

MANNING REGIONAL HEALTHCARE CENTER Connect



Evolving to Meet Patient Needs Total and Partial Knee Replacements Now Offered

 Manning Regional Healthcare Center has been a staple of western Iowa since 1926 and locals are continuously grateful they have a choice when it comes to receiving quality healthcare in a rural setting close to home. Throughout the past year, MRHC has taken important steps to meet the shifting needs of our patients.

In early 2021, we launched a capital campaign, Project Forward, with the goal of continuing to provide high-quality, local care for the most

common healthcare challenges we face in our community today and into the future.

“We are continuously evolving to meet the growing and changing needs of our patients,” said MRHC’s CEO, Linn Block, RN, BSN, MHA. “We understand how convenient and important it is to have surgeries, procedures, and recovery options close to home, so we are excited that we recently expanded our orthopedic services to include partial and total knee replacements.

We welcomed Dr. Barry Bohlen of Miller Orthopedics to our list of specialty providers. Dr. Bohlen is a board-certified orthopedic surgeon specializing in total joint replacement and has over 19 years of experience in helping people regain a better quality of life. If you are in need of a partial or total knee replacement, consider scheduling your surgery close to home at MRHC.

Your Trusted Experts Close to Home

1550 6th Street Manning, Iowa 51455 • (712) 655-2072 • www.mrhcia.com



MANNING REGIONAL
HEALTHCARE CENTER

An Affiliate of **MERCYONE**

Evolving to Meet Patient Needs

New CT Scanner on the Horizon

With the acceleration of technology and the advancement of AI software, the radiology department has identified that upgrades to the current CT scanner are necessary. The current CT scanner was installed in 2010 at the former hospital location and brought to the new facility in 2014.

“With the acceleration of technology and the advancement of AI software, we are quickly becoming outdated making the need for a new CT scanner a top priority,” said Director of Radiology, Linda Croghan, RT (R)(M)(M)(CT)(ARRT). Upgrading to a new model scanner would allow for high resolution imaging, lower radiation exposure, more weight capacity and smart technology to account for specific patient anatomy.”



Linda Croghan, RT (R)(M)(M)(CT)(ARRT)

The new scanner would also reduce noise, decrease patient breath hold times, reduce time in the scanner and accelerate exam time from start to finish. It will also improve the exam quality on patients where hardware (such as joint replacement) is present with metal artifact reduction software. Additionally, we would be able to deliver more personalized and comfortable care due to hands free operation.

Enhanced Rehab Therapy Services Offered

MRHC is pleased to continue offering rehabilitative services such as physical, occupational, and speech therapy. Physical therapy addresses muscle and joint pain, headaches, carpal tunnel, stroke, injuries, weakness, loss of motion and body misalignments. Occupational therapy provides assistance to help individuals live independently. Speech therapy addresses issues with speaking, reading, listening, writing, thinking and swallowing.

As we transition to new providers, patients can expect a consistent team of therapists providing the same high level of service they are accustomed to.

We welcome physical therapist Taylor Nelson, a graduate of Exira High School. Taylor received his DPT degree in Maine where he has lived for the past couple of years. Taylor and his wife recently moved back to the area and are excited to bring evidence-based physical therapy care to this area. To schedule a rehabilitative therapy appointment at Manning Regional, call (712) 655-2072.



Taylor Nelson, PT, DPT

Recovery Center to Offer “Prime for Life”

The Recovery Center at MRHC is also making strides to adapt to patient needs. Since the onset of the pandemic, there has been a notable increase in alcohol use and abuse in Iowa.

“We are seeing this impact here in Manning with an increased wait list for admission to our Recovery Center with referrals from all over the state,” said Recovery Center Director Taya Vonnahme, MSN, RN, ARNP, tCDAC.



Taya Vonnahme, MSN, RN, ARNP, tCDAC

The Recovery Center will begin offering Prime for Life classes in the next few months. This course is a 12-hour curriculum that focuses on understanding how alcohol and drug-related problems develop and what we can do to prevent them, as well as drinking and driving.

In the state of Iowa, the law requires that an OWI offender complete a program such as this. The class is held over a two-day period for seven hours each day (including breaks) and is taught by our counselors at the Recovery Center. In addition to this type of course, the state also requires that an OWI offender complete a substance abuse evaluation, which the Recovery Center also offers. To learn more or sign up for Prime for Life, call (712) 655-2300.

Also, don't forget that September is National Recovery Month. We will be sharing recovery success stories throughout the month, so stay tuned to the local newspapers, the MRHC website and our Facebook page to read these humbling stories of success.

Team Engagement Reaches New High

Not only does MRHC prioritize patient safety, care, and satisfaction; team engagement among employees is also a top priority for senior leadership. This year, MRHC overwhelmingly exceeded the employee satisfaction goal. Strides have been made in the areas of employee recognition, appreciation, retention, thriving close to home, taking care of friends and neighbors and giving back to the community.



Shelli Lorenzen
Human Resources

“Here at Manning Regional Healthcare Center, we have an amazing and engaged team who truly care about the patients we serve and the work we do,” said Linn Block, CEO. “While we have more goals to achieve to make MRHC the best it can be, I feel so proud when I look back on everything we have accomplished and the ways we have evolved to give our patients the best care possible.”

Jen Morris, PharmD Receives Health-System Pharmacist of the Year



**Jen Morris, PharmD
Pharmacist**

MRHC's Director of Pharmacy, Jen Morris, PharmD, was recently selected for the Iowa Health-System Pharmacist of the Year Award, a national program that recognizes health-system pharmacists in each state who demonstrate service to the pharmacy profession, specifically hospital pharmacy, contributions to pharmacy programs, cooperation with the entire health care team, and service to the community.

Morris was nominated by Bob Stessman, owner and pharmacist at Manning Pharmacy. She joins a long line of worthy recipients of this award.

"When we hired Jennifer, she was to be the face of the pharmacy, to drive the planning and engineer the changes," reflected Stessman.

"Morris' hard work and dedication continues, showcased by her leadership in the current MRHC pharmacy renovation as part of the capital campaign, Project Forward."

"She started revamping procedures; teaching computerized record keeping for the nursing, pharmacy and physician staff and adding dispensing machines for emergency, surgery and pharmacy departments."

It wasn't just Morris' work ethic or achievements that led Stessman to nominate her for this award, but her mentality and drive to help others through her career.

"Jen is dedicated when it comes to 'getting it right' and is very hands-on with all departments," Stessman noted. "She developed a first-class pharmacy department while creating a collaborative environment with administrative, medical and support staff. Along with her regular duties, she is a resource for the nursing staff throughout the hospital. Several times a week, she advises and educates the staff on subjects relating to pharmacy and how actions affect the outcomes of the patient. This

collaboration occurs within physical therapy, the lab, the Recovery Center and outpatient clinics. She is a dynamo with making sure we are all on the same page."

Morris' hard work and dedication continues, showcased by her leadership in the current MRHC pharmacy renovation as part of the capital campaign, Project Forward. Her efforts on behalf of the campaign will ensure that MRHC can continue to offer life-saving infusions to patients, as well as stay in compliance with regulations.

"Her work here is only beginning. I know what we were before she came. What we have now could not have been done without her expertise and drive. I am excited to see what she will do

next," said Stessman.

Morris will be presented with this award at the Iowa Pharmacy Association (IPA) annual meeting to be held virtually on September 23rd.



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Competitive Clinical Wages, Team Environment, and Beautiful Facility

Laboratory Director	HIM Manager/Coder	Surgery RN - FT	View Current Openings and Apply Online www.mrhcia.com/careers or call us at (712) 655-2072 for more information.
MLT/MT Laboratory - FT & PT	Information Technology Systems Administrator	Med/Surg/ED RN - FT	
CMA/LPN/RN Family Practice Clinic - PRN	RN House Supervisor - FT	Maintenance Tech - FT	

Barry Bohlen, MD

Total Joint Specialist

Clinics offered: 2nd & 4th Thursdays

Treats:

- Total knee replacement
- Partial knee replacement
- Trauma
- Fractures
- Arthroscopy of the knee
- Sports injuries
- Workers' compensation
- General orthopedics



Andrew Bourne, MD, FACS

Urology

Clinics offered: Every other Friday morning

Treats:

- Diseases of urinary tract
- Diseases (and or issues) of reproductive tract in men
- Treatment for incontinence
- Cystoscopy
- UroLift
- Pediatric treatments for bed-wetting, undescended testicles, blockages and problems with urinary tract
- Prostate Biopsy



David Denn

Ear, Nose, Throat

Clinics offered: 1st & 3rd

Treats:

- Hearing loss
- Tinnitus
- Ear infection
- Nerve damage
- Deviated septums
- Chronic sinusitis



Outpatient Clinic Services at MRHC



Abby Behrens, MSN, ARNP, FNP-C

Dermatology

Clinic offered: 1st Wednesday every month

Call (712) 220-7069 to schedule an appointment.

Treats:

- Skin disorders
- Acne and acne scarring
- Eczema
- Skin cancer screenings
- Rashes
- Signs of aging and wrinkles
- Excess sweating



Caliste Hsu, MD

Orthopedics, Hand & Microvascular

Clinics offered: 2nd & 4th Thursday afternoons

Treats/Performs:

- Endoscopic and Open Carpal Tunnel Release
- Hand/Wrist Arthritis
- Hand Trauma
- Wrist and Finger Fusions
- Repair of Tendons, Nerves and Arteries
- Microvascular Surgery



Brian Jacobs, ARNP, CRNA, NSPM-C

Pain Clinic

Clinics offered: 1st & 3rd Wednesdays

Treats:

- Headaches and facial pain
- Fibromyalgia
- Shingles
- Neck and back pain
- Herniated discs
- Chronic joint pain or arthritis
- Chronic pelvic pain
- Vulvodynia
- Complex regional pain

nan, M.D., F.A.C.S.

at (ENT)

3rd Wednesdays

- Throat cancer
- Vocal issues
- Acute or chronic throat infections
- Ear tubes
- Tonsillectomy

Eric Jensen, D.P.M.

Podiatry

Clinics offered: 2nd, 3rd & 4th Tuesdays

Performs:

- Palliative foot care and foot and ankle surgery
- Bunionectomy
- Endoscopic Plantar Fasciotomy
- Toe Joint Replacement

Kyle Ulveling, M.D.

Cardiology

Clinics Offered: 1st & 3rd Tuesdays

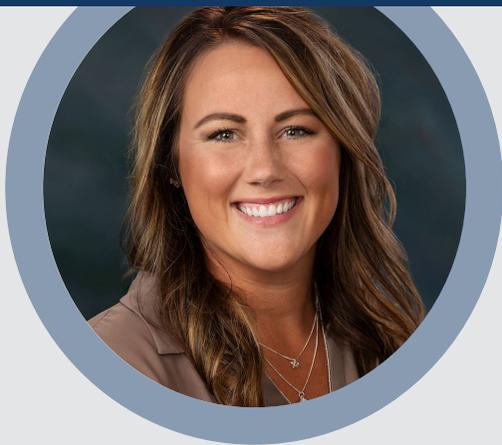
Consultations & follow-up appointments held in Manning. Call (712) 792-6500 to schedule an appointment. Cardiac services offered at MRHC include:

Performs:

- Echocardiograms
- Nuclear imaging
- Stress tests



To schedule an appointment, call (712) 655-8112



Mikala Landon, ARNP

Mental Health

Clinics offered: 2x/month on Wednesdays

Treats:

- Depression
- Schizophrenia
- Schizo-affective disorder
- Bipolar disorder
- Anxiety disorder
- Problems of attention and learning
- Vulvodynia
- Complex regional pain

Josh Smith, D.O., FACOS

General Surgery

Clinic offered: Every Monday

Wide variety of surgical procedures offered

Performs:

- Colonoscopy
- EGD
- Hernia repair
- Hemorrhoid Surgery
- Hysterectomy
- Laparoscopic
- Appendectomy
- Laparoscopic Cholecystectomy
- Laparoscopic Tubal Ligation
- Vasectomy

Michael Woods, M.D.

OB-GYN

Clinic offered: 2nd Tuesday every month

Performs:

- Preventive care
- Detection of sexually transmitted diseases
- Pap test screening
- Family planning
- Hysterectomy
- Hysteroscopy

MRHC Makes Lifetime Impact

➤ Manning Regional Healthcare Center prides itself on providing a wide range of healthcare services close to home for all ages, as well as establishing and maintaining relationships with their patients. This is especially true for Sally Hodne, a former Manning teacher, who has lived in the Manning area since 1958 and has since formed a lifelong bond with Manning Regional Healthcare Center.

Sally moved to Manning to teach, and after marrying her husband, Ron Hodne, they started a family and began utilizing the care provided by what was then Manning General Hospital, now known as Manning Regional Healthcare Center.

“After my three sons were born at the hospital, I found that the doctor and hospital staff became not only my healthcare providers but also my trusted friends,” Sally reflected.

Care Through all Stages of Life

More recently, as Ron’s health began to deteriorate, Sally accompanied him on several trips to the ER at MRHC. Sally was very impressed, but not surprised, by the attention and care they gave not only to Ron, but to her and her family. It was also a relief to the couple that they did not have to travel far from home for the services Ron needed.

“A specialist that came once was able to treat Ron here in Manning, so we didn’t have to go to other hospitals for treatment,” she reflected. “And every time we had to go to the ER, the



Sunday morning, she had to make her own trip to the ER.

“They put my elbow in place, but Dr. Luong wanted me to see a specialist to be sure it was put back correctly. When I did, the specialist was surprised by how well the procedure was done.”

Senior Life Solutions Makes an Impact

Another very positive experience Sally has had with MRHC is participating in the Senior Life Solutions (SLS) program. After Ron passed away in March of 2020, Sally joined the program for about a year and found it very helpful.

also help address legal, family and financial issues that are important to seniors. Not only that, but they let their clients know they are not alone and that there are resources to help them.

Sally said, “although people may be uncomfortable at first, there were about twelve of us and we were from several different surrounding communities. You are not just talking to people you know. You have a lot of different ideas and people.”

It is evident that Sally appreciates the personal care and attention MRHC has given her family over the years. She knows she can share her health problems confidentially, but she also knows her healthcare provider is not only a competent health professional, but a friend she can trust.

“There are just so many things Senior Life Solutions touches on, like depression and how to handle your finances, especially after you have lost your spouse.”

nurse in charge knew who he was, and the director of the ER came in in the evening. The x-ray and lab personnel even stayed the whole time. He had constant care.”

MRHC has exceeded Sally’s expectations when it comes to the quality of care as well. After injuring her elbow during a fall one

“There are just so many things it (SLS) touches on, like depression and how to handle your finances, especially after you have lost your spouse,” she said.

Sally stressed the fact that although the program helps with mental health issues, they



**An outpatient program designed to meet the unique needs of adults, ages 65+, struggling with depression and anxiety.
(712) 655-8262**



Dr. Douglas McLaws, DO



Dr. Thang Luong, M.D.



Courtney Rupiper, PA-C



Samantha Quelland, ARNP

Wellness & Preventive Care – All Ages

 The Family Practice Clinic at MRHC prioritizes preventive care at all ages. We recommend that all patients, whether they are a newborn, young child, adolescent, young adult, active adult, or aging senior, should be seen at least one time per year. During this yearly visit, your provider will conduct a thorough examination to ensure good overall health and development. Your individual needs will be reviewed, and a care plan will be developed based off those needs. Your provider will consider your age, risk factors, diagnosis, and family history to individualize your treatment plan.

Sports Physicals for School Age Children

For a school age child, preventive care can take place in the form of a sports physical. If you haven't already, make sure to schedule those sports physicals soon! We can conduct a full well-child visit and provide a sports physical in the same appointment. At this visit we will review any preventive care needs and provide immunizations as needed to meet Iowa Department of Public Health guidelines. If you have any questions or concerns about your health or your child's health, or wish to schedule an appointment with one of our trusted providers at MRHC, call (712) 655-2072.

Wellness Tips to Keep You Healthy

- 30 minutes of exercise each day
- Drink plenty of water to keep yourself hydrated, especially during warm months
- Routine immunizations
- Follow a well-balanced diet including fruits and vegetables and avoiding processed food
- Limit screen time to one hour per day
- Visit with your primary care provider at least one time per year (or more if indicated)
- Follow recommended screenings for your age group. This information can be given to you by your primary care provider

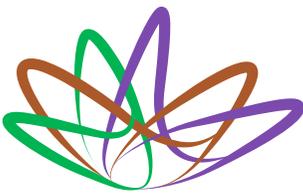
WCIHF Donates \$10,000 for ENT Services

Thanks to the generous support from many community members during the Dream Lights campaign, and most recently the WCIHF golf tournament, the board of directors of the West Central Iowa Healthcare Foundation donated \$10,000 to purchase a new ENT examination chair for the Specialty Clinic.

MRHC welcomed Dr. David Denman, ENT specialist, in May 2020. At that time he requested an examination chair that would enhance the patient experience and improve the quality of services provided.

"We are grateful for the ongoing generosity of the Foundation, as their support has been instrumental as we continue to expand our outpatient services and try to recruit even more specialty providers to our rural hospital," said Linn Block, RN, BSN, MHA.





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Senior Life Solutions
Group Room



Pharmacy
Mixing Rooms



Negative Pressure
Isolation Room

Project Forward Nears Completion

 In February 2021, the Board and Senior Leadership Team at Manning Regional Healthcare Center (MRHC) launched a capital campaign to expand the Senior Life Solutions program space, upgrade the hospital pharmacy to meet regulations, and add a negative-pressure isolation room.

“Thanks to a generous bequest from the Donnie & Leanna Kalkhoff Estate, we were able to kick-start a renovation project we had been eyeing for several months,” said Linn Block, CEO.

“Although the hospital is only seven years old, we must continue to evolve to meet the needs of current and future patients,” said Chief Executive Officer, Linn Block, RN, BSN, MHA. “This renovation project will allow us to serve numerous residents each year in west central Iowa, as well as meet regulatory requirements for our pharmacy department.”

One important factor to note is that MRHC is not classified as a county hospital. Therefore, no county funds are received to fund this hospital, as is the case with many other rural hospitals.

Construction Update

Despite numerous supply delays, construction has remained close to schedule.

“Part-way through construction we were made aware that the air-handling system wouldn’t be capable of handling the drastic Iowa weather patterns,” shared Block. “Therefore, we had an unexpected increase in costs. However, unlike many current residential construction projects, we found that the estimated construction costs came in lower than anticipated.”

The Senior Life Solutions area is on track to be complete in mid-September and the pharmacy department should be completed by November.

Funding Nears \$1.9 Million

Thanks to the generosity of many businesses and individuals, as well as private and public grants, MRHC is nearing the initial \$1.9 million fundraising goal.

“We have just under \$150,000 left to raise, which is quite an accomplishment for a six month

campaign,” said Block. “It is evident that west central Iowa cares deeply about being able to receive their healthcare services close to home, and we are proud to be able to offer these trusted healthcare services at MRHC.”

MRHC recently received a Timmerman grant in the amount of \$11,900 and several additional grants have been applied for including the Carroll, Audubon, and Shelby County foundation grants.

If you are willing to donate, please complete the enclosed donation form and mail/deliver to Amy Benton at MRHC, 1550 6th St. Manning, IA 51455 or scan the QR code below with your smartphone camera and visit our campaign webpage.

Thank you for considering a donation to help keep west central Iowa residents healthy and continue quality healthcare services close to home. Your generosity is appreciated.

Make a Donation Complete the enclosed envelope or scan the code to donate online!

