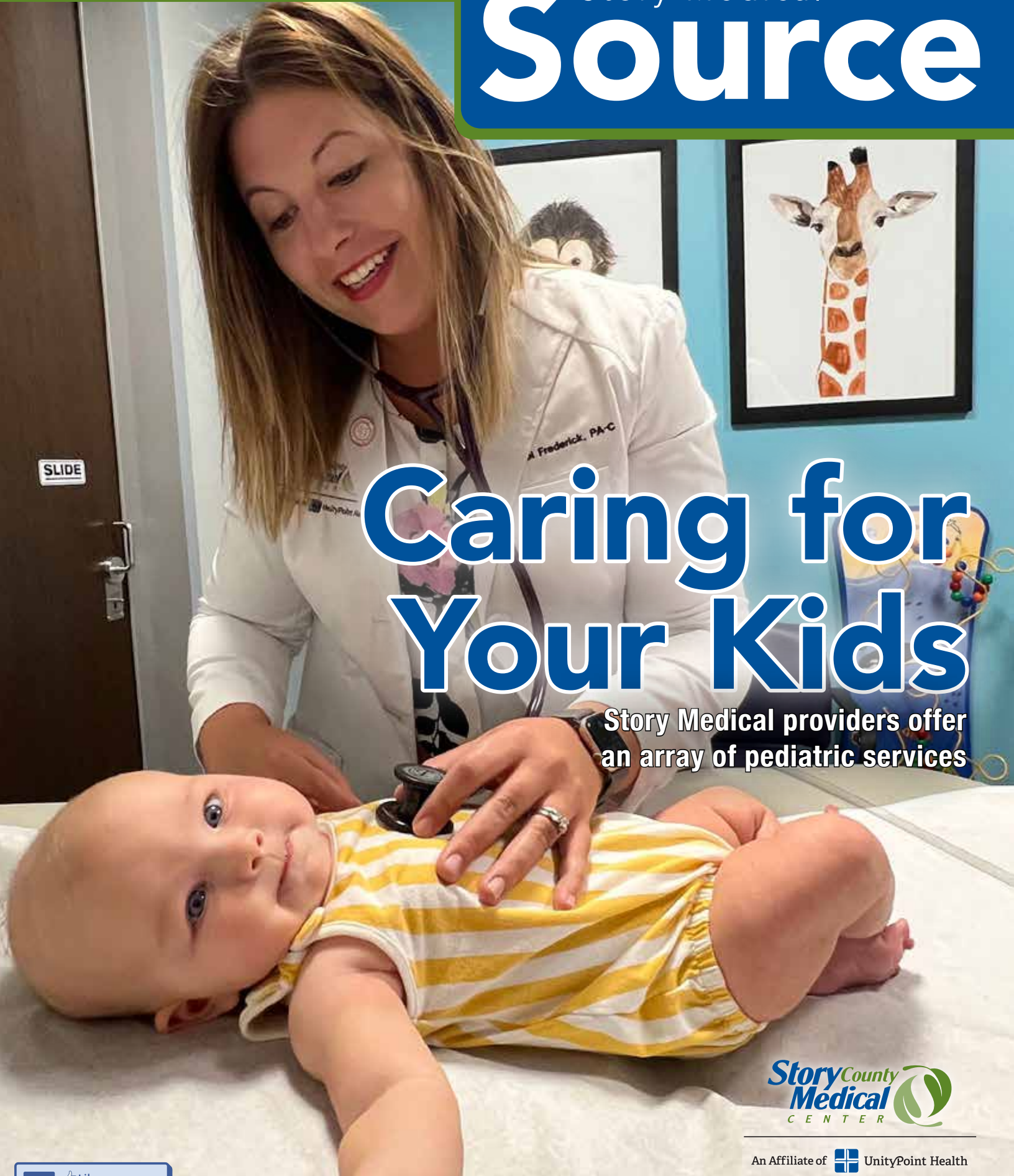


Story Medical  
**Source**



# Caring for Your Kids

Story Medical providers offer an array of pediatric services



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# CEO Corner

In recent months, we have made tremendous progress on clarifying our vision for Senior Care at Story Medical while taking critical steps to ensure the project moves forward.

In June, our Board of Directors approved a plan that calls for site work to begin in Spring 2023 with the new 60-room facility opening in late 2024. On Pages 4 and 5, you can get a look at the architect renderings of the new facility.

With just a glance, you will certainly notice that it looks nothing like our current Senior Care facility. While our building in downtown Nevada has



**Nate Thompson**  
Story Medical CEO

served the community well over the years, the time has come for it to be replaced.

In the new facility, we offer a more home-like feel for residents with amenities ranging from single private rooms to more comfortable dining facilities, and easier access to the services of the Medical Center and more.

This new construction only strengthens our commitment to one of our

most precious resources—our older adults. We are excited to share this transformative project with you and welcome you to follow along as we plan to break ground next Spring.

## Story Medical Source



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#### 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](http://storymedical.org/contact).



## We're Hiring!

If you're looking for a career at an organization focused on delivering the Best Experience Every Time, we want to hear from you. We have a number of clinical and non-clinical positions open. Don't wait! Apply TODAY at [www.storymedical.org/careers](http://www.storymedical.org/careers).



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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



# Clinics Offering Annual Flu Shot



## Vaccine is available in Nevada and Maxwell

Story Medical Clinics have received a supply of flu vaccine and you are encouraged – especially if you fall into a high-risk category – to schedule an appointment to get your shot as soon as possible.

Flu season typically peaks between December and February, but significant activity can occur earlier than that. The CDC recommends an annual flu vaccine for everyone 6 months and older. Those falling in high-risk categories include young children, pregnant women, people 65 and older, and people with certain medical conditions, like asthma, diabetes or heart disease.

“Those who care for anyone at high risk, including babies younger than six months, should also make it a priority to get a flu shot,” says Dr. Audra Poterucha of Story Medical Clinic - Nevada. “Getting the flu vaccine is simple, and it’s the most important thing you can do to protect yourself and your family from the flu.”

The vaccine is available at Story Medical Clinics in Nevada and Maxwell. Appointments are available Monday through Saturday in Nevada and Monday through Friday in Maxwell during regular business hours.

For more information or to schedule an appointment call the Nevada Clinic at (515) 382-5413 or the Maxwell Clinic at (515) 387-8815.

## Our Trusted Providers Offer Complete Care

For more than seven decades, residents of Nevada and the surrounding communities have trusted their health care to the providers and staff of Story Medical. From our humble roots, we have grown into a multi-faceted organization serving patients ranging from infants through those in their golden years.

While we now offer more specialty services than ever before—including occupational health, dermatology, audiology, cardiology services, orthopedic surgery, Senior Care, and more—we are still singularly focused on one thing: delivering the Best Experience Every Time. To that end, we offer robust primary care clinics in Nevada and Maxwell, serving more than 20,000 patients annually.

We are prepared to serve YOU when you are in need of care for ailments ranging from illness like the cold and flu to injuries including bumps, scrapes, strains and sprains, and preventive care like immunizations, physicals and child well checks. If the need for more advanced care arises, our Story Medical Clinic providers can refer you to any number of specialists offering care in our Outpatient Clinic. We also provide alternative and complementary therapies at our Ames Clinic.

Our commitment to providing the Best Experience Every Time to you and your family is our number one priority. Currently, our Story Medical Clinic family practice

			
Art Check, DO <i>Nevada</i> Family Medicine	Adrian Palar, MD <i>Nevada</i> Family Medicine	Timothy Leeds, MD <i>Nevada</i> Women's Health	Audra Poterucha, DO <i>Nevada</i> Family Medicine
			
Kelly Check, DPM <i>Nevada</i> Podiatry	Sherman Jew, DO <i>Nevada</i> Occupational Health	Shane Higgins, PA-C <i>Nevada</i> Family Medicine	Jyl Wonnell, PA-C <i>Nevada</i> Family Medicine
			
Rachel Frederick, PA-C <i>Nevada</i> Family Medicine	Michelle Jans, PA-C <i>Maxwell</i> Family Medicine	Valerie Stallbaumer, LAc, MSOM <i>Ames</i> Natural Health	

and specialty providers are accepting new patients. If you have questions or would like to schedule an appointment with one of our providers, please call:

- Story Medical Clinic — Nevada: (515) 382-5413
- Story Medical Clinic — Maxwell: (515) 387-8815
- Outpatient Clinic & Surgical Services: (515) 382-

# A New Vision for Senior Care



Our re-imagined facility will cater to the unique needs of older adults and be located adjacent to Story Medical Center





Story Medical has long been viewed as a leader in the provision of Senior Care in Nevada and beyond. That commitment to serving older adults with comprehensive residential care is set to grow significantly with the construction of a new facility adjacent to the Medical Center on its South Campus.

“We have a rich legacy of offering high quality, compassionate long-term care,” says Story Medical CEO Nate Thompson. “Our North Campus Senior Care facility has served this community well over the years, but the time has come to replace it. Our new facility will provide convenient care coordination for residents, provide individual rooms, and provide a space that looks like, and feels more like home.”

The new Senior Care facility will enhance overall efficiency at Story Medical by combining Nevada operations onto one campus, while allowing for shared services to be easily leveraged to support Senior Care, hospital and clinics. While important, those benefits are secondary to what the new facility will provide residents.

“We want this to be home for our residents,” says Ashley Wilson, Director of Nursing at Senior Care. “What better way to offer residents a home-like feel than by offering individual rooms where they can decorate with the memories that bring them joy, and have the convenience and privacy of simple touches like having their own bathroom within their personal space? That is priceless.”

The state-of-the-art “household” model has been shown to improve the resident experience along with staff efficiency.

The new 59,000 square foot facility will be located immediately adjacent to the Medical Center. It is designed to provide 60 spacious private units, inviting porch entries, family gathering spaces, gardens for each house, a conference room, a therapy room and more.

The design of the facility itself allows for the implementation of best practice workflows and facilitates more direct interaction between staff and residents. In all respects, the new Senior Care facility will help residents to live their life to the fullest in a place they can call home.

“For the longest time, nursing homes have been viewed as a place where you go to just lay in bed until it is your time to go,” Wilson says. “That stereotype could not be further from the truth. In our new facility, we are confident we will be able to change that perception. People will begin to see that our Senior Care is a place to live and continue to thrive.”

Story County Medical Center has provided Senior Care

**“Our new facility will provide convenient care coordination for residents, provide individual rooms, and provide a space that looks like, and feels more like home.”**

—Nate Thompson, Story Medical CEO

services since 1969. The service delivers 24-hour care while offering a lifestyle that focuses on promoting independence, comfort and security.

As the population in Story County continues to age, and the demand for 24-hour elder care delivered in a facility with private rooms increases, the timing is right for this project.

“Currently, we aren’t able to provide all our residents private rooms,” Wilson says. “To be completely honest, moving into a long term care facility is not easy. When that is compounded by having to share a space with someone you don’t know, it becomes even more difficult. Providing a space that looks and feels more like home than a sterile healthcare facility will change how the resident’s world looks in their new home.”

Groundbreaking for the new project is tentatively scheduled for Spring 2023, with opening targeted for late 2024. The project is being funded through a low interest direct loan as part of the USDA’s Community Facilities Direct Loan & Grant Program. The program provides affordable funding to develop essential community facilities in rural areas.

“The time is right for us to upgrade the Senior Care options in this community,” Thompson says. “This is just an expansion of our more than 50 year commitment to providing comprehensive care to older adults in Story County. We are excited to break ground and make this significant addition to our campus.”

**We proudly offer comprehensive care to our residents, including regular physician visits with an emergency provider on call at all times. To learn more about Story Medical Senior Care, visit us online at [storymedical.org/seniorcare](https://storymedical.org/seniorcare).**



# Familiar Faces

Dr. Adrian Palar, Elaine Pratt have served patients in Nevada for more than a quarter century

When deciding where he would establish his first primary care practice, Adrian Palar, MD, made visits to prospective clinics across the United States. Living in California at the time, he and his wife narrowed the choices down to four and put the names in a hat.

The name pulled out of the hat that day was Nevada, Iowa. Now, more than 25 years later, Dr. Palar says it is home.

“I feel it was God’s blessing that we ended up here,” he says. “This quickly became home for us. Everyone was so welcoming. I am happy to still be providing care for patients here.”

While Dr. Palar is the longest tenured Story Medical Clinic

employee, Elaine Pratt has been there nearly as long. She started as a receptionist just a couple days after Dr. Palar, quickly realizing that she loved the work.

“I knew the manager at the time and she asked me if I would be interested in a part-time position,” Pratt says. “I took it and worked my way up to full-time and I’m still here. I love it. This is where my heart is.”

Together, the duo has seen a number of changes, most notable the introduction of electronic medical records. At the core, however, Dr. Palar as a provider and Pratt—who today is a Patient Services Representative—remain as focused as ever on one priority: the patient.

“I like being in a small town practice,” Dr. Palar says. “Here we get to know people as more than just our patients. We live in the community, we work in the community, and we get the opportunity to care for those in the community. I love it here.”

# Combating COVID

## As COVID battle worsens, Ames man turns to Story Medical

As his breathing became more labored, Todd Michael, 71, of Ames worried that he may have COVID. Up-to-date on his vaccines, he hoped for the best; but as he struggled more and more to catch his breath he decided he better head to the Emergency Room. He called a friend for a ride and made his way to Story Medical.

In the Emergency Department his suspicion was confirmed. His blood oxygen level had dipped to 82 and had become a significant area of concern. The team in the Emergency Department immediately addressed Michael's breathing, provided him a COVID test, and prepared him for inpatient admission.

As they worked to stabilize him, his rapid test came back positive for COVID. Michael says he was confident he was in the right place to get the care he needed.

"Considering why I was there, it was a very good experience," says Michael, who is a patient of Dr. Adrian Palar at Story Medical Clinic - Nevada. "It's a great hospital. Everyone was polite and friendly. I felt I got as good of care as I would anywhere."

Overseeing Michael's care after admission was Dr. Palar, who provides primary care services at Story Medical Clinic. Michael says it was helpful to have a provider he trusted involved in his care while he was in the hospital.

"Dr. Palar's treatment was very detailed and thorough. It really was first rate. He is probably the best doctor I have ever had," says Michael, who moved back to his hometown of Ames after living in Colorado for many years. "And that's not all. It is a great facility all around. The staff were kind and thoughtful. Whenever I had a need, if I pressed my call button, they were right there."

Michael remained on the inpatient unit for four days before he regained enough strength to return home. Since being discharged he has struggled with an array of "long COVID" symptoms. He says he feels fortunate Dr. Palar continues to



**"I'm lucky to have Dr. Palar. He has treated everything with great patience, and has been very thorough and quite detailed."**

—Todd Michael of Ames  
Pictured above, far right

manage his care.

"The worst has been weight loss," Michael says. "I've lost about 20 pounds in the month since I tested positive and I also have a lot of weakness and some neurological symptoms. I'm lucky to have Dr. Palar. He has treated everything with great patience, and has been very thorough and quite detailed. If it gives some idea to his approach to care, he spent an entire hour with me when I came in for follow up. That makes me feel valued as a patient."

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.





# Caring for Your Kids

Story Medical providers offer an array of pediatric services

There are few things that cause parents more concern than the health of their children. From dealing with illnesses and injuries to ensuring kids are progressing in regards to height, weight and development, it is vital to have a provider skilled in serving young patients—and comforting parents.

At Story Medical Clinics in Nevada and Maxwell, our family practice providers offer an array of services geared toward the specialized needs of children and parents. As general practitioners who serve patients across the age spectrum, they bring a unique perspective.

“Our provider team at Story Medical Clinic offers a diverse set of skills,” says Audra Poterucha, DO. “We offer a breadth of expertise that ensures we can meet the needs of children as they grow from infants to toddlers to teens and then continue to care for them as adults.”

In addition to acute care for familiar childhood illnesses and injuries, the provider team offers these services specifically for patients ranging from infants to 18 years:

- Initial newborn visits and weight checks.
- Well child checks with immunizations.
- Weekday Kids Clinic offering same-day walk-in visits

from 8 to 9 a.m. that do not require your child be an established patient.

- Free sports physicals.
- Fracture management by our clinic providers with referral to orthopedics only if needed.
- Easy access to podiatric care.
- A partnership with 21st Century Rehab to assist in the rehabilitation of sports injuries, return to play discussions, and more.
- In-clinic, in-person mental health medications management delivered in partnership with Central Iowa Psychological Services (CIPS), a collaboration unique to Story Medical Clinic in Nevada.

In addition to providing a full complement of services for children, the providers at Story Medical Clinic also offer new mothers services that go beyond what is available in a pediatrics specialty clinic. Those services include breast feeding education and contraception management including the placement of Nexplanons, IUDs, and more.

When speciality services are needed, the providers at Story Medical Clinic are ready to facilitate the proper referral—



whether for a child or a new mom.

“Something that distinguishes us in regards to pediatric care is that we can seamlessly refer patients for advanced care,” Dr. Poterucha says. “We have relationships with specialists at Blank Children’s Hospital, McFarland Clinic, Mercy, and the University of Iowa to name a few. When you see us, you aren’t restricted to just one specialist group. We make sure you have access to the best care available delivered by a provider you can trust.”

At Story Medical Clinic it is truly about serving the community.

“We are proud of the services we provide to families and proud to be a part of this community. And that commitment goes beyond seeing patients,” says Rachel Frederick, PA-C. “We actively participate in school functions including being on-site to offer care and consultation at athletic events, offer presentations at local daycares, have developed relationships with surrounding school districts, and regularly participate in community outreach like parades, Trick or Treat night and more. We view all of this through the lens of providing quality care for our patients and our community.”

Story Medical Clinics in Nevada and Maxwell are accepting new pediatric patients. To schedule, call 515-382-5413 in Nevada or 515-387-8815 in Maxwell.



## SPECIAL HOURS:

# FOR THE KIDS!

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

Our Kids Clinic is available for children 6 months to 18 years who are currently experiencing symptoms of illness or an injury. **Walk-ins are welcome.**

**Story Medical Clinics are accepting new patients!**

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



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**Learn More About Story Medical Clinics at [StoryMedical.org/Clinics](https://www.StoryMedical.org/Clinics)**

# Bench Offers Mental Health Care

Daniel Bench, MSN, PMHNP-BC of Central Iowa Psychological Services (CIPS) is now seeing patients at Story Medical Clinic in Nevada.

CIPS is a unique group of psychologists, mental health counselors, psychiatric nurse practitioners, marital and family therapists, and social workers who deliver mental health care across the region.

As a referral partner, CIPS providers will work closely with Story Medical

nursing staff and care teams to provide patients with consultation, diagnosis, and treatment plans. Bench will provide services, including medication management, in person and via telemedicine.

CIPS offers a wide array of services, including care for depression and anxiety, couples and family counseling, older adult services, child and adolescent counseling, medication management, addiction care, psychological evaluations and more.



**Daniel Bench, MSN, PMHNP-BC**  
Mental Health Services

To schedule a consultation, call Story Medical Clinic – Nevada at 515-382-5413. For more information on Mental Health Services at Story Medical, visit [storymedical.org/mentalhealth](http://storymedical.org/mentalhealth).

# Recognizing Exceptional Care

Josh Roberts, RN, Maxwell Clinic, was named Story County Medical Center's DAISY Award honoree at a special ceremony earlier this year. In total, nine nurses were recognized at the event.

This is the second year Story Medical has recognized nurses with the internationally-known DAISY Award. Nominations for the DAISY Award are made throughout the year by patients, their family members, caretakers, and community members.

Josh has worked as an RN at Story Medical since 2018.

His nomination came from a patient who drives a great distance to see him and provider Michelle Jans, PA-C at the Maxwell Clinic. After the patient's medicine was accidentally spilled, Josh went above and beyond to make sure the patient had the medication she needed. This included Josh advocating for the patient with her insurance company to ensure the refill would be covered.

Josh is respected for his calm nature, the way he genuinely cares about the well-being of his patients, and a fun personality that both calms patients and brightens their days.

Other nominees recognized at the ceremony included:

- Acute Care RNs Randi Jones and Trixie Barger
- Acute Care Patient Care Coordinator/RN Barb Hansen



MaryJane Hunt (left), Vice President of Patient Care presents Josh Roberts, RN, with the DAISY Award.

- Emergency Room RNs Jeff Helbing and K.C. Tuttle
- Outpatient Care RNs Bekka Hanson and Christina Goodlaxson
- Nevada Clinic RN Amy Clark

All nominations were filled with gratitude for the compassionate care these nurses provide. To learn more about how you can nominate a nurse, visit [storymedical.org/DAISY](http://storymedical.org/DAISY).





# Your Support is Key to High Quality Healthcare

At Story Medical, we count ourselves lucky to serve Nevada and the surrounding communities with advanced care, close to home. Our roots in the region are deep, and we are proud of the way our programs and services have evolved to better meet the needs of those who come to us for care.

But we haven't done it alone.

Many of the enhancements we have experienced in recent years—from the construction and expansion of our South Campus to an array of service additions—are the direct result of generous donors. When a need has arisen, individuals and businesses have stepped forward to ensure it is met.

As we close in on the end of 2022, we hope you will give thoughtful consideration to a gift to the Story Medical Endowment Foundation that will help us to continue to grow and serve more.

Here are a few ways you can make a gift in support of the patients, programs and services of Story Medical:

## Cash

Cash is as simple as it gets and offers you a tax deduction for the full value of the gift.

## Trusts

A charitable remainder trust or a charitable gift annuity provide you, or a beneficiary of your choice, with payments for life or a period of years. They then are transferred to the charity of your choice. If you use appreciated securities to fund the gift, you may be entitled to an income tax deduction based, in part, on the charitable portion of the securities' full value, in addition to eliminating up-front capital gains tax.

## Stock

You can claim a deduction when you give a gift of appreciated stocks—those stocks that are worth more now

than when you purchased them. You can claim a deduction for the full fair market value and eliminate any tax on the appreciation.

## Real Estate

Similar to securities, selling property that has gained in value will subject you to capital gains tax on the appreciation. If you donate your property, you can realize a tax savings.

## Gifts of Grain

For farm operators, gifting grain directly, rather than selling the grain and making a gift from the proceeds, may provide a significant tax savings. Contributing grain allows you to avoid the sale of the commodity as income, while the production costs may still be deductible.

## Insurance

For an insurance policy to qualify as a deductible gift, ownership must be transferred to the charity you intend to support. Most types of insurance policies offer a tax deduction on the lesser of the cost basis or the fair market value of the policy. One additional benefit is that premium payments on the policy are tax-deductible after you make the gift.

## For Those 70 1/2 and Older

If you are 70 1/2 years old or older, you can make a qualifying charitable distribution (QCD). A QCD allows you to donate up to \$100,000 per year directly to a qualified charity from your IRA and exclude it from income. QCDs require your contribution to go directly from your IRA to your chosen charitable organization.

**Please note that this information is not intended as legal or tax advice. Please consult an attorney or tax advisor for that advice.**

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



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# COMPLETE ORTHOPEDIC CARE IS CLOSER THAN YOU THINK



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Kakade, MD**

Story Medical offers high quality orthopedic care close to home. Gautam Kakade, MD, offers an array of treatment options, including surgery for those dealing with sports-related injuries, total joint replacements and more. In addition, we can help you recover with a full range of rehabilitation services in partnership with 21st Century Rehab.



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**For more information or to make an appointment, call us at (515) 382-7738.**



**Learn More Online at [StoryMedical.org/orthopedics](http://StoryMedical.org/orthopedics)**