

# *Story Medical* **SOURCE**



## **Cleared for Takeoff**

*StoryCounty*  
**Medical**  
CENTER 

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SPRING/SUMMER 2025

# Welcome to Source

At Story Medical, our mission is rooted in providing a broad spectrum of high-quality care, always delivered with compassion and respect. In this issue of *Source*, we proudly highlight an array of stories that reflect the depth and breadth of our services, as well as the exceptional dedication of our healthcare providers and staff in consistently delivering the Best Experience Every Time.

Doug Moore's story underscores the importance of having trusted local providers. When Doug experienced unexpected heart health issues, his confidence in the team at Story Medical Clinic led to quick action and a timely diagnosis, ultimately guiding him toward the specialty care he needed. Similarly, Laura Seiser's experience at Story Medical Natural Health Clinic illustrates the impact of exploring complementary healthcare services. Her journey with acupuncture demonstrates how integrative approaches can significantly enhance overall health and wellness.

We also celebrate a milestone with the opening of our beautiful new Story Medical Senior Care facility. Betty Davis and her daughter, Lesa, share firsthand how the thoughtful design, comfortable accommodations, and attentive care from staff make the facility a true home for residents. It is rewarding to hear these personal reflections, knowing the effort our community, board, and staff



**Nate Thompson**  
Story Medical CEO

invested to ensure this new facility met the highest standards for senior living.

Additionally, we're honored to spotlight the quality of our care team. Recently, our Story Medical Clinic team was recognized with the prestigious 2024 United Hero Award from United Healthcare. This accolade reinforces our team's unwavering dedication to ensuring excellent patient

experiences, effective care coordination, and meaningful doctor-patient relationships. Furthermore, we proudly acknowledge the selection of two of our exceptional nurses as Great Iowa Nurses for 2025, further highlighting the passion and professionalism that defines our care team.

These stories and recognitions collectively represent the unique and essential role Story Medical plays in our community. We strive to meet patients wherever they are on their healthcare journey, delivering services with a personal touch that reflects our deep commitment to quality and compassion.

Thank you for continuing to place your trust in Story Medical. As we move forward together, we remain dedicated to improving health, enhancing lives, and making our community healthier every day.

Together, we're not just providing healthcare—we're creating a healthier future in Story County and beyond.



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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).



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# Feeling Right at Home

## Betty Davis is Loving Life at the New Story Medical Senior Care

Almost immediately upon moving into Story Medical's new Senior Care facility last November, it became clear to Betty Davis that change can be a wonderful thing.

"It has been good!" Betty says. "Things are more convenient here in the new building."

After decades of operating in downtown Nevada, Story Medical Senior Care opened its new doors last fall on the south campus of Story County Medical Center. Designed to enhance privacy, comfort, and care, the new facility has been a major step forward for both residents and staff—and Betty has noticed the difference.

Among her favorite features are the simple conveniences that make daily life easier. "Having a bathroom and shower in my own room is wonderful," she says. "And I like that I can choose to eat in the dining room or in my room if I feel like it. And no stairs—that's a big plus!"

The environment has also made a noticeable difference in the sense of community among both residents and staff.

"Everyone seems happier in our new building," Betty says. "The staff and residents are more interactive with each other here."

Betty especially enjoys her visits to the therapy room, where she participates in restorative exercises—and a little friendly teasing with the staff. "I love teasing the girls while we are down there exercising," she says with a smile.

For Betty's daughter, Lesa Davis, the new facility has provided not only comfort for her mother but peace of mind



**Lesa (left) and Betty Davis**

for the entire family.

"We were in awe when we came to the Open House," Lesa says. "There is so much natural light, and the beautiful décor makes it feel very homelike. It's so nice that everyone has a view to the outside now."

Lesa points to the nursing care and nutrition services as key reasons they feel confident in Betty's care, along with the convenience of having medical services so close.

"Knowing mom is getting good care and is safe means everything," she says. "Her doctor is right next door, and emergency services are quickly accessible if needed."

Small but important features like private bathrooms, carpeted rooms for safety, and easy ground-floor access without elevators have also made a big difference. And the caring staff have stood out just as much as the facility itself.

"No matter when I show up, staff are always around and available," Lesa says. "They are happy, they greet us with a smile, and they're quick to help."

For Betty, the best endorsement is simple:

"You would like it here," she says. "A lot of people are local, and you probably already know several people. It feels like home."

Lesa agrees, encouraging other families to experience it for themselves:

"Definitely schedule a visit," she says. "It's a beautiful building—and the care is great!"

**To learn more about our new facility or to inquire about current availability, please call Story Medical Senior Care at (515) 382-7019.**

# Healing that Goes Beyond the Surface

More than a decade ago, Laura Seiser was a runner at her breaking point. Looking for any type of relief from pervasive and significant foot pain, she scheduled an appointment at Story Medical Natural Health in Ames. New to natural health, she wasn't sure what to expect.

"I had been dealing with terrible plantar fasciitis," Laura says, recalling the issue that slowed her 11 years prior. "I'd tried everything Western medicine had to offer—anti-inflammatories, cortisone shots, rest. Nothing worked."

After exhausting conventional options, Laura was ready to take a leap of faith. A quick online search introduced her to Valerie Stallbaumer, L.Ac., MSOM, the licensed acupuncturist at Story Medical Natural Health.

"I had always had acupuncture in the back of my mind, but never followed through," Laura says. "Once I met with Valerie and started treatment, everything changed."

## Immediate Results and Lifelong Wellness

Laura noticed results almost immediately.

"The next morning after my first treatment, I got out of bed and walked without pain for the first time in months," she says. "I was stunned. Within a month, I was back to normal."

Since then, acupuncture has become a cornerstone of Laura's wellness routine. From chronic neck pain to anxiety and insomnia, she turns to Valerie and the healing power of acupuncture as a first-line solution. Laura says she typically goes in monthly adding, "It's my go-to. It's something I believe in deeply for my overall well-being."



**Laura Seiser and husband, John.**

## A Trusted Relationship

While the physical benefits are clear, Laura also treasures the relationship she's built with Valerie.

"She has so much wisdom and common sense," she says. "We really connect. I genuinely look forward to my appointments—not just for the relief but for the conversation."

Valerie, a licensed acupuncturist with a Master of Science in Oriental Medicine, brings more than 20 years of experience to her care. She is nationally certified by the National Certification Commission for Acupuncture and Oriental Medicine.

(NCCAOM) and trained in Traditional Chinese Medicine and Five Element Acupuncture, along with techniques such as cupping, auriculotherapy, moxibustion, and Gua Sha.

Despite living 45 minutes away, Laura has no hesitation about making the drive.

"I even use my personal days from work to schedule acupuncture," she says. "It's how I choose to take care of myself."

### Looking Forward

Even as she now faces a knee injury that may require surgery, Laura is already planning how acupuncture will support her recovery. She says as soon as she is able, she will be back to see Valerie with the confidence it will help her in rehabbing her injured knee.

Laura encourages others to be open-minded when it comes to their health.

"You don't have to choose one type of care over another," she says. "Just be willing to explore what might help. Acupuncture has changed my life."

**"You don't have to choose one type of care over another," she says. "Just be willing to explore what might help. Acupuncture has changed my life."**

—Laura Seiser

## Natural Health Available in Ames

The Story Medical Natural Health Clinic in Ames offers a variety of Oriental Medicine therapies, including acupuncture.

During acupuncture treatments, provider Valerie Stallbaumer, LAc, MSOM, uses sterile, thin needles inserted under the skin to stimulate underlying muscles and connective tissue to cause a therapeutic response.

Acupuncture is used all over the world for a variety of health issues. The World Health Organization and the National Institutes of Health recognize that many common conditions can be helped using acupuncture and other treatment methods of Oriental medicine including back pain, knee pain, headaches, depression, fatigue, allergies, post-COVID problems, women's health, insomnia, stress, general aches and pains, and more. It has also been shown to be an effective preventative health care practice and many choose to receive regular treatments.

Several insurance companies cover acupuncture.



To learn more about the range of services Valerie offers, visit [storymedical.org/acupuncture](https://www.storymedical.org/acupuncture). Ames Natural Health is accepting new patients. To schedule, please call (515) 232-2979.

# Cleared for Takeoff



## Flight Physicals Available at Story Medical

Private pilots in the region don't need to fly to some far-flung locale for FAA-mandated medical exams. Story Medical Clinic – Nevada offers convenient, affordable flight physicals with Dr. Audra Poterucha, a certified FAA Aviation Medical Examiner.

A pilot's daughter herself, Dr. Poterucha brings unique insight into aviation health needs and provides a seamless experience for both initial and renewal exams.

Learn more at [storymedical.org/pilot](https://storymedical.org/pilot).

## When Ames pilot and business owner Doug Moore felt short of breath, Story Medical helped uncover a serious heart condition.

For local business owner and private pilot Doug Moore, keeping up with his FAA-required flight physicals introduced him to something unexpected—trusted, personalized care at Story Medical.

A relationship that started with a routine check-in more than a half-decade ago with Dr. Audra Poterucha, a certified FAA medical examiner at Story Medical Clinic in Nevada, ultimately led Doug to life-saving treatment and a lasting connection to a healthcare team he now fully trusts.

### From Flight Physical to Diagnosis

Doug has long relied on Story Medical for his biennial flight physicals—required to maintain his ability to fly for business.

“Dr. Poterucha is fantastic,” Doug says. “Her dad is a retired airline pilot, so she really understands the pilot community. She knows the FAA system inside and out, and appointments are always efficient, affordable, and easy.”

But when Doug began experiencing shortness of breath while shoveling snow during a Thanksgiving trip to Pennsylvania, he called Story Medical Clinic as soon as he returned. He assumed it was minor respiratory issue. Dr. Poterucha wasn't available that day, so he saw Jyl Wonnell, PA-C, instead.

“I told her I thought it was my lungs. She checked me out and told me I had a heart murmur,” Doug says. “That definitely got my attention.”

### Fast, Focused, and Personalized

After identifying the murmur, Jyl quickly scheduled Doug for an echocardiogram. The exam, conducted at Story Medical, was efficient and reassuring.

“Everyone made me feel at ease and got things done quickly,” he says.

The results were sent to Mayo Clinic, where Doug was diagnosed with a mitral valve prolapse—requiring surgery to repair a damaged heart valve.

Following a successful procedure, he returned to Story Medical for post-surgical care.

**“There’s no time pressure.  
You’re not rushed through  
appointments. Everyone—  
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provider—is engaged,  
friendly, and focused on you.”**

—Doug Moore, Pilot and Business Owner

“Jyl already knew all the details,” Doug says, impressed that Jyl had reviewed his electronic medical record extensively in advance of his follow up. “I didn’t have to explain anything. That kind of continuity really stood out.”

### A Community Hospital with Heart

Doug says what impressed him most about Story Medical wasn’t just the diagnosis or the follow-up care—it has been the personal attention he’s received every step of the way.

“There’s no time pressure. You’re not rushed through appointments. Everyone—from the front desk to the provider—is engaged, friendly, and focused on you,” he says.

He also challenges the idea that bigger always means better.

“It’s not about the size of the hospital—it’s about the people,” Doug adds. “And Story Medical has great people.”

Today, Doug is feeling strong and is looking forward to getting back in the air, thankful he followed his instincts and trusted his care team at Story Medical. “I’m always happy to tell people what a great experience I’ve had.”

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

# 'Great' Honor for Duo

Story Medical's Paige Reinhart, RN, of Story Medical Clinic - Nevada, and Mandy Schiefert, RN, Director of Emergency Services, have been recognized as 2025 Great Iowa Nurses. This prestigious honor celebrates nurses across the state who go above and beyond in providing compassionate, high-quality care while serving as leaders and mentors in their field.

Honorees are selected based on their dedication to patient care, leadership in the nursing profession, and commitment to improving healthcare for all Iowans.

## Delivering the Best Experience Every Time

Reinhart is a registered nurse at Story Medical Clinic - Nevada, where she is known for her compassionate approach, strong advocacy for her patients, and ability to form lasting connections with those she serves. She consistently goes above and beyond to ensure each patient receives the best experience every time.

"I chose nursing because I love helping people and I love being part of a hardworking, loving community," says Reinhart, who has served at Story Medical for a decade. "I am still in utter shock to even be nominated. I am beyond grateful that someone thought of me to be nominated. It inspires me to continue to strive to be a great Iowa nurse."

## Leading by Example

Schiefert is the Director of Emergency Services at Story Medical, leading her team with expertise, dedication, and a deep commitment to providing life-saving care. Her leadership has helped advance emergency services at Story Medical, ensuring the highest level of care for patients in critical situations. Schiefert has worked as a nurse for 15 years, the last three at Story Medical.

"I knew since I was a child that I wanted to be a nurse to help others and be there to help them through their hardest



days," Schiefert says. "I became a nurse leader to take that same principal of helping others and translate it into helping and supporting team members so they can be the best care providers they can be."

"Being part of this elite group is an honor," she continues, referencing the Great Iowa Nurses recognition. "Receiving this award fuels my commitment to my dedication to the profession, advocating for our patients, and continuing to support team members as a leader in nursing. I would not be here without the support and mentorship from so many other nurses who have shaped my journey and this further encourages me to pay that support forward."

## A Reflection on Excellent Care

The selection of Reinhart and Schiefert as 2025 Great Iowa Nurses highlights the outstanding nursing talent at Story Medical and reflects the organization's commitment to fostering a culture of excellence in patient care.

"We are incredibly proud of Paige and Mandy for receiving this well-deserved recognition," says Story Medical CEO Nate Thompson. "Their dedication, compassion, and leadership have made a meaningful impact on our patients, our organization, and the community as a whole."

The Great Iowa Nurses program recognizes nurses from across all healthcare settings, including hospitals, long-term care facilities, schools, and clinics. Selected nurses demonstrate exceptional leadership, mentorship, and service, continuously raising the bar for nursing excellence in Iowa.

See all the 2025 Great Iowa Nurses at [greatiowanurses.com](https://greatiowanurses.com).

# Power Named CNO

Story Medical has named Becca Power, MSN, BA, RN, CMSRN, as its new Chief Nursing Officer (CNO). Power brings a wealth of experience in nursing leadership and patient care, with a deep commitment to serving the healthcare needs of the community.

As Chief Nursing Officer, Power will oversee nursing operations, patient care initiatives, and staff development across Story Medical, ensuring that the organization remains at the forefront of exceptional, compassionate healthcare.

Power joins Story Medical from Mary Greeley Medical Center, where she has spent the past 10 years in various nursing roles, most recently serving as Director of the Medical-Surgical and Acute Rehabilitation departments. Her career in healthcare began at Green Hills Retirement Community in Ames, where she worked as a Certified Nursing Assistant (CNA) and later as a Licensed Practical Nurse (LPN) before achieving her Registered Nurse (RN) licensure.

“I am most excited about getting to know the people



at Story Medical—the patients in the community we serve and the dedicated team I will lead and work alongside,” Power says. “I have already felt so welcomed, and I can’t wait to be a part of the incredible work being done here.”

Beyond her professional career, Power is passionate about personal growth and lifelong learning. She enjoys reading and is also an avid quilter, knitter, and runner, balancing her hobbies with family time spent with her husband, Adrian, and their two-year-old daughter, Ida.

A defining moment in Power’s career was a volunteer nursing trip to Tanzania, which she credits as a life-changing experience that shaped her approach to patient care.

“We are thrilled to welcome Becca to the Story Medical leadership team,” says Nate Thompson, CEO of Story Medical. “Her dedication to patient-centered care, leadership experience, and passion for community health will be invaluable as we continue to enhance the quality of care we provide.”

## Dr. Leeds Retires

After decades of dedicated service in central Iowa, Dr. Tim Leeds has officially retired. His last day at Story Medical Clinic – Nevada was March 24.

Dr. Leeds—in his signature red sneakers—joined Story Medical in 2018 and quickly became a trusted provider and colleague. His calm, compassionate approach to women’s health care has made a lasting impact on countless lives.

Women’s care remains a priority after Dr. Leeds’ retirement. The Story Medical provider team continues to offer a broad range of services tailored specifically to women at every stage of life.

“As a family medicine provider, I want women in our community to know that comprehensive care is still here,” says Dr. Audra Poterucha, a physician at Story Medical Clinic—Nevada. “From adolescence through menopause and beyond, we’re equipped to provide the support, guidance, and medical expertise women need.”

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





# Putting Patients First

Story Medical Clinic has been recognized with the 2024 United Hero Award from United Healthcare, a distinction that honors outstanding performance in delivering care to Medicare Advantage members.

The recognition is based on patient experience surveys conducted following clinic visits. Story Medical Clinic met or exceeded benchmark scores in three critical categories: access to needed care, care coordination, and the quality of doctor-patient communication.

"This award reflects the incredible dedication of our entire clinic team," says Nate Thompson, CEO of Story County Medical Center. "It's not only a recognition of clinical excellence, but of the compassion, responsiveness, and connection our providers and staff bring to every patient interaction."

The United Hero Award highlights the collaborative effort across departments, including both clinical teams and health information management staff. These teams work together to ensure that patient medical records are accurate and up to date, that care plans are coordinated effectively, and that providers have the tools and information needed to deliver outstanding care.

"This recognition reinforces what we already know to be true," Thompson adds. "Our patients trust us with their health, and we're proud to consistently meet—and exceed—that responsibility."

Congratulations to the entire Story Medical Clinic team on this well-deserved honor and for continuing to raise the standard of care in our community.

## You'll Love a Career Here!

**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).**





## SUMMER NUTRITION PROGRAMS FOR KIDS

**All children ages 18 and younger are welcome to join in this Summer!**



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## NO COST AND NO PRE-QUALIFICATION NECESSARY

In an ongoing effort to ensure that every child in Story County has access to nutritious meals, Story Medical Center has teamed up with the USDA, Iowa Department of Education, United Way of Story County, Food at First, and rural school districts to provide summer meals for kids and teens. Starting June 3, children and teens aged 18 and under can receive free grab-and-go meals in the Collins Maxwell School District at these times and locations:

- **11:00 - 11:20 a.m., Tuesday/Friday (June 3 through August 22)** at Rolling Hills Mobile Home Park, Lot 119, 31100 653rd Ave., Maxwell
- **11:30 a.m. - Noon, Tuesday/Friday (June 3-August 22)** at Collins/Maxwell High School, 400 Metcalf Street, Maxwell
- **12:15 - 12:45 p.m., Tuesday/Friday (June 3-August 22)** at Collins/Maxwell Elementary School, 416 4th Ave., Collins

**Meals are available on a Grab & Go basis. For full details and to register, snap the code at right.**



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## Senior Care *that offers more*

At Story Medical Senior Care, we provide personalized, high-quality care in a warm, home-like setting. Experience comfort, dignity, and expert support—right here in your community. **Learn more at [StoryMedical.org/senior-care](http://StoryMedical.org/senior-care)**

**To learn more or  
schedule a visit, call  
(515) 382-7019.**