

Story Medical
Source

Getting Answers, Gaining Strength

Story Medical providers help Leslie Deo manage hereditary condition



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Visit us Online at StoryMedical.org





Welcome to Source

It is an exciting time at Story Medical. After years of consideration and preparation, our Board of Trustees has approved a plan to build a new Senior Care campus adjacent to the medical center. The efforts of dozens of interested parties contributed to what is a monumental move for our Senior Care and older adults in our community.



Nate Thompson
Story Medical CEO



Melissa Opperman
Senior Care Administrator

For those of us who have been working on the vision for a new Senior Care, conveniently co-located with the medical center, looking outside and seeing dirt being moved is surreal. The fact that we have turned over dirt means that it is no longer an abstract vision. It is actually happening.

We are as excited as you are to see the

project come together and for our first residents to move to the new facility in late 2024. We will provide regular updates on construction on our social media channels and at storymedical.org.

We offer up sincere thanks to all who have helped us get to this point. It has been a true community effort that will provide vital services to older adults in our region for years to come.

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.



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.



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431 South Duff Avenue, Ste. B
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CIPS, Story Medical Partner to Deliver Mental Health Care

At one point or another, we all face challenges in life. When those challenges affect our mental health it can have a significant impact on quality of life. With the aim of making a continuum of mental health services available locally, Story Medical began partnering with Central Iowa Psychological Services (CIPS) in 2021.

The partnership started modest, but has grown to include services delivered at Story Medical Clinic in Nevada by CIPS providers Daniel Bench, MSN, PMHNP-BC, and Emily Loynachan, LMSW. Bench specializes in medication management and Loynachan offers counseling services for children and adults.

Bench says offering services in rural areas is important.

“Rural populations are traditionally widely under served when it comes to mental health,” Bench says. “Many people in rural regions have next to no access to specialized psychiatry care and instead rely on their primary care providers. It is a real benefit for a rural community to access specialty care locally.”

Bench has worked in a variety of capacities in mental health for the better part of two decades. He says serving those in need is his passion.

“This is a profession that spoke to me from early on,” says Bench, who helps patients effectively manage their

medications. “I remember my first mental health clinical rotation and how it all just clicked with me. I enjoy helping those who reach out in acute distress find a higher level of functioning. It is work that matters.”

Loynachan, who provides an array of counseling services, worked as an engineer before her own mental health journey opened her eyes to another career path.

“I sought out therapy as a young mother,” Loynachan says. “I was going through a difficult time and seeking that care was such a powerful experience. It was transformational and I felt inspired to pay it forward.”

At Story Medical, Loynachan offers services to adults and children, often in partnership with Bench.

Having access to intensive therapy and medication management in one location greatly improves the ease of accessing needed services.

Loynachan says her work is rewarding.

“My favorite thing is helping people make meaning of their suffering,” Loynachan says. “I want those I serve to know that they are not facing challenges alone. They are supported.”

“I am so inspired by those I serve,” she continues. “Hearing the stories of how others have persevered shows me the resiliency of the human spirit.”



Daniel Bench, MSN, PMHNP-BC
Central Iowa Psychological Services



Emily Loynachan, LMSW
Central Iowa Psychological Services



Delivering Compassionate Mental Health Care

Central Iowa Psychological Services (CIPS) and Story Medical Clinic in Nevada partner to offer mental health services and counseling for children age 2 and up, adults and families. The CIPS team offers evidence-based programs designed to meet the unique needs of clients.

Mental Health Services at Story Medical Clinic in Nevada

We are currently accepting new mental health services patients. To make an appointment with Daniel Bench, MSN, PMHNP-BC, or Emily Loynachan, LMSW, please call Story Medical Clinic in Nevada at 515-382-5413.



Donna and Gerry Bailey

Putting Their Best Foot Forward

Story Medical offers an array of options in Nevada for those dealing with issues affecting the feet and ankles

There are few conditions that limit independence more than those that affect the feet. At Story Medical, an array of podiatry services are offered to help those with injuries of the lower extremities regain and maintain their quality of life. Podiatrists Kelly Check, DPM, and Erin Nelson, DPM, FACFAS, CWSP are both board certified by the American Board of Podiatric Surgery and serve patients in Nevada.

Gerry's Story

In a fall at home, 72-year-old Gerry Bailey suffered a serious cut to his leg. Already suffering from swelling in his legs as the result of lymphedema, the cut—which Gerry says created a

“baseball sized hole”—was serious enough that Gerry had to seek care at Story Medical. After receiving 19 stitches to close the wound in the Emergency Room at Story Medical, Gerry received ongoing care from Dr. Check.

“I would see Dr. Check two or three times a week to manage the wound,” says Gerry, who was accompanied at his appointments by wife, Donna. “She stayed on top of it to ensure it was clean and it was healing properly.”

The recovery took weeks, but Gerry says Dr. Check kept him focused on getting better, ensuring he understood it was going to be a long process. Gerry says he and Donna appreciated the compassionate and honest approach taken by Dr. Check and her nurse, Paige Reinhart.

“They are fantastic, and it is important that we have access to providers like this locally,” Gerry says. “Dr. Check knows what she is doing and I am thankful she was there for me. My quality of life has improved 100% because of her and Paige.”

Jana's Story

There are few things Jana Majenhoff enjoys more than a good hike. Splitting her time between New Mexico and Iowa, she would squeeze in some time for the outdoors as often as she could—until significant foot pain slowed her down.

The culprit? A bunion.

“I was having a lot of pain and visible deformity in the foot,” says Jana, who is a practicing physician. “I couldn't walk very far without stopping and that limited what I could do outdoors.”

Jana sought care with Dr. Nelson in the outpatient clinic at Story Medical. After giving Jana's foot a look, Dr. Nelson suggested a new procedure for bunion correction called lapiplasty. The Lapiplasty procedure corrects the root cause of bunions — a misaligned toe bone — while dramatically shortening the time patients have to wait to bear weight on the affected foot.

“The funny thing is, it wasn't a procedure that was available in New Mexico because it is so new,” Jana says. “It was



Jana Majenhoff

“The funny thing is, it wasn't a procedure that was available in New Mexico because it is so new. It was incredible. Surgery took around an hour and ... There was really only a week that I was limited in my mobility.”

—Jana Majenhoff, Maxwell

incredible. Surgery took around an hour and I was in a boot for about four weeks, but I could still get around just fine. There was really only a week that I was limited in my mobility.”

Jana says she is impressed that Story Medical has this level of expertise available.

“As a doctor, I know what to expect,” she says. “And the level of professionalism and expertise was impressive. Dr. Nelson is one of the most wonderful doctors I have ever met. She's kind, professional and good at what she does.”



Kelly Check, DPM
Story Medical Clinic



Erin Nelson, DPM, FACFAS, CWSP
Foot & Ankle Specialists of Ames

Whether you are experiencing pain ranging from osteoarthritis or deformities to fractures or bunions, Story Medical's providers have the experience and expertise to treat your specific condition. Learn more at storymedical.org/podiatry



Robin Conley (left) with physical therapist Laura Ebert, DPT, of 21st Century Rehab.

Keeping Up With the Kids

Team at 21st Century Rehab delivers physical therapy before and after knee replacement surgery performed at Story Medical

It took only a single appointment with Shane Higgins, PA-C, of Story Medical Clinic - Nevada for Robin Conley to know she was in the right place to find relief from the constant pain in her knees that felt like “stabbing from butcher knives”. In that first appointment, she asked Shane what he thought. He was quick to answer.

“I walked in and he said to me, ‘You need a knee replacement,’” Robin says. “He sent me down the hall for an X-ray, and sure enough it showed that the knee was ready to be replaced. After talking through it with Shane, I met with the surgeon to make sure and get it scheduled.”

Story Medical’s orthopedic surgeon, Dr. Gautam Kakade,

M.D. confirmed the diagnosis. Eager to address the pain that had limited her ability to be active with her beloved sons, grandson, nieces and nephews for years, Robin hit a roadblock just before surgery. She was diagnosed with breast cancer.

The diagnosis came after a routine mammogram. With a fighter’s spirit, Robin jumped right into treatment with a relentless focus on putting cancer behind her so she could address her knee pain.

Robin’s cancer treatment was successful and by the fall of 2022, she was at Story Medical doing “pre-hab” with the team at 21st Century Rehab. The workouts in advance of her knee replacement ensured she would have the strength necessary for an efficient and effective recovery post-surgery.

In November, Dr. Kakade, assisted by Shane, performed the surgery at Story Medical. Robin says the relief was almost immediate.

“When I woke up, that stabbing pain was gone,” Robin says. “It seemed like every hour and every day it got a little bit

better. The rehabilitation team helped me regain strength and confidence. They got me to the point where they said I could cut back and I told them, 'No way.' I wanted to continue to come. I'm a fixture here."

Robin says that throughout her care at Story Medical—from the initial primary care appointment with Shane, through her surgery with Dr. Kakade and rehabilitation with 21st Century Rehab—she has been treated with compassion and respect.

"It was just a blessing that I came here for my care," Robin says. The nudge to see Shane came from one of her nieces. "This hospital must have been founded on a mission of putting the patient first."

As her rehab progresses, she is looking forward to being more active and getting back to joining family outings to the pond, the mall, the amusement park and more.

"I'm now able to keep up with the girls when we go shopping and the kids when we spend time with the nieces and nephews," Robin adds. "Listening to my niece and taking her recommendation to give Story Medical a try has changed my life."

"It was just a blessing that I came here for my care. This hospital must have been founded on a mission of putting the patient first."

—Robin Conley, Maxwell

Primary Care in Nevada and Maxwell

Story Medical is accepting new primary care patients at its clinics in Nevada and Maxwell. To schedule call 515-382-5413 in Nevada or 515-387-8815 in Maxwell.

21st Century Rehab in Nevada

21st Century Rehab partners with Story Medical to provide a full complement of therapy services at the medical center in Nevada. To learn more or to schedule an appointment, visit 21stcenturyrehab.com or call 515-382-7008.

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ORTHOPEDIC
CARE IS
CLOSER THAN
YOU THINK**



**Gautam
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

Getting Answers, Gaining Strength

Story Medical providers help Leslie Deo manage chronic condition



For most, a torn meniscus—the pad of cartilage in the knee that acts as a shock absorber—would serve as a moderate inconvenience that would slow them down for a few weeks leading up to and after repair. For Leslie Deo, issues in the connective tissues of her knees, shoulders, elbows and other joints have become a way of life. Affected by a rare condition called Ehlers-Danlos syndrome (EDS), Leslie says she is fortunate to have a provider like Story Medical available so close to home.

“I just think this place is a gem,” says Leslie, who lives on a farm near Maxwell with her husband, Bob. The couple have three children. “We have been seen in virtually every area of the medical center and clinic over the years and everyone we have worked with has been amazing.”

Getting Answers

From an early age, Leslie dealt with loose joints. She regularly experienced strains and sprains from activity that

wasn't necessarily strenuous. She just chalked it up to being unlucky. Multiple doctors and therapists in her past had no explanation for the physical issues she dealt with.

“I started in the gym with the goal of being better, faster, stronger and skinnier, and none of that was working,” Leslie says with a chuckle. “I kept having repeated injuries, so I ended up in physical therapy. I was working with Steve Cassebaum (of 21st Century Rehab at Story Medical in Nevada), and I walked in one day and he said, ‘Leslie, I think you have EDS (Ehlers Danlos Syndrome), I’m going to call your primary care provider.’”

Steve followed up with Leslie’s provider, Michelle Jans, PA-C, of Story Medical Clinic - Maxwell. Michelle was able to order diagnostic testing that confirmed the diagnosis.

EDS is a group of disorders that affect connective tissues supporting the skin, bones, blood vessels, and many other organs and tissues. Defects in connective tissues cause the signs and symptoms of these conditions, which range from mildly loose joints to life-threatening complications. For

Leslie, the primary complication was repeated joint injuries.

A New Knee

Specifically, the hereditary condition ravaged Leslie's knees. A meniscus tear after a seemingly harmless walk on the farm landed her in the Emergency Room at Story Medical. Dr. Curtis O'Loughlin was able to stabilize her in the Emergency Room, but the injury eventually required surgery. In post-surgery rehab, the meniscus tore again.

With the repeated injuries limiting her quality of life and upon being told her meniscus looked like "shag carpet," Leslie opted to have her left knee replaced.

After surgery, she returned to 21st Century Rehab at Story Medical to regain her strength, range of motion and mobility. Her primary therapist, Lindsay

Bierbaum, DPT, guided her through a difficult recovery and helped prepare her for a second knee replacement eleven months later.

"I love this group in Nevada," Leslie says. "I've seen nearly all of them. Not just for my knees, but for all kinds of problems. This whole medical center is so wonderful. We tell people all the time that if they are in need of care, this is the place to go."

Maintaining Gains

With her diagnosis, Leslie is now more cognizant of the importance of maintaining strength and flexibility. She is a regular in the Medically Oriented Gym (MOG) and in the Women on Weights class.

"I come into the MOG on Tuesdays

and Thursdays for the Women on Weights class because I enjoy group exercise more than just slugging it out on the machine," Leslie says. "Between my work in the MOG and my continued physical therapy, I am continuing to learn more about my limitations and how I can strengthen myself to address them."

Even as she works to guard against future injuries, Leslie says she feels fortunate to know Story Medical is always there in case something does happen.

"This is a great place," Leslie says. "You can go to the emergency room and get right in. They have radiology, lab and other diagnostic services on site. There is primary care, specialty care and rehab. Everyone here is very knowledgeable and friendly, and they provide excellent care. We are blessed

To learn more about the Medically Oriented Gym (MOG), visit with your primary care provider or visit storymedical.org/MOG

Specialist Helps Manage Pain

A variety of surveys point to one-third of Americans dealing with some form of pain on a regular basis. Ensuring there is care for those patients locally has been a priority for Story Medical. In recent weeks, W. Keith Barnhill, PhD, CRNA, ARNP, has begun seeing patients in Story Medical's outpatient clinic.

Dr. Barnhill says that when it comes to pain management, it isn't so much about finding a cure as it is helping patients find a level of pain that is tolerable.

"We are about treating the whole person," Dr. Barnhill says. "While there are interventional techniques that we employ to reduce pain, we also look at things like diet, exercise and stress management. All is part of pain care."

Dr. Barnhill is affiliated with Heartland Anesthesia. He is joined in his practice at Story Medical by fellow Heartland Anesthesia provider Rich Jacobson, DNP, CRNA.

Dr. Barnhill has practiced pain management and nurse anesthesia for more than 30 years. In addition to delivering patient care, he serves on the advanced pain management faculty at the University of South Florida (USF).

"Teaching is rewarding and many of those I work with are going to eventually serve in rural communities," Dr. Barnhill says. "That is important to me because we are ensuring access to critical care, close to home, for millions of Americans."



W. Keith Barnhill, PhD, CRNA, ARNP
Pain Medicine

To make an appointment with Dr. Barnhill, please call the Story Medical Outpatient Clinic & Surgical Services Department at (515) 382-7738.

Providers Focused on the Family

Family medicine providers care for every member of the family – from babies to toddlers and children, right through adults. These providers are keyed in to a family’s overall health situation and have a full understanding of a patient’s medical history, family history and health issues.

Like their pediatric counterparts, family medicine providers recognize that illness doesn’t always strike during the day. Family medicine offices accommodate patients’ schedules and often provide same-day appointments.

For younger patients, Story Medical’s family medicine providers have specific pediatric training focused on general primary care for newborns and children.

“There’s a large educational component in caring for kids and I enjoy that,” says Dr. Audra Poterucha, Story Medical Clinic—Nevada. “I love interacting with young patients and helping them find peace in whatever they are dealing with.”

To make it even easier for families to access care for children,



Story Medical Clinics in Nevada and Maxwell offer the Kids Clinic. The popular offering designates an hour each morning—from 8 to 9 a.m., Monday through Friday—exclusively to caring for children with acute illnesses or injuries. The Kids Clinic is part of Story Medical’s emphasis on being available when families need them.

“We are prepared to serve young patients when they are in need of care for everything ranging from illness like the cold and flu to injuries including bumps, scrapes, strains and sprains,” says Rachel Frederick, PA-C, of Story Medical Clinic—Nevada. “And we are about so much more than acute care. We are also focused on delivering preventive care like immunizations, physicals and child well checks.”

Story Medical Clinics are currently taking new patients. To learn more about the comprehensive primary care provided in our clinics, visit storymedical.org/clinics. To schedule an appointment, please call us at (515) 382-5413 in Nevada or (515) 387-8815 in Maxwell.

NEED A PROVIDER? WE’RE TAKING NEW PATIENTS!



Art Check, DO
Nevada
Family Medicine



Adrian Palar, MD
Nevada
Family Medicine



Timothy Leeds, MD
Nevada
Women’s Health



Audra Poterucha, DO
Nevada
Family Medicine



Kelly Check, DPM
Nevada
Podiatry



Shane Higgins, PA-C
Nevada
Family Medicine



Jyl Wonnell, PA-C
Nevada
Family Medicine



Rachel Frederick, PA-C
Nevada
Family Medicine



Michelle Jans, PA-C
Maxwell
Family Medicine



Valerie Stallbaumer,
LAC, MSOM
Ames
Natural Health

Story Medical Clinic Locations

Story Medical Clinic
Nevada
640 South 19th Street, Ste. 100
(515) 382-5413

Story Medical Clinic
Maxwell
403 First Street
(515) 387-8815

Story Medical Clinic
Natural Health
Ames
431 South Duff Avenue, Suite B
(515) 232-2979



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StoryMedical.org/Clinics

To schedule an appointment with one of our providers call (515) 382-5413



Spring Brings Start of Senior Care Project

Approval from the Story Medical Board of Trustees in February cleared the way for site work to begin on the new Story Medical Senior Care to be located adjacent to the medical center south of Highway 30.

Since 1969, Story Medical Senior Care has been committed to providing high quality, 24-hour care for its residents. The new facility represents a continuation of a long history of delivering specialized services to older adults in the region.

When complete, the 59,000 square foot facility will enhance independence, comfort and security, while meeting individual needs. It includes:

- 60 spacious private rooms
- Memory care support
- Home-like, inviting porch entries
- Family gathering spaces
- Enclosed gardens for each house
- Therapy room

Having Senior Care co-located on the medical center campus is a huge benefit for residents.

“Our new facility will provide convenient care coordination for residents,” says Story Medical CEO Nate Thompson. “It is of tremendous value to have easy access to all services directly adjacent to the Senior Care facility.”

In addition, the facility will incorporate a number of features that make it feel like home for residents and those who love them.

“Providing a space that looks and feels more like home than a sterile healthcare facility will change how the resident’s world looks in every way,” says Ashley Wilson, Director of Nursing at Senior Care.

The project broke ground in early April and will be completed by late 2024.

Keep up with the project on our social media channels at storymedical.org.

To learn more about our new facility or to reserve a room for a loved one, please call Story Medical Senior Care at (515) 382-7019.



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SPECIAL HOURS: FOR THE KIDS!

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

If your child wakes up not feeling well, you don't have to wait all day for an appointment. We offer same-day appointments for infants to children up to 18 years. Call one of our clinics at the number below to make an appointment.

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



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