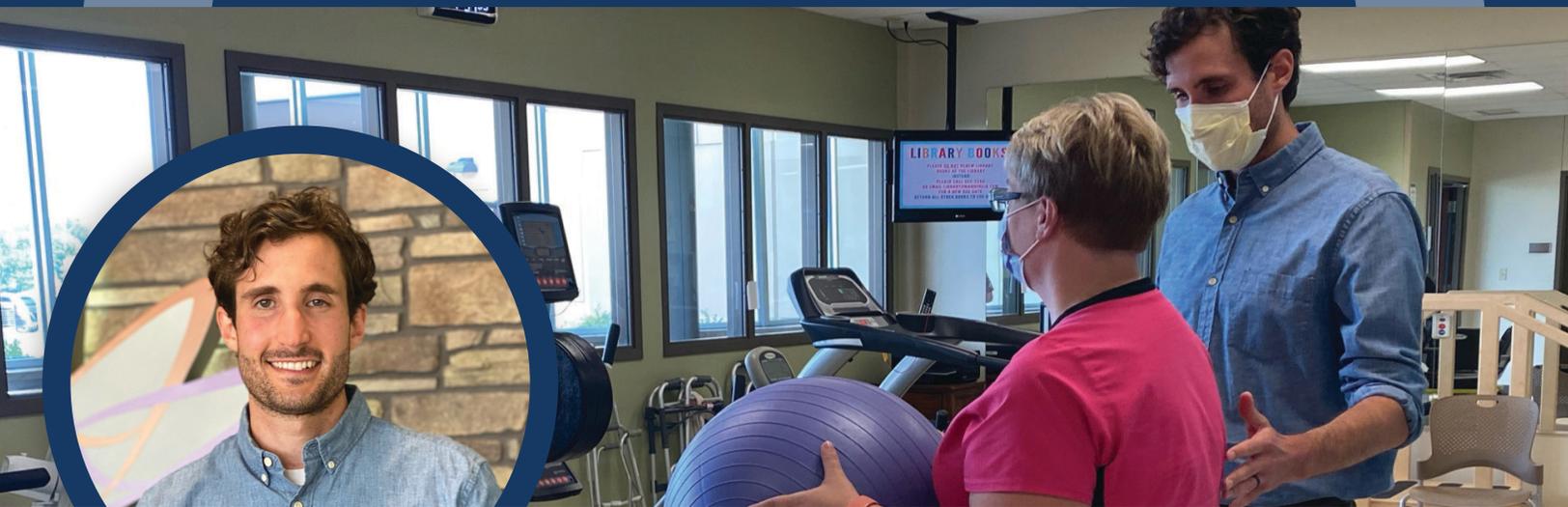


# MANNING REGIONAL HEALTHCARE CENTER Connect



## MRHC Rehabilitation Department Offers Refreshing Approach to Therapy Offerings



Many people associate physical therapy only with rehabilitation after suffering an injury or recovering from surgery, but physical therapy can help those who may be dealing with any sort of acute or chronic pain.

According to *Choose PT*, here are five reasons to choose physical therapy for pain:

1. Get better safely, without fear of causing further injury

2. Stay physically active to avoid risk of surgery and the need for pain medication

3. Recover as soon as possible

4. Avoid other problems caused by chronic pain

5. Achieve your goals

“In the rehabilitation department at MRHC, our treatment philosophy first focuses on identifying the root cause of your pain or dysfunction, then developing an individualized

treatment plan to address muscle imbalances that may have contributed to the injury/pain, or are a result of your condition,” said Rehab Director, Taylor Nelson, PT, DPT. “This is done through exercises, whether that be strengthening or stretching certain muscles, or hands on techniques to facilitate movement of stiff joints or tightness within the muscles.”

*Continued on pg 2 >>*

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# MRHC Enhances MRI Technology

Shared Medical Services has provided mobile MRI services to MRHC for more than 20 years. To enhance our patient experience they have upgraded to the SIGMA Voyager. This advanced system is designed to help maximize comfort for patients while delivering uncompromised image quality.

Features of the enhanced technology include:

### Increased Patient Comfort

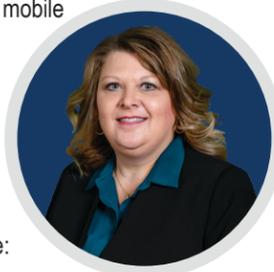
- 70cm wide bore for more space around the patient and more accessibility to the patient
- Advanced noise-reducing technology
- Applications eliminate the need for breath-holds and lying still during the exam

### Enhanced Patient Experience

- Customizable sound and lighting (skylights, murals, and integrated music system)
- Increased signal allowing shorter exam times
- 550-pound table weight limit

### Increased Physician Confidence

- Consistently sharper images than conventional MRI systems
- Uncompromised imaging capability to help your physician make definitive diagnoses
- Fast, accurate and highly reproducible scans



**Linda Croghan,**  
RT (R)(M)(CT)(ARRT)  
Director of Radiology

At MRHC, we are proud to advance our technology partnerships and care to ensure we can continue to provide high-quality healthcare close to home.

## Rehabilitation Continued from pg 1

One thing our rehab team is proud to contribute to MRHC is a continuum of excellent care close to home. The past few years have taught us that receiving high-quality healthcare should not be something you expect to travel multiple hours for. Our goal is to listen to each individual and identify the cause of your symptoms, what important activities in your life have been limited by your condition, develop a plan to reach your goals, and communicate with your health team on what is going on.

To address any lingering pain, schedule an appointment with the rehabilitation department by calling (712) 655-2072.

### WHEN IS IT AN EMERGENCY?

<ul style="list-style-type: none"> <li>✓ Life threatening injuries</li> <li>✓ Difficulty breathing</li> <li>✓ Acute chest pain</li> <li>✓ Seizure type activity</li> <li>✓ Sudden severe pain</li> <li>✓ Uncontrolled bleeding</li> <li>✓ Numbness or weakness in face, arm or leg</li> <li>✓ Severe burns</li> </ul>	<ul style="list-style-type: none"> <li>✗ Routine checkups &amp; physicals</li> <li>✗ Preventive healthcare needs</li> <li>✗ Medication refills</li> <li>✗ Chronic conditions: high blood pressure, arthritis, diabetes</li> <li>✗ Minor wounds</li> <li>✗ Influenza or flu-like symptoms</li> </ul>
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**MANNING REGIONAL HEALTHCARE CENTER**  
An Affiliates of **MERCYONE**  
1550 6th Street Manning, Iowa 51455

**If you have concerns about your health, call (712) 655-2072 to schedule an appointment.**

# MRHC Renovation Virtual Open House



The temporary walls, noise, and dust are gone at MRHC, and renovations for the newly expanded Senior Life Solutions and Pharmacy departments are complete. We invite you to take a virtual tour of each space on our Facebook or YouTube pages. On Facebook, click on the "Videos" tab and scroll down until you see the Capital Campaign playlist. The virtual tour videos will appear there. Or scan the QR codes at right with your phone's camera and click on the link to watch the videos.

Thank you to the many generous donors to our **ProjectForward** campaign who helped make this renovation possible. We are grateful

to everyone for all they have done to support these projects. These areas will be a wonderful asset to the hospital, and we are truly excited to be able to serve our patients better. By investing in the future of our hospital, we can continue to offer IV infusions (and other hazardous medications), support our seniors struggling with anxiety and depression, and keep your healthcare close to home. See page 6-7 for more information about the renovation project.



# Happy New Year! Be a Better You in 2022

The start to a new year often means many people are working on resolutions for 2022. Instead of implementing the "new you" mindset, we challenge you to think of it as a "better you." Here are a few simple steps you can incorporate into your daily routine that will help you become a healthier (and better) you.

- Get 30 minutes of daily activity
- Track your progress
- Drink half your body weight in ounces of water
- Avoid drinking your calories and limit alcohol intake
- Check your portions
- Limit screen time before bed
- Set and keep a consistent sleep routine
- Prioritize your mental health and ask for help when you need it
- Build healthy, meaningful relationships
- Take breaks to refuel

Check out our Facebook page for more health tip videos from MRHC staff! If you have concerns about your health, schedule an appointment by calling (712) 655-2072. Cheers to a new year and a better you in 2022!

*From all of us at the  
Family Practice Clinic*



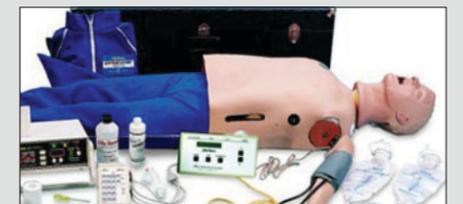
## Hospital Auxiliary Continues Support for MRHC

The Hospital Auxiliary held a bake sale and raffle in December and raised a total of \$1,684.32. With these funds, the auxiliary has helped purchase an Advanced Cardiac Life Support (ACLS) simulator (shown here) which will help train staff to effectively

resuscitate a cardiac arrest patient in a variety of scenarios. Additionally, they purchased an exercise bike for the physical therapy department which allows this department to continue to expand the services and treatment options available for patients.

*"The auxiliary's continued generosity and dedication to supporting our hospital and staff is to be commended."*

**Linn Block, CEO**



**BE GRATEFUL**  
Give thanks for the simple things in life.



**BE ACTIVE**  
Move your body at least 30 minutes every day.



**BE PRESENT**  
Put down the phone and engage in conversations.



**BE KIND**  
A simple smile or hello can brighten someone's day.



**BE HEALTHY**  
Eat clean. Drink water. Get sleep. Listen to your body.

# Colorectal Cancer Screenings Now Recommended for 45+

In the past decade, incidence of colorectal cancer has doubled in people under the age of 50. Given this alarming data, the American College of Gastroenterology (ACG) has updated its guidelines for colorectal cancer (CRC) screenings.

The new recommendations, published by the American Journal of Gastroenterology, state that screening should begin at age 45 for persons of average risk. Routine screenings are still recommended up to age 75, and screening beyond age 75 should be individualized to the patient.

Screening should be seen as either a one-step process such as a colonoscopy, which allows simultaneous diagnosis and treatment, or a two-step process such as stool-based testing followed by a colonoscopy if positive.

For individuals with a family history of CRC or an advanced polyp in one first-degree relative younger than 60 years old or CRC or an advanced polyp in two or more first-degree relatives at any age, guidelines conditionally suggest initiating a colonoscopy at the earlier

age of 40 or 10 years before the youngest age of the affected relative (whichever is earlier).

"At MRHC, we encourage all of our patients to know their family history and participate in screenings as recommended in order to help identify issues as early as possible," said Joy Blom, surgery coordinator.

The risk is higher than originally anticipated for people from age 40 onward. Today, a 45-year-old has the same risk as a 50-year-old had ten years ago.

"140,000 new cases of CRC are now diagnosed annually in the United States," said Blom. "This includes an alarming increase in people younger than age 50." The disease is estimated to account for as much as 10% of all cancer deaths.

**To schedule a consultation for a colonoscopy, contact MRHC at (712) 655-8112.**

## When to Visit the ENT?

When problems occur with our ears, nose, or throat it affects our senses and overall quality of life. For example, in children, hearing loss can lead to both developmental and educational delays. Visiting a specialist right here in Manning can help solve and treat ear, nose, and throat issues.



David Denman, M.D., F.A.C.S.

### Here are some common reasons to visit an ENT:

- A lump in the neck
- Change in voice
- A growth in the mouth
- Spitting up blood
- Difficulty swallowing
- Persistent earache
- Recurrent sinusitis
- Persistent allergies
- Deviated septum
- Loss of smell
- Hearing problems
- Pain in ear, nose, or throat
- Dizziness or balance issues
- Chronic sore throat
- Injury to ear, nose, or throat
- Tinnitus

Adults and children who experience disorders or conditions in the ear, nose, and throat areas of the body may be referred to an ENT specialist by their primary care doctor or they are able to make self-referrals. MRHC's specialty clinic offers ENT services with Dr. David Denman, who is board certified in Otolaryngology, and Head & Neck Surgery.

At the first appointment, patients can discuss any problems present with them or their child and then a variety of tests will be performed to diagnose the problem. These tests may include physical exams of the ear, nose, and throat, hearing tests, tympanometry, laryngoscopy, and imaging studies such as an MRI or CT scan. After testing is complete, Dr. Denman will discuss the results and set up a treatment plan.

Dr. Denman diagnoses and treats a wide variety of conditions, including ear infection, nerve damage, throat cancer, vocal issues, and acute or chronic throat infections, among many others. He can also provide checkups and perform surgeries.

**Dr. Denman is in Manning on the first Wednesday of every month offering adult and pediatric ENT services. To schedule an appointment with Dr. Denman, call (712) 655-8112.**

# MRHC Outpatient Services

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



## Cardiology

**Kyle Ulveling, M.D.**  
Clinics Offered: 1st & 3rd Tuesdays  
Consultations & follow-up appointments held in Manning. Call (712) 792-6500 to schedule an appointment.



## OB-GYN

**Michael Woods, M.D.**  
Clinic offered: 2nd Wednesday every month



## Dermatology

**Abby Behrens, MSN, ARNP, FNP-C**  
Clinic offered: 1st Wednesday every month.  
Call (712) 220-7069 to schedule an appointment.



## Orthopedics, Hand & Microvascular

**Caliste Hsu, M.D.**  
Clinics offered: 2nd & 4th Thursday afternoons



## Ear, Nose, Throat (ENT)

**David Denman, M.D., F.A.C.S.**  
Clinics offered: 1st & 3rd Wednesdays



## Pain Clinic

**Brian Jacobs, ARNP, CRNA, NSPM-C**  
Clinics offered: Every Tuesday



## General Surgery

**Josh Smith, D.O., F.A.C.O.S.**  
Clinic offered: Every Monday



## Podiatry

**Eric Jensen, D.P.M.**  
Clinics offered: 2nd, 3rd, & 4th Tuesdays



## Mental Health

**Mikala Landon, ARNP**  
Clinics offered: 2x/month on Wednesdays



## Urology

**Andrew Bourne, M.D., F.A.C.S.**  
Clinics offered: Every other Friday morning

*Note: Orthopedic Services will continue to be offered in the new year.*



Senior Life Solutions Group Therapy Room



Senior Life Solutions Director's Office



Med/Surg Patient Isolation Room



Pharmacy Hazardous Storage Area

# Community Generously Supports ProjectForward Campaign

As the year comes to a close, Manning Regional Healthcare Center is celebrating significant success since the launch of their capital campaign, **ProjectForward**.

Recent contributions have donation totals nearing \$700,000. Most recently, five major gifts were received including \$50,000 from Warren and Sue

Puck, \$35,000 from AGP, and \$10,000 each from AMVC and Home Mutual Insurance Association of Carroll County.

Several families have contributed at the \$10,000 level or higher including James and Virginia Rasmussen, the Ohde family, Randy & Jean Behrens, and Marlene Borkowski. More than 75

total donors have contributed to the campaign to date. These contributions are representative of the high-level of continued support from the Manning-area business community.

Wayne Johnson, AGP's Director of Marketing shared, "We have always done annual community donations in the past and have traditionally picked three or four communities to contribute to significant projects. Our new CEO, Chris Schaffer [who succeeded former CEO, Keith Spackler earlier this year] wants to remain focused on areas where our plants are operating and take care of those communities."

In the past, AGP has made a sizable donation to the new Manning Fire Department facility and last year AGP made a significant contribution to Manning chamber bucks that matched local purchases of chamber bucks.

### Project Update

"We are happy to report that the Senior Life Solutions expansion, Pharmacy renovation and negative pressure isolation room projects have been completed," said MRHC CEO Linn Block, RN, BSN, MHA. "In the past month, we have started holding group therapy sessions for both the Senior Life Solutions program and the Recovery Center in the new space, have had several patients use the new patient isolation

room, and the pharmacy is now in compliance with federal regulations."

COVID has prevented an in-person open house, however, virtual tours of the newly renovated spaces have been shared on the MRHC Facebook and YouTube pages.

### Projects Continue Forward

"The generosity of our supporters has been humbling to say the least," said Block. "However, as we continue to evolve to meet the needs of our patients and provide care for three of the most common healthcare challenges we face today - mental health, obesity, and cancer, we request the community's continued financial support."

As MRHC approaches the new year, there are two major initiatives that staff, administration and board members are embarking on. An enhanced 32-slice CT scan will allow MRHC to provide scans that result in lower radiation, quicker scans, and more detail.

"The improved technology means that patients won't have to travel to urban areas to receive better imaging," said Linda Croghan, MRHC Director of Radiology.

The smart metal artifact reduction feature allows for high-quality images even if a patient has metal fillings, joint replacements, or metal hardware. The upgraded machine also allows local imaging for heavier people and will be able to accommodate patients up to 450 pounds. This CT is not only critical for hospital patients but also for

specialty providers seeing patients in rural settings.

The other major investment is an Electronic Medical Records System which will enable MRHC to seamlessly access records and provide a system that is broadly accepted industry-wide, making medical record access much easier if a patient has to be seen at another hospital. The

for residents in rural communities," said Block.

As part of the Project Forward campaign, MRHC is planning a new donor wall located near the Med/Surg waiting room in the hospital that will feature a tree (or series of trees) that recognize the generous contributions from donors.

*"The generosity of our supporters has been humbling to say the least. However, as we continue to evolve to meet the needs of our patients and provide care...we request the community's continued financial support."*

**Linn Block, CEO**

new system will allow online check-in for patients, enable patients to see their results online, and offer two-way communication with providers. The new system will improve telehealth capabilities as it is compatible with mobile devices.

Both projects present a significant financial hurdle for the hospital but are necessary to continue providing trusted healthcare close to home.

"Our hope is that our community members will consider supporting these projects with a monetary donation so we can continue to evolve to meet our patients' needs, provide the best care possible and offer important, necessary services

"We anticipate that donations of \$100,000+ will be recognized as tree trunks, donations of \$10,000-\$99,999 will be branches or stepping stones, and donations of \$1,000-\$9,999 will be represented by leaves," shared Block.

MRHC welcomes the support and participation in this campaign by the regional community, as well as individuals and businesses in neighboring counties.



AGP Director of Marketing, Wayne Johnson, presents a check for \$35,000 to co-chairs of the **ProjectForward** capital campaign, Randy Behrens and Virginia Rasmussen, and MRHC CEO, Linn Block.

**Make a Donation** Visit [www.mrhcia.com](http://www.mrhcia.com) or scan the code to find out more about **ProjectForward**.





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# Paul Heiman Thrives in Career at MRHC

After serving in the United States Marine Corps for four years, MRHC employee Paul Heiman worked several manual labor jobs before he decided to go to college and get his degree.

"I wanted to either study business or nursing but ultimately chose business and graduated with honors from Western Iowa Tech in 2012," said Heiman. "After graduating, I accepted a job managing a durable medical equipment store. I worked there for five years and then accepted a position at MRHC as a Revenue Cycle Specialist and Patient Services Representative in December of 2017."

Heiman has continued to advance in his career at MRHC and now works as the Patient Financial Services Coordinator in addition to helping in Admissions and Health Information Management (HIM).

"I started working in Admissions and the Business office equally. After a few months I asked for more and was given some HIM tasks as well," said Heiman. "Everyone here is very supportive and wants you to thrive to better yourself. Sarah Lorenzen is my supervisor in Admissions, and she has always wanted what's best for me and encouraged me to strive for it."

Paul's everyday approach is patient-centered and he strives to lead with a team-mentality. This is evident in the ways he is always looking to help

patients, connect them to the right resources, and seek to improve processes across departments.

"Paul is very versatile serving in many different areas of the hospital," said Sarah Lorenzen, MRHC Patient Access Manager. "He is an excellent employee and sets an example to others."

Not only is Heiman thankful to work for a supportive healthcare organization but one whose leadership inspires and motivates its employees to better themselves and advance in their careers.

"MRHC has a safe work environment and outstanding leadership. This is the best job I have ever had and the people I work with make it even better," shared Heiman. "I would love to continue to work at MRHC until I retire."



## >>THRIVE Close to Home! Join Our Team!

Competitive Clinical Wages, Team Environment, and Beautiful Facility

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Patient Services Representative

Maintenance Tech - FT

Dietary Cook/Aide

Med/Surg RN - FT

Recovery Center Counselor Tech

RN House Supervisor - FT

MLT or Laboratory Assistant

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