so far away.

"Mom was not thriving in the years before she moved to Senior Care, and that was a constant source of worry for me," Kim says. "But now, even from hundreds of miles away, I am confident that her needs are being met and that no matter what issues she may have, someone is there for her."

Foundation Update



Gift Helps Beckers Pay Forward

Excellent Care

Dan Becker is not shy when sharing his appreciation for the providers and staff of Story Medical. He says the care provided on the Skilled Care Unit to his father, Bob, was nothing short of excellent.

"The nurses, aides, therapists, and supervisors, were all knowledgeable and communicated very well with one another, with me and with my dad," Dan says. "There wasn't one particular thing that stood out, rather, it was the total linkage of care, coupled with a warm and welcoming environment that made for a wonderful experience."

Dan and his family were so impressed, they chose to make a gift to the Story Medical Foundation to "pay forward" the excellent care Bob—and, by extension, the rest of the family—received.

"We are just so appreciative of the high standard of care that was provided to my dad," Dan says. "The staff maintained a consistency of care that was notable. That is worth recognizing, especially when your father's health depends upon it."

Pictured above is Bob Becker (seated) with his family (from left to right), son Dan, grandson Brad, great grandsons Connor and Matt, and grandson John.

To learn more about opportunities to support the Story Medical Foundation, call us at (515) 382-7711.

To learn more about Story Medical Senior Care, visit StoryMedical.org/SeniorCare

A Legacy of Support



To say that Jim and Clare Frevert have a long history of supporting the Story Medical Foundation is an understatement of epic proportions. Their support of healthcare in Nevada predates the actual Foundation itself.

The Freverts, who moved to Nevada in 1964, were instrumental in the establishment of the Foundation.

“The Nevada Rotary Club formed a committee to help the Story County Hospital recruit doctors to replace three that were retiring,” says Jim, who served on that committee. “We helped with that, but eventually turned our focus to just raising funds for the hospital. From there, the Story County Hospital Foundation was formed.”

Over the years, the Freverts

participated in a number of campaigns aimed at strengthening the quality—and expanding the scope—of care provided locally. Most recently, they provided a gift to name the Jim and Clare Frevert Cardiac Rehab and Wellness Center in the new addition to the South Campus. Jim says their long history with Story Medical and as residents of Nevada have made it easy for them to support the Medical Center.

“Clare and I really appreciate the great service and care we receive from our doctor and the wonderful staff,” Jim says. “Story Medical has always been one of the best kept secrets around, and it is great to see so many from Central Iowa beginning to find the excellent care here.”

To learn more about making a tax-deductible gift to the Story Medical Foundation, call Loni Pringnitz at (515) 382-7711



An Affiliate of  UnityPoint Health

COMPREHENSIVE CARE, CLOSE TO HOME

STORY COUNTY MEDICAL CENTER

640 South 19th Street
Nevada, Iowa 50201
(515) 382-2111

STORY MEDICAL CLINIC - NEVADA

640 South 19th Street, Ste. 100
Nevada, Iowa 50201
(515) 382-5413

STORY MEDICAL CLINIC - MAXWELL

403 First Street
Maxwell, Iowa 50161
(515) 387-8815

STORY MEDICAL CLINIC - AMES

Natural Health
431 South Duff Avenue, Ste. B
Ames, Iowa 50010
(515) 232-2979

IN THIS ISSUE

HERO'S WELCOME
Story Medical welcomes back pharmacist who completed tour of duty in Kosovo.

PUTTING HER HEART INTO IT
Laura Murphy loves her work helping Cardiac Rehab patients get back to living healthy and well lifestyles.

PAYING IT FORWARD
Beckers make a gift to recognize excellent care.

640 S. 19th Street
Nevada, IA 50201

An Affiliate of  UnityPoint Health

