

Story Medical Source

Helping Women Live Healthy

Dr. Timothy Leeds
and his legendary
red sneakers have
landed back in
Central Iowa



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CEO Corner

A year ago, we were filled with uncertainty as we dealt with a once-in-a-century pandemic. It is not without exaggeration to say that COVID-19 touched every part of operations at Story Medical. We take great pride in the way our team pulled together during that difficult time. We took away many lessons that will help us to continue to improve the level of care we deliver to our community members.

Now, as COVID-19 numbers begin to tick up again, we have gained a lot of insight on what works in limiting the spread. At the top of that list is getting vaccinated. If you are able to get the vaccine, we encourage you to do so.



Nate Thompson
Story Medical CEO

Our clinics in Nevada and Maxwell have an ample supply. The vaccine has been shown to be safe and effective in preventing COVID-19 or in greatly limiting the damage of the disease in the case of a breakthrough infection.

Additionally, we have re-instituted mask usage at all Story Medical facilities. While this is a step we were hoping we didn't have to

take, we are confident it will be effective in adding another layer of protection for our patients and staff.

We appreciate your continued support and understanding as we take these precautions that are designed to keep our patients, staff and community safe and healthy.

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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 Clinics Offering COVID Vaccine

Story Medical Clinics in Nevada and Maxwell are offering the COVID-19 vaccine by appointment. The clinics have access to the Pfizer, Moderna and Johnson and Johnson vaccines.

The shot is available to those 12 and older. Those under 18 must be accompanied by an adult. To schedule an appointment, please call 515-382-5413 in Nevada or 515-387-8815 in Maxwell.



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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



Story Medical Honored for Support of Soldiers

In honor of a long tradition of support for members of the military, Story County Medical Center received the Patriotic Employer Award presented by the Iowa Employer Support of the Guard and Reserve (ESGR), a Department of Defense office. A ceremony was held outside the medical center on April 26, led by ESGR Volunteer Jim Freese. Story Medical was nominated for the award by Pharmacy Director Paul Groteluschen, who is a Colonel in the National Guard.

“Supportive employers like Story County Medical Center are vital to the success of our mission and the defense of this nation,” says Becky Coady, Iowa ESGR state chair. “Our Guard and Reserve members could not perform their military duty without knowing their civilian employers support them 100-Percent.”

Paul was deployed to Kosovo from February 2018 to February 2019. He says during that time it became clear to him that Story Medical was an exceptional employer.

“The employees from all departments went above and beyond

what any service member would want for soldier and family support,” Paul says, citing specifically surprise parties before he left and after he returned, along with regular care packages employees prepared for him and his family throughout his deployment. “The employees are what makes this hospital a great place to work and I cannot thank them enough for their soldier and family support during my deployment.”

CEO Nate Thompson received the award on behalf of all employees. An employee serving in the National Guard or Reserve, or a spouse of a Guard or Reserve member, may nominate individuals who provided direct support to the nominating Service member and his/her family. The Patriot Award reflects the efforts made to support citizen warriors through a wide-range of measures including flexible schedules, time off prior to and after deployment, caring for families, and granting leaves of absence if needed. Patriot Awards are issued through the Department of Defense and are presented to recipients by ESGR volunteers.

Great Care, Close to Home

Goerings Appreciate Access to Convenient, Compassionate Option in Maxwell

One of the most charming aspects of small-town living for Melissa Goering and her family is having a personal relationship with everyone from the checker at the local convenience store to the Mayor and more. And while many small towns across Iowa are dotted with a “stop-and-shop” in the middle of town, few have a full-service family healthcare clinic like the one in Maxwell.

Staffed by Michelle Jans, PA-C, Story Medical’s Maxwell Clinic—which is in the midst of a major expansion and remodeling project detailed on Page 5—delivers primary care to patients of all ages five days a week. Melissa says having access to excellent care so close to home is a huge convenience.

“It saves time, it saves gas and we receive wonderful care,” she says. Melissa, her husband Doug, and her children Koleton and Kara all see Michelle. “We love the convenience, obviously, but it’s about more than that. Michelle is wonderful. She is just amazing. I never feel like a number or a client. She treats me like a person.”

Among the services Melissa and Koleton are able to receive at the Maxwell Clinic are their regular allergy shots. Melissa appreciates that she doesn’t have to disrupt Koleton’s busy schedule to head out to a large multi-specialty clinic for that service.

“It is nice to have that service, specifically, so close to home,” Melissa says. “If we have a reaction to a shot, we are right there. We can run back down to the clinic if we need to and be there in just a couple minutes.”

An Honor to Serve

Michelle, who lives in Maxwell herself, worked in the Story Medical Emergency Department for almost a decade before moving to the Maxwell Clinic in 2020. She says it is an honor to serve her community.

“Offering complete care close to home in communities like Maxwell is important,” Michelle says. “For many of our rural residents, especially those with limited means, it is not practical to travel long distances to receive care. As a result,



many of them go without which often leads to a cascading number of health issues that could have been effectively managed had they sought care earlier. The people of Maxwell, Collins and the surrounding towns are my neighbors and I love serving them.”

For the Goerings, the clinic represents more than a great place to receive care. For more than 25 years, it has served as a source of pride for the town of around 800 residents.

“It’s great to have access to this level of care in a town like Maxwell,” Melissa says. “It brings people to town. And the new clinic will enhance the look and feel of Main Street. Having conveniences like this will help our community continue to grow.”

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.

Watch for Details on Our Open House!



Click the QR Code for the Date, Time & More



Enhanced Clinic Takes Shape

Remodeled Maxwell facility offers more space for care, improved Main Street facade

The expansion and renovation of the Story Medical Clinic in Maxwell is closing in on completion. The project adds square footage while giving the facility—and Maxwell’s Main Street—a fresh new look.

In addition to reconfiguring the space the clinic has occupied for years, the project includes expansion into the space that was west of the clinic, allowing for an entrance off of Main Street. The new floor plan includes two patient exam rooms, a larger procedure room, modernized lab space, and enhanced staff and waiting areas. The project is expected to wrap up in early Fall.

“We have been planning for this project since we purchased additional space in the Maxwell Clinic building in 2019,” says Story Medical CEO Nate Thompson. “This comes on the heels of us staffing the clinic with hometown provider Michelle Jans and expanding our hours to ensure service is available five days a week. All of this is part of our continued commitment to providing convenient care to our rural populations in and around Maxwell.”

Story Medical has provided primary care services in Maxwell for more than 25 years. Led by Jans, the clinic offers a broad range of services to all members of the family.



Temporary Location Open Throughout Project

Michelle Jans, PA-C, and the Maxwell Clinic team continue to deliver care to patients from their temporary location at the Maxwell Area Community Center at 84 Main Street until the remodeling of the current clinic is complete. Care is delivered Monday through Friday. To schedule, call (515) 387-8815.

CIPS, Story Medical Partner to Deliver Mental Health Care

In an effort to increase access to mental health services in central Iowa, Story Medical is now partnering with Central Iowa Psychological Services (CIPS) to offer a variety of services from Story Medical Clinic – Nevada and via telehealth.

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.

Care in Nevada is delivered by Jennifer Sambu, ARNP, PMHNP. Sambu has more than a decade of experience. Through the partnership, CIPS offers:

- Convenient in person and telehealth (audio/video) access to behavioral health expertise.



Jennifer Sambu, ARNP, PMHNP
Mental Health Services

- Guidance for interacting with patients/families struggling with diagnoses and treatment plans.
- Approaches to increasingly integrate behavioral health inputs into a coordinated care model.

“We are impressed with the way the CIPS staff and providers welcome clients in a safe and inclusive environment,” Story Medical CEO Nate Thompson says. “Mental health is an everyday and very real occurrence for people from all walks of life. In partnering with CIPS we are expanding access to mental health care close to home. We join CIPS in committing to establishing a welcoming and positive experience, while offering a local option for care.”

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.

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.



**Advanced Care
is Closer Than
You Think**

Story Medical partner physicians provide these specialized diagnostic and surgical services in Nevada:

- Audiology
- Cardiology
- Dentistry
- Dermatology
- Gastroenterology
- General Surgery
- Gynecology (Women’s Health)
- Hematology/Oncology (Cancer Care)
- Hepatology (Liver, Gall Bladder, Pancreas)

- Mental Health Services
- Ophthalmology
- Orthopedic and Sports Medicine
- Otolaryngology
- Pain Management
- Physical Medicine & Rehabilitation
- Plastic Surgery/Hand Surgery
- Podiatry
- Sleep Medicine
- Urology

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

Expanding Specialty Services

Jessica Dimmick, AuD, a board-certified audiologist, is now offering services at Story Medical in Nevada. Dr. Dimmick is a member of the Academy of Doctors of Audiology, a fellow of the American Academy of Audiology (FAAA) and has a Certificate of Clinical Competence in Audiology (CCC-A) from the American Speech-Language-Hearing Association (ASHA) as well as dual licensure in Audiology and Hearing Instrument Dispensing



**Jessica Dimmick, AuD
Audiology**

in the states of Iowa and Illinois.

She began seeing patients in Story Medical's Outpatient Clinic in June. Specializing in hearing loss and tinnitus solutions, Dr. Dimmick provides a range of audiology services including screening, diagnosis, and advanced treatment focused on protecting hearing and providing relief.

Dr. Dimmick is the President of Hearing Doctors of Iowa and Hearing

Doctors of Illinois. A graduate of Western Illinois University and the University of Kansas Medical Center, Dr. Dimmick is recognized as a leader in assisting patients with the fitting of hearing instruments.

After working in group practices across the United States, Dr. Dimmick built her own private practice from the ground up, starting with the flagship office in Ankeny in March 2017. Today, the practice has grown to five locations spanning 250 miles across Iowa and Illinois. Since the conception of the practice, Dr. Dimmick has added five additional providers as well as support staff.

To make an appointment with Dr. Dimmick, please call her office at (515) 432-2688 and ask to be seen at Story Medical.

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

Story Medical Clinics are accepting new patients!

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



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



Empowering Women to Live Healthy and Well

Dr. Leeds returns to Central Iowa focused on providing women a variety of services to help them get the most out of life

If there is one question Timothy Leeds, M.D. gets more than any other, it is whether he continues to wear his signature red sneakers.

For the record, yes, he does.

And in moving back to practice at Story Medical after a three-year stint in Texas, he's brought with him more than just the Converse high tops. He's returned with the same quick wit his patients love, along with his commitment to delivering women's care that empowers his patients to live healthy lifestyles.

"What I delight in is talking to people," says Dr. Leeds, who practiced in Ames for more than 20 years before moving to Texas in 2015. He returned to practice in Nevada in 2018 as a member of Story Medical Clinic. "In obstetrics and gynecology it is as much about the relationship with the patient as anything else. It is important to have a provider that you are comfortable talking to about things that may not be very comfortable."

Women's Care Priorities

Dr. Leeds says there are three things every woman should make a priority: Safe sex, regular mammograms, and seeking care for more than one abnormal menstrual cycle a year.

When it comes to safe sex, Dr. Leeds says it is imperative to protect and preserve fertility. The American College of Obstetricians and Gynecologists recommends annual mammograms for those 40 and older, Dr. Leeds says it is the most important annual exam.

"For a lot of women, annual physicals are less important than they used to be in regard to screening for gynecologic care," Dr. Leeds says. In recent years, guidance on pap smears has been

Dr. Leeds is a member of most major insurance networks, including Blue Cross Blue Shield and Iowa Total Care. To establish care with Dr. Leeds, please call Story Medical Clinic - Nevada at 515-382-5413.

modified, calling for these exams every three years instead of annually for those with normal results. “While the popular opinion on pap smears has evolved, it is still important to get an annual breast exam and mammogram. Today’s technology can identify a breast cancer as much as a year before a manual exam.”

Recognizing Irregular Cycles

When it comes to abnormal menstrual cycles, Dr. Leeds says women need to be proactive in seeing their gynecologist if they have multiple irregular periods in a year. With seven hormones and four organs working together to produce the menstrual cycle, Dr. Leeds says that it is incredibly complex—but can be managed.

“One abnormal period a year is not uncommon,” Dr. Leeds says. “But if you have more than one per year, you should see your gynecologist. An abnormal cycle is one of the most enduring issues for women and most of the time there are simple interventions that are very effective.”

It's Worth a Visit

Dr. Leeds says there are a number of issues that women shy away from seeing a gynecologist about because they are embarrassed. At the top of that list is urinary incontinence or “leaking.” It is an incredibly common issue, especially for women who have delivered vaginally, and intervention is typically painless and effective.

“It is very, very common but it is one of those things that women don’t want to talk about,” Dr. Leeds says. “They just assume that it is part of aging and something they have to learn to live with. There are things we can do to make it better. We can’t always fix it, but in most cases there are a lot of things we can do to improve the situation.”

Addressing Infertility

In recent years, Dr. Leeds has become more and more interested in helping couples experiencing infertility. He is currently working with a team of physicians to develop a protocol for care that is much less invasive and less expensive than conventional methods like in-vitro fertilization (IVF). The protocol involves creating an endocrine environment in the uterus that triggers the body to ovulate more regularly.

“IVF is wonderful and it has helped change the world since the 1980s,” Dr. Leeds says. “But the fact of the matter is that it is very expensive and many couples are mortgaging homes or borrowing from family for that level of care.”

“Our vision is to increase fertility with low cost interventions that make the intrauterine environment ideal for an egg to implant naturally,” Dr. Leeds continues. “This has become a passion for me. I want to help couples fulfill their dreams of having a baby.”

Story Medical Clinic Providers



Art Check, DO, FAFPP
Family Medicine, Nevada



Adrian Palar, MD
Family Medicine, Nevada



Audra Poterucha, DO
Family Medicine, Nevada



Rachel Frederick, PA-C
Family Medicine, Nevada



Shane Higgins, PA-C
Family Medicine, Nevada



Jyl Wonnell, PA-C
Family Medicine, Nevada



Michelle Jans, PA-C
Family Medicine, Maxwell



Kelly Check, DPM
Podiatry, Nevada



Timothy Leeds, MD
Women's Care, Nevada



Valerie Stallbaumer, LAc, MSOM
Natural Health, Ames



Occupational Health Earns Rave Reviews

Employers in Story County and beyond are offering up praise for the Story Medical Occupational Health team.

“Burke Corporation began working with Story County Medical Center several years ago primarily due to their proximity to our plant, our previous interactions with their emergency unit and medical staffing, and finally their commitment to hire an Occupational Health certified doctor, Dr. Jew,” says James Stevens, Burke Safety & Environmental Manager. Burke is based in Nevada. “Since that time they have personally visited our plant, and worked with us to provide a full treatment plan not only for existing injured employees, but for preventing future injuries. They have listened to us so they can fully understand our company’s needs and corporate

direction, and have worked to meet them.”

Story Medical Occupational Health is focused on helping employers maintain a healthy and well workforce.

“We have been working with Story Medical Occupational Health for several years and have been very pleased with our experiences,” says Andi Cline, company nurse at Lennox Industries in Marshalltown. “The entire staff is easy to work with. They make sure our employees are seen in a timely manner. Also, Dr. Jew has made visits to the factory to watch employees work so he understands and can relate to employees when discussing their job duties.”

Story Medical Occupational Health has served employers across the region under Dr. Jew’s direction since 2018.

Story Medical Occupational Health



Sherman Jew, DO, MPH
Occupational Health, Nevada

Our Occupational Health Service provides a comprehensive, effective management program for companies of any size.

Our staff will collaborate with you to help manage risk factors, keep your employees happy and healthy and get them back to work quickly and safely after an injury.

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

Mens' Gift Pays Forward Appreciation

As regulars at the Story Medical Medically Oriented Gym (MOG), Lois and Bernie Mens appreciate the opportunity to remain active in an environment that is safe and convenient. Now in their 80s, each finds that regular activity helps them manage the aches, pains and chronic conditions that come with aging.

"I've had two knees and a shoulder replaced," Bernie says. After seeing 21st Century Rehab post surgery, he joined the MOG to ensure he remained active. "I was really in quite a bit of pain a few years ago, but this has really helped."

Lois, who has Parkinson's disease, agrees.

"When I was first diagnosed with Parkinson's that gave me the motivation to begin working out more regularly," she says. Lois enjoys a number of exercises, most notably her time on the recumbent elliptical cross trainer. "It has been a real benefit for me to remain active."

In looking for a way to pay forward the exceptional service



they have received at the MOG specifically, and at Story Medical more generally, the couple made a gift to the Story Medical Foundation.

"We are just thrilled this service is available to us right here in Nevada," Lois says. "Everyone here is great and that inspired us to give. We didn't give a huge gift, but we wanted to support what is happening here. We wanted to say thank you for the care we have received."

Improving Quality of Life

When you give to Story Medical Center, you are providing a monetary gift that will be used to enhance patient care by allowing for facility upgrades, the addition of advanced technology and equipments, and the recruitment of providers and caregivers who are professional and compassionate.

Private gifts allow us to deliver the Best Experience Every Time from a single facility. From outpatient and clinic services to 24/7 emergency care, surgery, inpatient care, rehabilitation and more, donations to the Story Medical Foundation have served as the catalyst in developing a "one stop shop" for high quality healthcare in the region.

Access to that care spurs quality of life in Nevada and the

surrounding communities. With improved quality of life, we also experience increased economic development—not only in Nevada, but all of Story County.

A robust community with an easy-to-access healthcare provider serves as a great foundation for recruiting new employees to work in Story County, for families choosing to raise their kids here, and for those selecting a town in Story County to retire.

We appreciate your support of Story Medical and how your gifts have enabled Story County to grow. Truly, your support is ensuring that as a community we continue to move forward.

To learn more about making a tax-deductible gift to the Story Medical Foundation, please call Crystal Davis at 515-382-7728.



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Nevada, IA 50201

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IT'S OK TO NOT FEEL OK.



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Safe care
your way.

We're Here to Listen.

Mental Health Services at Story Medical in Nevada

(515) 382-5413 • StoryMedical.org/mentalhealth