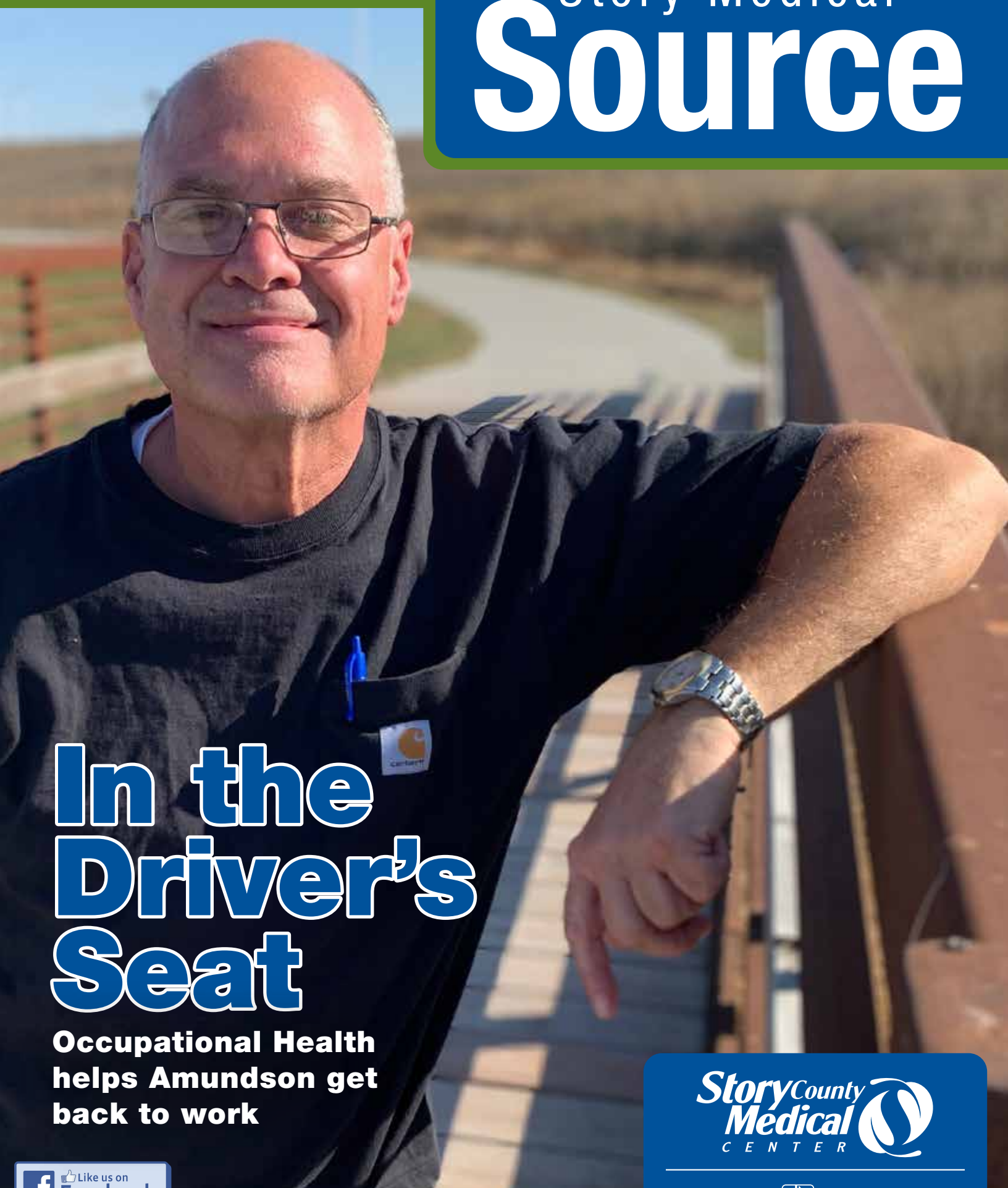


Fall/Winter 2020

Story Medical Source



In the Driver's Seat

**Occupational Health
helps Amundson get
back to work**



Visit us Online at StoryMedical.org



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CEO Corner

Story Medical Source



If there is one thing that has become clear during the COVID-19 pandemic, it is that healthcare providers like Story Medical must be prepared for anything. When we implemented measures to address the pandemic and ensure the safety of our residents, patients, visitors and staff back in March, it was hard to forecast what would come in the following days, weeks and months.



Nate Thompson
Story Medical CEO

Now, nearly nine months later, we have learned a lot. We have worked tirelessly to put policies and procedures

in place enabling us to provide the best in care to every patient in need.

These preparations, along with taking sensible measures like ensuring all of our staff receive the flu vaccine, are important as we enter a respiratory illness season.

We refuse to get complacent. With COVID-19 infections on the rise and the flu season

upon us, as a care team we are working diligently to ensure we are on the same page and are ready for anything. As a community, you deserve that level of care and we are proud to provide it.

FALL/WINTER 2020

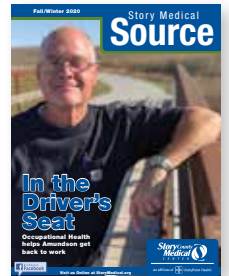
- CEO Corner 2
- Story Medical Clinics Offering the Flu Shot..... 2
- Follow Senior Care Online..... 3
- Jim Kieffer: Getting Back in the Swing..... 4
- Brent Black: Trust in the Care Team 5
- Advanced Care is Closer Than You Think..... 6
- New Specialty Offered in Nevada..... 6
- Expanding Surgical Services 7
- Making Pediatrics a Priority 8
- Story Medical Clinic Providers 9
- Jans Excited to Serve Maxwell 9
- Russ Amundson: Back in the Driver's Seat 10
- Showing Your Support 11
- Story Medical Kids Clinic 12

CONTACT US

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640 S. 19th Street
Nevada, IA 50201
www.storymedical.org

ABOUT STORY MEDICAL SOURCE

Story Medical Source is a publication of Story County Medical Center. If you have questions or story ideas, please submit them at storymedical.org/contact.



Story Medical Clinics Offering the Flu Shot

There is still time to protect yourself from the flu this respiratory illness season. Story Medical Clinics in Nevada and Maxwell are offering the flu vaccine by appointment—both regular and high dose, while supplies last.

The cost of the shot is \$32 if not covered by insurance. To schedule an appointment, please call 515-382-5413 in Nevada or 515-387-8815 in Maxwell.



STORY 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

Follow Senior Care Online

The COVID-19 pandemic has limited visitors at Story Medical Senior Care, but that doesn't mean you have to miss out on all the wonderful things happening there. In the spring, the Senior Care team launched a Facebook page that offers lots of info, photos and more.

You can find the page by searching "Story Medical Senior Care" on Facebook. When you get there be sure to hit the "Like" button so posts show up in your feed.

If you're not a Facebook user, you can still get regular updates about the happenings at Senior Care on the Story Medical website. Monthly, we post the Senior Care newsletter and calendar at storymedical.org/senior-care.



Our increased presence on social media and the website is designed to ensure our community has an easy way to keep in touch with residents and our fabulous staff.

We hope you'll give us a follow today!

Care for Women, Delivered by Women

Our skilled female providers offer:

- Newborn services
- Lactation support
- Well baby & child exams
- Well women exams
- Contraception management
- Vaccinations
- Cancer screenings
- Advanced foot care
- Mental health, including postpartum depression & peri menopausal concerns



Audra Poterucha, DO
Nevada
Family Medicine



Rachel Frederick, PA-C
Nevada
Family Medicine



Jyl Wonnell, PA-C
Nevada
Family Medicine



Michelle Jans, PA-C
Maxwell
Family Medicine



Kelly Check, DPM
Nevada
Podiatry



An Affiliate of  UnityPoint Health

Primary Care in Nevada & Maxwell

To schedule call **515-382-5413** in Nevada or **515-387-8815** in Maxwell
Learn more at StoryMedical.org/Clinics

Getting Back in the Swing

Kieffer's knee — and golf game — are back at '110-percent' after surgery and rehabilitation at Story Medical

While knee injuries are relatively common among avid golfers, it wasn't too much time on the links that sent Jim Kieffer to the doctor. It was a seemingly innocent step off the curb while playing with his new puppy back in June.

"Seriously, all I did was step off the curb. I wasn't screwing around or anything," says Kieffer, who lives in Nevada with his wife, Julie. "My knee just kind of buckled. I didn't think much of it, but over time it started to get more and more swollen."

After about a month and noticing fluid building up, Kieffer made an appointment to see his primary care provider, Shane Higgins, PA-C, at Story Medical Clinic in Nevada. Upon examination, Higgins was certain it was more than a strain or sprain and ordered an MRI.

The MRI confirmed that it was a meniscus tear that would require surgery. Kieffer says he never considered having the procedure done anywhere but at Story Medical.

"It was very convenient that I was able to see the surgeon and have the surgery done in Nevada and not have to go down to Des Moines," Kieffer says. "I have had a lot of experiences at Story Medical and I've always been satisfied."

Complete Care, Close to Home

In addition to knee surgery, in recent years Kieffer has also had hernia surgery and treatment on his neck and back—issues that had been hampering his quality of life for years.

"My primary care for years was out of town," Kieffer says. "A couple years ago, I decided that I needed to see someone new and moved my care to Story Medical and to Shane. From the first appointment with Shane, I knew that it was the right move for me."

While he still has "good days and bad days" with his back, Kieffer says moving his medical home to Story Medical has been a great thing for him. After his knee surgery, he took advantage of the comprehensive physical therapy services offered at Story Medical by 21st Century Rehab.



In total he had 14 physical therapy appointments and after about 14 weeks of recovery he was able to get back out on the golf course in the fall.

"They were amazing," Kieffer says of his physical therapy team. "They knew my life outside of work was golf and they focused on getting me back out on the course as soon as possible. I'm back out there now and my knee is at 110-percent."

The great care came as no surprise to Kieffer, who has come to expect it.

"I can't stress enough how good Shane, his nurses and all the providers I have seen at Story Medical have been for me," Kieffer says. "They listen to what I am telling them and want to be sure I get the care I need."

Story Medical offers an array of specialty, surgical and rehabilitation services in Nevada. To learn more about specialty care, visit storymedical.org/specialty or call 515-382-7738.

To learn more about rehabilitation services, call 515-382-7008.

Black Puts His Trust in Care Team

Dr. Check's approach leads to timely surgery

For months, Brent Black had a feeling that something wasn't right. He had been experiencing a strange stomach discomfort—he almost always felt like he had hunger pangs—but wondered if going to the doctor to get it checked out would make much of a difference.

“To be totally honest, I thought that it would be impossible for them to figure out because it wasn't really a specific pain, it was just an uncomfortable feeling,” says Black, who lives in Nevada. “It was just this nagging thing.”

Eventually, Black made an appointment with Art Check, DO, FAAFP, his primary care provider at Story Medical Clinic in Nevada. After listening to him describe the discomfort, Dr. Check recommended Black get a CT scan. The scan showed an area of concern so Dr. Check then recommended a colonoscopy.

“I was due for my 10-year colonoscopy soon, so we just went ahead and did it,” Black says. The procedure was performed by Story Medical surgeon Dennis Whitmer, DO. “Dr. Whitmer found an issue that he suspected was related to my appendix. Since I was relatively healthy, he wanted to remove it.”

Black scheduled the surgery for March 17. On March 16, Story Medical paused all elective surgeries due to the COVID-19 pandemic. While it was an inconvenience, Black says he trusted his care team and was willing to wait.

Dr. Whitmer worked Black in on the first day the operating room reopened. He was able to remove Black's appendix without issue, and after sending it off to pathology, determined it was not cancerous.

Looking back on the experience, Black says he appreciates the way that Dr. Check approached it.

“He assured me in the way that he presented it that if we got it checked out we would know for sure what to do next,” Black says. “In taking that approach, he caught it.”

Black says he has no lingering issues from the surgery and is feeling like he is back to normal. His wife, Sharon, says he has



“He assured me in the way that he presented it that if we got it checked out we would know for sure what to do next. In taking that approach, he caught it.”

—Brent Black, Nevada

even regained some color in his face.

Throughout the ordeal, Black says he was never really worried because he knew Dr. Check was in charge.

“It amazes me how he caught this with just the simple conversation we had,” Black says. “I never in my wildest dreams could have guessed when I made an appointment to see him that I would end up having a CT scan, a colonoscopy and then surgery. He found it. And I'm glad he did.”

To learn more about general surgery at Story Medical, visit [storymedical.org/surgery](https://www.storymedical.org/surgery) or call 515-382-7738.



Advanced Care is Closer Than You Think

Our Outpatient Clinic & Surgical Services is staffed with a team of caring, professional nurses and specialists from across Central Iowa. Story Medical partner physicians provide these specialized diagnostic and surgical services:

- Allergy/Immunology
- Cardiology
- Dentistry
- Dermatology
- Gastroenterology (Colonoscopy/Gastroscopy)
- General Surgery
- Gynecology (Women's Health)
- Hematology/Oncology (Cancer Care)
- Hepatology (Liver, Gall Bladder, Pancreas)
- Ophthalmology
- Orthopedic and Sports Medicine
- Otolaryngology (Ear, Nose and Throat)
- Pain Management
- Physical Medicine & Rehabilitation (Nerve Conduction Testing)
- Plastic Surgery/Hand Surgery
- Podiatry
- Sleep Medicine
- Urology

For information on scheduling an appointment, please call our Outpatient Clinic at 515-382-7738.

New Outpatient Specialty Added

Rosa Stocker, ARNP, Now Providing Advanced Skin Care Services in Nevada

Rosa Stocker, ARNP, has joined the medical staff of Story Medical and is seeing patients in the Story Medical Outpatient Clinic.

A specialist in Dermatology, Stocker earned her degree from the University of Cincinnati and is Board Certified as a Family Nurse Practitioner by the American Academy of Nurse Practitioners.

At Story Medical, Stocker provides diagnostic services and comprehensive care for a variety of skin conditions, including acne, allergies, eczema, hair and pigmentation problems, moles, psoriasis, rashes, skin cancer, shingles and more.

“I have many years of experience in the diagnosis and treatment of skin cancers, precancerous lesions, and multiple other skin disorders,” says Stocker, who has specialized in Dermatology since 2011. “I believe in building relationships with my patients through strong communication, and I am passionate about my patients’ individual concerns.”



Rosa Stocker, ARNP Dermatology

Stocker will also provide skin biopsies, skin rejuvenation procedures, and community education on the early detection of skin cancer.

“This is a new specialty for us at Story Medical and we are excited to welcome Rosa to the medical staff,” says Nate Thompson, Story Medical CEO. “This continues our push to provide more specialized services locally. We are confident our community will benefit from having access to complete dermatology care, close to home.”

Complete Dermatology care is now conveniently offered at Story Medical. Located just a block south of Hwy 30 in Nevada, our services are easy to access and we are accepting new patients. Call 515-207-9358 and ask to be seen at Story Medical. To learn more visit storymedical.org/dermatology.

Expanding Surgical Services

Two New Surgeons Bring Expanded Orthopedic, Plastic Surgery Options to Nevada

Gautam Kakade, MD, a fellowship-trained orthopedic surgeon, and Bryan Folkers, DO, a board-certified plastic surgeon, are now offering advanced surgical services at Story Medical in Nevada.

“These are two tremendous surgeons, offering members of the community a surgical option close to home,” says Story Medical CEO Nate Thompson. “Having surgery and going through recovery a long way from home is stressful for the patient and the caregiver. To say we are excited to offer these advanced care options right here in Nevada is an understatement. This is big for our community.”

Orthopedic Surgery

Dr. Kakade offers a variety of procedures including joint replacement surgery of the hip, knee, and shoulder; trauma and fracture surgery of the hip, wrist, shoulder, and extremities; care for sports medicine injuries in the shoulders, knees, ankles, and ligaments; carpal tunnel surgery; and more.

A fellow of the Royal College of Physicians and Surgeons of Glasgow in Scotland, Dr. Kakade is also a member of the American Academy of Orthopaedic Surgeons (AAOS), Iowa Orthopaedic Society, American Medical Association, and Indian Orthopaedic Association.

Plastic Surgery/Hand Surgery

Dr. Folkers is double board certified in plastic and reconstructive surgery, and hand surgery. He serves a wide range of



Dr. Gautam Kakade
Orthopedic Surgery

patients including those seeking the patented Natural Vector Facelift technique, as well as those in need of complex procedures like finger replantation or burn reconstruction. He also has a special interest in breast reconstruction, augmentation, and massive weight loss body contouring.

In addition to his work in the operating room and clinic, Dr. Folkers has been published numerous times and is participating in a number of on-going research studies that keep him on the cutting edge of medicine to serve his patients better. Dr. Folkers is also an inventor, engaged in the development of several surgical design systems.



Dr. Bryan Folkers
Plastic Surgery

“To say we are excited to offer these advanced care options close to home would be an understatement. This is big for our community.”

—Nate Thompson
Story Medical CEO

Referrals

Both Drs. Kakade and Folkers see patients on a referral basis at Story Medical. Those with conditions they believe can benefit from the expertise of either surgeon should visit with their primary care provider about being referred or call the Story Medical Outpatient Clinic & Surgical Services Department at 515-382-7738 to learn more.

To learn more about the surgical specialties at Story Medical, visit storymedical.org/specialty or call 515-382-7738.



Making Pediatrics a Priority

During October, Audra Poterucha, DO, and Rachel Frederick, PA-C, teamed up to offer a free workshop for parents, offering information on how to navigate respiratory illness season. The workshop offered an opportunity to have a dialogue during what is a confusing and worrisome time for many parents and served as part of a continued emphasis on serving pediatric patients at Story Medical Clinic.

Initiatives like the Kids Clinic—which sets aside an hour each weekday for same-day, call-ahead pediatric care—the free workshop, and outreach to daycare centers and schools, are designed to ensure the community knows that pediatric care is available close to home.

“We are fortunate that we have

providers who are skilled in serving our youngest patients,” says Story Medical CEO Nate Thompson. “But it is more than that. We have a number of providers who have a special interest in providing pediatric care. That is important because it means the entire family can be cared for here at Story Medical. Parents don’t have to seek care for their children elsewhere.”

Among the services provided to pediatric patients—which includes newborns through teenagers—are:

- Same day appointments for acute injuries and illnesses
- Kids Clinic
- Newborn services
- Bilirubin checks
- Weight checks

- Well baby and child exams
- Vaccinations
- Lactation support

“I really do enjoy treating kids,” Dr. Poterucha says. “And as a new mom myself, I’ve taken even more of an interest in providing breastfeeding and lactation support to new mothers. That is something, even as a provider myself, I had a hard time finding.”

“Our focus is on offering a full complement of primary care services to patients of all ages, close to home,” Nate says. “With our clinics in Nevada and Maxwell, we are seeing that happen. I can’t say enough about the high quality, compassionate care our clinic providers offer.”

If you are in search of a medical home for your family, Story Medical Clinics in Nevada and Maxwell are accepting new patients. To schedule, call 515-382-5413 in Nevada or 515-387-8815 in Maxwell.

Story Medical Clinic Providers



Art Check, DO, FAAFP
Family Medicine, Nevada



Adrian Palar, MD, FAAFP
Family Medicine, Nevada



Audra Poterucha, DO
Family Medicine, Nevada



Rachel Frederick, PA-C
Family Medicine, Nevada



Shane Higgins, PA-C
Family Medicine, Nevada



Jyl Wonnell, PA-C
Family Medicine, Nevada



Michelle Jans, PA-C
Family Medicine, Maxwell



Kelly Check, DPM
Podiatry, Nevada



Timothy Leeds, MD
Women's Care, Nevada



Valerie Stallbaumer, LAc, MSOM
Natural Health, Ames



Jans Excited to Serve Maxwell

Michelle Jans, PA-C, who has served as a provider in the Emergency Department at Story Medical since 2011 is now serving patients at Story Medical Clinic - Maxwell five days a week. Michelle, who is a resident of Maxwell, is excited about expanding access to care in the community.

“Offering complete care close to home in communities like Maxwell is important,” Jans says. “For many of our rural residents, especially those with limited means, it is not practical to travel long distances to receive care. As a result, many of them go without care, which often leads to a cascading number of health issues that could have been effectively managed had they sought care earlier. The people of Maxwell, Collins and the surrounding towns are my neighbors and I look forward to serving them.”

Last year, Story Medical purchased the building the clinic is located in, allowing for the expansion planning to begin. In addition to adding space for exam rooms and treatment, the project will cosmetically update the facility.

“We are proud to be making a significant investment in the health of Story County’s rural communities,” says CEO Nate Thompson. “We are committed to increasing access to care and we are confident Michelle is the perfect provider to oversee the growth of services in Maxwell.”

The clinic, which has been open three days a week in recent years, is open from 8 a.m. to 4:30 p.m. Monday-Thursday and from 8 to 11 a.m. on Friday. Jans offers primary care services for patients of all ages including well child checks, immunizations, care for acute illness and injuries, annual checkups and more.

Back in the Driver's Seat

Occupational Health Helping Amundson Get Healthy

Russ Amundson loves to work hard. A long-time commercial driver who currently works in sanitation, Amundson gets a charge out of getting up early, climbing in and out of his truck, and working his route until the work is done.

When you couple his “no holds barred” approach to getting the job done with sanitation work being among the most dangerous jobs in the United States, it is not shocking that Russ has been injured a time or two. Most recently, he banged up his arm and shoulder moving a commercial garbage bin on a cold fall morning.

The injury required he be seen in the Occupational Health Clinic at Story Medical.

In his initial visit, Occupational Health physician Sherman Jew, DO, MPH, performed a complete exam and recommended Amundson reduce his activity and then check in at a telemedicine appointment. On that call, Amundson shared that he was not improving. That news prompted Dr. Jew to further limit Amundson's activity and make a referral to a specialist.

“I've been a hard worker my whole life



and I bet I've had a dozen surgeries, no lie,” Amundson says. “I've worked with a lot of occupational health doctors, and Dr. Jew is one of the best. I like that he listens to me and that ensuring that I get the right care is his priority, even if that is going to require a referral to a specialist.”

Amundson is still on work restrictions until his specialist determines the best course of action. He says he appreciates the way his care is being managed.

“I like how they are punctual and take my concerns seriously,” says Amundson, whose primary care provider is Art Check, DO, FAAFP, at Story Medical Clinic - Nevada. “It's like that everywhere at Story Medical and it is so nice that everything is right there and you can be served right away.”

“I just love the way that I am treated there,” the 56-year-old continues. “I have never in my life found a better place for care. I live 30 miles away and I still drive there for everything.”

Story Medical Occupational Health



Sherman Jew, DO, MPH
Occupational Health, Nevada

Our Occupational Health Service provides a comprehensive, effective management program for companies of any size. Our staff will collaborate with you to help manage risk factors, keep your employees happy and healthy and get them back to work quickly and safely after an injury.

Story Medical Occupational Health is uniquely qualified to meet an employer's specific medical needs. Learn more at storymedical.org/occhealth or call 515-382-7120.



Showing Your Support

Believe it or not, YOU play a role in the provision of excellent care at Story Medical. By supporting the Story Medical Endowment Foundation, you make possible the expansion of programs, services and facilities—including the new addition to our South Campus.

The mission of the Story Medical Endowment Foundation is to encourage, accept, and manage gifts and grants from public and private sources given in support of the medical center.

The health and well-being of the people in Story County is a continual concern for us. The funds you provide are used for improvements in the ever-changing methods of modern health care delivery. In addition to making upgrades to our facilities possible, your support aids in the recruitment of advanced physicians and providers to care for patients locally.

The Story Medical Endowment Foundation is a 501(c)(3) not-for-profit organization accepting gifts on behalf of Story Medical. We have a number of avenues for you to give:

General Fund Donations

Cash donations may be made to the general fund or designated for specific uses (i.e., Equipment needs, Senior Care Activities). Memoriam funds can be established as designated funds (the administrator of the memoriam will then decide the use of the funds). Non-designated funds may be used for capital improvement expenses, equipment needs, enhancing and providing new services and, most importantly, to continuously improve the health of you, your family, friends and neighbors.

Story Medical Endowment Foundation also has options for monthly debiting that allows gifts to be given year-round.

Bequests and Planned Giving

Your will affirms, honors, and protects what matters most in your life – your loved ones, your principles, your values.

Through estate planning, you can help ensure that those in our region will always be provided with quality, affordable health care and education. Including Story Medical in your will is one of the most meaningful and generous gifts you can make.

Gifts of Stock

Story Medical is able to accept gifts of stock.

Gifts of Grain

Story Medical is able to accept gifts of grain.

Making Your Gift

Regardless of your preferred method of giving, donations may be sent to:

Story Medical Endowment Foundation
640 S. 19th Street
Nevada, IA 50201

Please include a note with the gift that indicates general fund or other designation.

For more information or to schedule a meeting to discuss your options further, please contact Loni Pringnitz at lpringnitz@storymedical.org or call 515-382-7711.

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



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640 South 19th Street
Nevada, IA 50201

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SPECIAL HOURS:

FOR THE KIDS!

Kids Clinic at Story Medical in Nevada
Monday-Friday from 8 to 9 a.m.

Our Kids Clinic is available for infants to children up to 18 years who are currently experiencing symptoms of illness or an injury. **Because of COVID-19, we ask that you give us a call at 515-382-5413 to make an appointment.**

Story Medical Clinics are accepting new patients!

Nevada: 515-382-5413 | Maxwell: 515-387-8815



An Affiliate of  UnityPoint Health



Learn More About Story Medical Clinics at StoryMedical.org/Clinics