

Story Medical Source



There's No Place Like Home

Nevada Native Returns to
Practice at Story Medical



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CEO Corner

Story Medical Source



Welcome to *Source Magazine!*

This publication is designed to keep you in the loop on how we are growing and evolving to meet the needs of the communities we serve.

In addition to a fresh new look, this issue offers up a wealth of information about the wonderful things that are happening at Story Medical on a daily basis. From the purchase of our clinic building in Maxwell, to the recognition of two of our physicians as “Best of Story County” and the opening of a new suite for our



Nate Thompson
Story Medical CEO

Occupational Health service, there is a lot for us to be proud of at Story Medical.

As I reflect on this issue, I am struck by how so much of what we do is enabled by the trust you place in us.

Please know that we don't take that trust for granted. Our staff members display a tireless dedication to providing all who walk through our doors the best experience every time.

We are honored to be your choice and hope you are as proud to receive care here as we are to provide it.

FALL/WINTER 2019

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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.



Story Medical Purchases Maxwell Clinic Building

Story Medical recently purchased the building that houses its clinic, reaffirming a commitment to providing high quality family care in the community.

Story Medical has had a presence in Maxwell since 1996 and currently provides primary care to adults and children on Mondays, Wednesdays and Fridays. Care is delivered by Jyl Wonnell, PA-C; Shane Higgins, PA-C; and Rachel Frederick, PA-C.



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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

Two Providers Voted Best of Story County

A pair of Story Medical Clinic providers have been named “Best of Story County” in an annual competition hosted by the *Ames Tribune*.

DR. ARTHUR CHECK, DO, FAFAP BEST FAMILY PHYSICIAN

Dr. Check has provided care to patients of Story Medical Clinic since 2002. He is Board Certified by the American Board of Family Practice and is a Fellow of the American Academy of Family Physicians. Dr. Check is also Medical Director of Story Medical Center.

DR. TIMOTHY LEEDS, MD BEST OB/GYN

Dr. Leeds joined Story Medical in 2018 and provides comprehensive gynecology care including everything from routine and preventive health

and well-being services to more advanced procedures for women of all ages.

“This recognition is well deserved,” says Nate Thompson, Story Medical CEO. “We hear regularly from patients about the compassionate care provided by both of these physicians. We are fortunate to have them here at Story Medical.”

We thank all who voted for Drs. Check and Leeds and congratulate them on the honor!

Story Medical Clinic is currently accepting new patients. To schedule an appointment, please call (515) 382-5413.



Dr. Arthur Check (left) and Dr. Timothy Leeds.

Story Medical Specialty Providers

ALLERGY/IMMUNOLOGY

John Wheeler, MD
McFarland Clinic

ANESTHESIOLOGY

Mary LaMar, CRNA
Story Medical

CARDIOLOGY

Saurabh Aggarwal, MD
UnityPoint Health

DENTISTRY

Daniel Binkowski, DDS
Story City Dental

Matt Pyfferoen, DDS
Pyfferoen Family Dental

EMERGENCY

Curtis O'Loughlin, MD
Story Medical

Michelle Jans, PA-C
Story Medical

Elizabeth Robbins, PA-C
Story Medical

GENERAL SURGERY

Dennis Whitmer, DO
Mercy Surgical Affiliates

GYNECOLOGY

Timothy Leeds, MD
Story Medical Clinic

James Downard, MD
McFarland Clinic

Ann Gessner, MD
Doran Clinic for Women

HEMATOLOGY/ONCOLOGY

Matthew Hill, DO
Medical Oncology and Hematology
Associates of Iowa (MOHA)

HEPATOLOGY

Blake Williams, ARNP, FNP-C
UnityPoint Health

OPHTHALMOLOGY

Louis Scallon, MD
Wolfe Clinic

ORTHOPEDICS/ SPORTS MEDICINE

Brett Rosenthal, MD
Scott Shumway, MD
Timothy Vinyard, MD
Eric Hedrick, PA-C
Iowa Ortho

OTOLARYNGOLOGY (EAR, NOSE & THROAT)

Tim Simplot, MD
Dave Wonnell, PA-C
ENT Clinic of Iowa

PAIN MEDICINE

Chris Hanson, CRNA
Damiun Bassendah, CRNA
Mid Iowa Anesthesia and
Pain Services

PODIATRY

Kelly Check, DPM
Story Medical Clinic

NEUROLOGY/ SLEEP MEDICINE

Selden Spencer, MD
McFarland Clinic

UROLOGY

Damon Dyche, MD
Garrett Korreck, MD
Brad Thorgaard, MD
McFarland Clinic

Comprehensive Care is Closer Than You Think

We offer a wide range of healthcare services for the whole family including inpatient and emergency care, an array of outpatient specialties, rehabilitation and wellness, diagnostic services, Occupational Health, Senior Care and more. Our network of primary care providers, dozens of specialists and dedicated staff take pride in providing the best experience every time for patients from Story County and beyond.



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Learn more about all our providers at StoryMedical.org/Providers

STORY MEDICAL WALK-IN KIDS CLINIC

Story Medical in Nevada

8 to 9 a.m., Monday-Friday

Our Walk-In Kids Clinic is available for infants through those 18 years of age who are currently experiencing acute illness or injury. No appointment is necessary!



StoryCounty
Medical
CENTER

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Roll Up Your Sleeve: Flu Shot is Here

The flu shot is recommended for those 6 months and older

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. It's really never too early to get a vaccine to protect yourself and your loved ones.

“Flu season typically peaks between December and February but significant activity can occur earlier than that,” says Dr. Art Check, Story Medical Clinic, Nevada. “We are especially encouraging those in high risk categories, including older adults, young children and those with chronic conditions to get vaccinated now.”

For millions of people every season,

the flu can mean a fever, cough, sore throat, runny or stuffy nose, muscle aches, fatigue, and miserable days spent in bed. However, you may not realize that each flu season, flu also causes hundreds of thousands of hospitalizations, and thousands or sometimes tens of thousands of deaths.

But there is a vaccine that can prevent flu. While how well the vaccine works can vary, the benefits from vaccination are well documented. Studies show that flu vaccination can reduce flu illnesses, doctors' visits, missed work and school due to flu, as well as prevent flu-related hospitalizations.

This is why 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 6 months because they are too young to get the vaccine should also make it a priority to get the vaccine,” Dr. Check says.

“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,” Dr. Check continues.

The vaccine is currently available at Story Medical Clinics in Nevada and Maxwell. For more information or to schedule an appointment call the Nevada Clinic at 515-382-5413 or the Maxwell Clinic at 515-387-8815.

Home Sweet Home

Dr. Audra Poterucha, a native of Nevada, joins the team at Story Medical Clinic

A familiar face has returned to town to serve the community. In August, Nevada native Audra (Lloyd) Poterucha, D.O., began practicing at Story Medical Clinic - Nevada a full-time member of the medical staff.

“The addition of Dr. Poterucha will allow us to grow and enhance the services we provide to the community,” says Nate Thompson, Story Medical CEO. “We are excited to bring a provider back to town who has roots here. In an area like this, that type of connection is a big deal.”

Dr. Poterucha is a graduate of Nevada High School and Iowa State University.

“I was very involved in the community when I was in high school and I loved growing up in Nevada,” Dr. Poterucha says. “I’m looking forward to returning to a place that is peaceful, friendly and familiar.”

She earned her medical degree from Des Moines University and recently completed a Family Medicine Residency at Broadlawns Medical Center in Des Moines. Early in her schooling, Dr. Poterucha job shadowed Dr. Art Check at Story Medical. The experience opened her eyes to the possibilities at Story Medical.

“Our preceptorships are kind of like job shadowing in various places to see what you like and what you don’t,” she says. “I knew that I had some interest in working in a more rural clinic, so I decided I would commit to two weeks at Story Medical to see what it was all about.

“I didn’t come into the shadowing thinking I would get hired here, but it felt right,” Dr. Poterucha continues. “I got a feeling when it was over that ‘Oh, I’m going to miss being at Story Medical.’ For me that showed me I liked the environment and the small town feel of it.”

Now a member of the Story Medical Clinic staff, she says she is excited to practice in a town she loves so much.

“I like how we are a part of one another’s life here. I want people to know me as their neighbor and as their doctor,” Dr. Poterucha says. “I like to see people in different contexts outside of the clinic. I like to see them at church, at a high school game, or at the grocery store. I want to be more than a provider, I want to be a part of the community.”

While Dr. Poterucha will care for patients of all ages, she has a special interest in working with adolescents and teens.

“There’s a large educational component in caring for kids at that age and I enjoy that,” she says. “I enjoy the interaction with young patients and helping them find peace in whatever they are dealing with.”

In regard to the team at Story Medical Clinic, Dr. Poterucha is looking forward to learning from a staff that includes physicians Dr. Art Check, Dr. Adrian Palar, Dr. Tim Leeds, Dr. Kelly Check and a trio of experienced Physician Assistants—Shane Higgins, Jyl Wonnell and Rachel Frederick

“Coming out of school new I am excited about working with providers who have so much practical experience



and wisdom,” she says. “Between Dr. Art and Dr. Kelly, Dr. Palar and Dr. Leeds there are decades of experience collectively and they’ve seen a lot. It’s going to be great for me to work with them as colleagues.”

“As a new provider, I think I can bring in a new energy and a different way of looking at things,” she says. “I’m just excited to work in such an advanced clinic in a town the size of Nevada. Sure, Ames and Des Moines are both close, but we provide a very high quality of care very close to home. I think that’s really important for people to understand. They don’t have to travel far. They can stay close to their hometown, build a relationship with a provider that lives in their community, and receive great care from people they trust.”

Story Medical Clinics in Nevada and Maxwell are currently accepting new patients. To schedule an appointment with Dr. Poterucha or another member of the Story Medical Clinic team, please call 515-382-5413.

Getting Back to the Beat

John Hunter benefits from quick action, intensive rehab as he gets back to work as a law enforcement officer

Before even reaching the Story Medical Emergency Room after breaking his right fibula, John Hunter had only one thing on his mind: A speedy return to work.

As a law enforcement officer, he knew that the longer he was down, the longer his fellow officers would have to cover for him. His initial hope was that it was just a sprain or strain—but deep down, he knew it was probably worse.

“I went to the ER at Story Medical and they confirmed it was broken and provided stabilization so I could make an appointment with a specialist,” John says.

The following morning, John made contact with a specialist who told him that he would be fine waiting a week to be seen. That timeline didn’t work for John so he began researching other options. He wound up right back at Story Medical.

“I contacted a family member and they called the Story Medical Outpatient Clinic and the visiting physician from Iowa Ortho could get me in right away,” John says. “They didn’t have a spot open, but they made one. And right away, they let me know that they were willing to work with me on the schedule I had in mind.”



John’s care was delivered by Dr. Timothy Vinyard who specializes in sports injuries, to include breaks like John experienced.

“He confirmed that it was a stable break,” John says of Dr. Vinyard. “He also let me know that I could expect to be in a cast for six weeks and filled me in on what I needed to do to stay within the timeframe I was hoping for.”

To ensure the break was healing on schedule, John received xrays at regular intervals.

“I didn’t want to get four or five weeks out and realize that it wasn’t healing the way it should,” he says.

While not completely healed after six weeks of immobilization, John was cleared to move on to an intensive physical therapy regimen steered by the 21st Century Rehab team at Story

Medical.

While most patients ease back into activity after a break like John’s, he worked aggressively with an eye toward returning to work as soon as possible.

“As a law enforcement officer in a patrol car, I can’t go back to work until I’m 100-percent,” he says. “I knew that the rest of the guys were going to have to cover for me and I wanted to get back on the street as fast as possible.”

John says the experience—from his treatment in the ER right through his rehab—was better than he could have imagined.

“They worked really well with me and I appreciate that,” he says. “They worked on the schedule I had in mind and helped me get back as soon as I possibly could. I’m very happy with the whole experience.”

Story Medical is proud to partner with the physicians of Iowa Ortho to deliver high quality orthopedic care. Our team offers an array of care options, including surgery and rehabilitation services in partnership with 21st Century Rehab. For more information or to make an appointment, call us at 515-382-7738.

Opening New Doors

Story Medical Occupational Health moves into new suite designed to put patients first

When Story Medical launched its Occupational Health service in October 2018, its vision was to become the regional leader in helping businesses manage the health and wellness of employees. From the start, the response from the business community has been positive.

Occupational Health physician, Dr. Sherman Jew, says the team's approach to care has been well-received. The priority, he says, is being proactive.

"Most important from my professional perspective is delivering preventive care within occupational medicine," Dr. Jew says. "It is a better healthcare model. With proactive care we seek to prevent an injury or illness instead of being reactive and treating it after it happens."

"I think healthcare, in general, needs to focus much more on prevention and less on intervention," he continues. "If we choose to focus more intentionally on injury or illness prevention, we will improve employee health, while reducing costs to the business and society as a whole."

A year to the day from launching the service, a ribbon cutting was held



(above) to open the doors to a brand new suite of treatment rooms and offices for the service. The new suite offers spacious treatment and exam rooms, areas for the collection of samples for lab testing, consultation areas and more. It is also located on the main hallway at Story Medical's South Campus in Nevada, which is conveniently located just one block off Highway 30.

Dr. Jew brings more than a decade of experience in Occupational Health and is Board Certified by the American Board of Preventive Medicine and Occupational Medicine. He is supported by Occupational Health Nurse Michelle Stapp, RN, and Occupational Health Account Representative Kirsten Harmon.

Story Medical Occupational Health partners with 21st Century Rehab to provide physical therapy and rehabilitation services.

"With proactive care we seek to prevent an injury or illness instead of being reactive and treating it after it happens."

—Dr. Sherman Jew
Story Medical Occupational Health

To learn more about Story Medical Occupational Health, visit storymedical.org/occhealth or call 515-382-7120.

Finding Peace of Mind

When it comes to caring for her mother, Kim Jackson places her trust in Story Medical Senior Care

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

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

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

"I arrived unannounced and didn't know what to expect," Kim continues. "I found her sitting in a chair, smiling and having a snack. It was incredible. She looked happier, her color had returned, she had gained weight, and her skin looked so healthy."

Kim says that in addition to the



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

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

Kim says knowing that her mom is being cared for in body, mind and spirit

is comforting, especially with her being so far away.

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

Story Medical Senior Care is committed to providing quality care for its residents in a supportive and caring atmosphere. Our nursing home provides 24-hour care.

To learn more please visit StoryMedical.org/SeniorCare.

To schedule a tour, please call 515-382-7014.

Senior Care Hosts State Fair

Annually, Story Medical Senior Care hosts a “State Fair Week” for residents and community members.

The event was held the week of August 19, to coincide with the Iowa State Fair.

The week included a party with foods typical of the fair and a variety of games, a showing of the classic “State Fair” movie, and an afternoon outdoors that included all things State Fair including animals, farm equipment, cotton candy, snow cones and corndogs.

A number of people make this annual event a success, including our coordinating team, food and nutrition staff and maintenance staff, members of the community and our partners at agencies across the region.

“We thank all who pitched in and all who attended,” says Marti Maxson, Story Medical Senior Care Activities Coordinator. “We are already looking forward to next year!”



Story Medical Rolls Out New Ambulance

Story Medical recently put a new ambulance into service that will improve safety and efficiency for the patient and the care team. The new vehicle replaces the older of two ambulances Story Medical has in service.

Emergency Department Supervisor Susan Hofmeyer says the new ambulance offers a number of enhancements.

“This ambulance is better designed, especially in the area where we are providing care,” Hofmeyer says. “The patient is much more accessible to the paramedics and Emergency Medical Technicians (EMT). And as an added safety feature, our providers are able to strap into a harness and still have full access to the patient on the go.”

Other safety enhancements include a full LED lighting system,

a hydraulic lift that can raise or lower the entire ambulance to accommodate loading or unloading a patient in different situations, and a “power load” system that allows patients to be loaded automatically with the push of a button.

Story Medical paramedics and EMTs respond to nearly 1,400 calls annually.

“One of the unique features of our work in emergency services is that speed is of the essence in administering care,” Hofmeyer says. “Even the smallest of improvements in efficiency or an enhancement in access to the patient can make a big difference in regard to outcomes. We are always



looking for ways we can positively impact care and we are confident this new ambulance will allow us to better serve our communities.”

Story Medical has two ambulances in service, providing paramedic coverage 24/7 to communities including Nevada, Colo, Cambridge, Maxwell, McCallsburg, Zearing, and Collins, among others. Story Medical also assists with paramedic coverage of Ames.

Roll Out Your Mat

Story Medical yoga offering is designed to enrich participants—body, mind and spirit

In July, Story Medical offered a free yoga session in Harrington Park (pictured at right). Aimed at introducing the community to its yoga offering, the event drew more than a dozen community members—representing a wide range of ages—who rolled out their mats to participate in a session led by Story Medical yoga instructor Barbara Gerlach.

The level of participation showed that there was a demand for the practice in Nevada.

Barbara, who has been teaching yoga classes for more than a decade and recently became a YogaFit Certified Instructor, leads classes on our South Campus on Tuesdays and Thursdays at 5:15 p.m. She has led the offering at Story Medical since June and says the practice of yoga offers an array of benefits.

“Yoga lets you do what you love, longer,” Barbara says. “If you love to play basketball, adding yoga will allow you to continue to play until you’re 50 or 60 years old instead of having to give it up at 40. The same with golf or cycling or running or just about any other activity you enjoy.”

It was running that encouraged



Barbara to give yoga a try back in the early 2000s. A runner from an early age, as she got older she experienced more nagging pains. She knew if she was going to continue to run, she would have to do something to help her gain flexibility and strength.

“I am a prime example of what I preach,” Barbara says. “As I got older my knees really began to bother me and I needed something to help me stay well.”

In addition to providing a number of physical benefits—almost 20 years later, Barbara is still a regular runner—she found something else in her yoga practice.

“Yoga is about more than just the movements,” Barbara says. “It helps to alleviate stress, and who can’t use that? It is a philosophy for your lifestyle. It can help all of us to achieve a richer life.”

Barbara says this applies to everyone, no matter where they are on their wellness journey.

“If you know how to stand and how to bend over, you can do yoga,” she says. “It is not the pretzel twisting movements that so many think it is. It

“Yoga is about more than just the movements. It helps to alleviate stress, and who can’t use that?”

—Barbara Gerlach
Story Medical Yoga Instructor

is an individual practice and I am there to guide you as you build strength and balance, calm your mind and calm your body.”

Story Medical offers one-hour yoga sessions from 5:15 to 6:15 p.m. on Tuesdays and Thursdays on its South Campus at 640 S. 19th Street in Nevada. To learn more, please contact a member of our Wellness team at 515-382-7116.



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 2019, 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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NEED A NEW PROVIDER? WE ARE ACCEPTING NEW PATIENTS!



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Family Medicine



Adrian Palar, MD
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Family Medicine



Timothy Leeds, MD
Nevada
Women's Health



Audra Poterucha, DO
Nevada
Family Medicine



Sherman Jew, DO
Nevada
Occupational
Health



Kelly Check, DPM
Nevada
Podiatry



Shane Higgins, PA-C
Nevada
Maxwell
Family Medicine



Jyl Wonnell, PA-C
Nevada
Maxwell
Family Medicine



Rachel Frederick, PA-C
Nevada
Maxwell
Family Medicine



Valerie Stallbaumer,
LAC, MSOM
Ames
Natural Health



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Call to Schedule an Appointment Today!

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640 South 19th Street
(515) 382-5413

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

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