

A NEWSLETTER FOR GUTHRIE COUNTY HOSPITAL & CLINICS

# Community Connection



SUMMER 2020

[WWW.GUTHRIECOUNTYHOSPITAL.ORG](http://WWW.GUTHRIECOUNTYHOSPITAL.ORG)



An Affiliate of  UnityPoint Health



# SERVING GUTHRIE COUNTY IN THE FOLLOWING LOCATIONS

## GUTHRIE COUNTY HOSPITAL

710 N. 12th Street  
Guthrie Center, Iowa



## GCH CLINICS—ADAIR

401 Audubon Street | Adair, Iowa



## GCH CLINICS—PANORA

603 E Main Street | Panora, Iowa



## GCH CLINICS—STAURT

312 N. Fremont Street, Suite A | Stuart, Iowa



## GCH SPECIALTY CLINIC

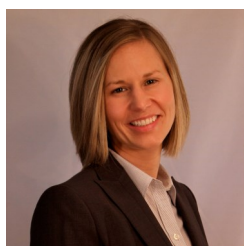
710 N. 12th Street | Guthrie Center, Iowa

# Sun Safety: Information For Parents About Sunburn & Sunscreen

It's great for children and adults to spend time playing and exercising outdoors, but it's important to do so safely. There are some simple rules to protect your family from sunburn. First, babies less than 6 months should be kept out of direct sunlight. Find shade under a tree, an umbrella, or the stroller canopy. If keeping babies less than 6 months out of the sun is not an option then you may use a small amount sunscreen on small areas of the body, such as the face.

When choosing a sunscreen for your child use a sunscreen that says "broad-spectrum" on the label, and an SPF of 15 or 30 should be fine for most people. More research studies are needed to test if sunscreen with more than SPF 50 offers any extra protection. If possible, avoid the sunscreen ingredient oxybenzone because of concerns about mild hormonal properties. For sensitive areas of the body, such as the nose, cheeks, tops of the ears, and shoulders, choose a sunscreen with zinc oxide or titanium dioxide. Put sunscreen on 15 to 30 minutes before going outdoors. It needs time to absorb into the skin. Reapply sunscreen every 2 hours and after swimming, sweating, or drying off with a towel.

If a mild sunburn does occur use acetaminophen or Ibuprofen (child older than 6 months) for pain relief. You may use an aloe lotion or cool water to help the skin feel better. Also keep the child out of the sun until the sunburn is fully healed. If your baby is younger than 1 year and gets sunburn, call your baby's doctor right away. For older children, call your child's doctor if there is blistering, pain, or fever. Any questions or wanting a pediatrician in the area call GCH Clinics 641-332-3920 and we will be glad to see you!



**Cody Silker, DO**



# Orthopedics TESTIMONIAL



"Dr. Wahl did a total knee replacement and I could not be happier with the results. 6 months in, I am able to go up and down stairs so much easier. There is no pain and my foot points straight forward now. Dr. Wahl, the nursing staff and the therapy department were all extremely kind, caring and patient." – Linda K.



## REQUEST FOR TESTIMONIAL

Please take a few moments to describe your experience with us and our ability to provide excellent care to your needs. Thank you!

**Name of Employee(s) who helped you at GCH:** \_\_\_\_\_

**Testimonial:** \_\_\_\_\_

*Mail your testimonial to:*

Guthrie County Hospital

710 N. 12th Street

Guthrie Center, IA 50115

*or email your testimonial to [emily.mccolloch@gcho.org](mailto:emily.mccolloch@gcho.org)*

***I hereby authorize Guthrie County Hospital and Clinics to use the above statement in any manner they deem appropriate for marketing purposes.***

\_\_\_\_\_  
Name

\_\_\_\_\_  
Contact Preference (Phone or Email)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

# COVID-19 UPDATE

## SNEAKERS CAFÉ TO REMAIN CLOSED

Sneakers Café located within Guthrie County Hospital (GCH) will remain closed through Labor Day due to the requirements by Elderbridge Agency on Aging.

Elderbridge Agency on Aging is a senior nutrition program that GCH participates in which provides health well-balanced congregate and home-delivered meals to diners who meet the participation guidelines.

At Guthrie County Hospital, our highest priority is the safety and well-being of our members, patients, staff and communities. At this time, the Sneakers Café will remain closed to the public. We will re-evaluate this decision in September. Sneakers Café is still providing curbside delivery for breakfast and/or lunch by calling (641) 332-3818.

We appreciate your continued patience and understanding during this unprecedented time.

If you have any questions, please call (641) 332-3818.

## HOW YOU CAN HELP

**SEWING PPE**—Guthrie County Public Health is accepting hand sewn face masks and gowns. The safety of our patients and staff is our top priority. We are not out of PPE, but we would like to have this as an option for our patients and staff. Visit [www.guthriecountyhospital.org](http://www.guthriecountyhospital.org) for patterns of masks and gowns. You can deliver these items to Guthrie County Public Health but please call ahead as the doors are locked. Their phone number is (641) 747-3972.

## RESOURCES

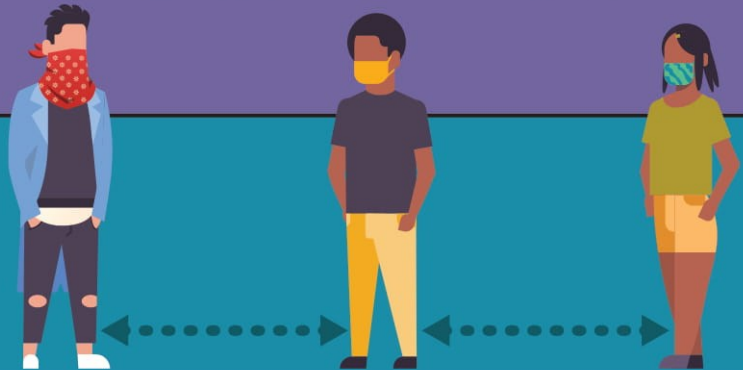
- **YOUR LIFE IOWA**—Everyone needs help sometimes. Iowa Department of Public Health has created YourLifelowa.org so Iowans can chat live, text, or call and get reliable information and treatment options, and find nearby help. We are your everyday life support. Visit YourLifelowa.org, call 855-581-8111 or text 855-895-8398.
- For up-to-date local information on COVID-19, visit [adairguthriecountycovid.org](http://adairguthriecountycovid.org).
- Discover the latest resources, maps, and information about the coronavirus (COVID-19) outbreak in your community. For more information visit, [coronavirus.iowa.gov](http://coronavirus.iowa.gov).
- **Questions about COVID-19?** Call Guthrie County Hotline at (833) 833-4600 or call Adair County Public Health at (641) 743-6173



# Slow the Spread of COVID-19



WHEN OUT WITH YOUR FRIENDS,  
WEAR A CLOTH FACE COVERING



AND STAY  
6 FEET APART  
FROM OTHERS



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

# Gloved Hands May Spread Germs

People are wearing gloves (made from materials like vinyl, latex or nitril) when they head out in public during the pandemic. While individuals think they are being safe and protecting themselves and others from the SARS-CoV-2 virus that causes COVID-19, they may actually be spreading germs in the community. Vinyl, latex and nitril gloves protect the skin from body fluids and certain harmful chemicals. The surface of gloves can support germs just like skin. But, unlike skin, washing gloves is not an option. Even healthcare workers are instructed to wash their hands before they put on gloves and after taking off gloves. **Gloves are not a substitute for hand washing.**



## How Gloves Can Spread Germs

When gloves are put on they are presumably clean.

- Germs collect on the gloves when a person wearing them starts touching surfaces (elevator buttons, grocery carts, gas station pumps).
- Germs are spread when the person touches other objects.

People may think they are protected by the gloves, but they are not.

- Difference: you can clean your bare hands with hand sanitizers or soap and water. This stops the spread of the germs.



## Gloves Are Not a Complete Barrier

Gloves may have very tiny (micro-sized) pin holes not visible to the naked eye.

- Thousands of germs pass through these holes onto the skin in a short amount of time.
- The germs may be on the outside of the glove and may seep inside too.
- Gloves can be damaged with holes made by fingernails, jewelry or wear and tear.
- Vinyl, latex and nitril gloves can be damaged by moisture, heat and chemicals.



## Don't Touch Your Face

This is a habit that is hard to break.

- Keep hands away from your eyes, nose and mouth because it is one way germs enter the body and cause infections.
- When people wear gloves, it may give them a false sense of security. Since the outside of gloves are not clean; gloves may be more contaminated than bare hands.
- Be sure to wash your hands frequently with hand sanitizer or soap and water often and keep hands away from the face.



# DEPARTMENT SPOTLIGHT

## SURGICAL SERVICES

### Who is in your department and how many years of experience?

Jill R., Kassie C., Brie F., Steph E., Chelsie K., and Doris T. Between all of us, probably close to 75-100 years.

### What services does your department provide?

Surgical services, consults with the general surgeon, also pain management service is also out of this office which may include injections or medication management. We have the availability of the orthopedic surgeon who does total hip surgery, total knee replacement surgery and many other surgeries related to the bones and muscles. (Rotator cuff repair, carpal tunnel release, ankle and wrist surgery.)

### Why do you choose Guthrie County Hospital & Clinics?

We choose GCH and clinics first of all because it is close and convenient for most of us, secondly because we feel comfortable with the people that are caring for us, they know us and we know them, I feel we are not just a number here, the care is more personal.

### Testimonial/Story:

I don't really have a story but can say this is a great place to work and we can all to make a difference in our community and the people we serve. Yes, we are in the health care industry but we are in a service industry as well, and when we serve our community well we better our society. Working in health care is not just a job, it is a calling.

## *What's happening at Guthrie County Hospital & Clinics?*

### GCH CLINICS OUTREACH

Recently, the UnityPoint Sports Medicine Team provided an educational workshop regarding Concussion Management to GCH Clinic staff and area medical professionals.

Topics included Return to Learn, Return to Play, Recovery Roadmap, and an overview of the UnityPoint Concussion Center. For more information about concussions, please reach out to one of our Clinics.

We also delivered the 100 empty bags with our GCH logo stickers to the Stuart Library for the curbside book pick up. People call ahead to order the Library books for check out then they pick them up curbside. The Librarian was excited to receive the bags and thanked us!



### "HERE'S TO YOUR HEALTH" EPISODES ON FACEBOOK

Check out our first "Here's to Your Health" episode on our Facebook page. This month's episode features Sara Van Effen, ARNP and her nurse, Nellie, where they discuss what urgent care is.

Every month we will feature a different provider and topic. Stay tuned!



@GUTHRIE COUNTY HOSPITAL

# VISITORS RESTRICTED

**Visiting Hours:** 11 a.m. – 3 p.m. & 5 p.m. – 8 p.m.



Visitors and designated caregivers must be 18 years or older and must limit movement within the facility, avoiding common areas.

No visitors are allowed for patients who have COVID-19 or who are suspected to have COVID-19.



Visitors and designated caregivers must be free from illness, including:

- Fever
- Runny nose
- Vomiting
- Cough
- Sore throat
- Diarrhea



Visitor and designated caregivers must wear a mask at all times.



Please wash your hands or use alcohol-based hand sanitizer upon entering and exiting a patient's room.

## Protect Yourself & Others!





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# SPECIALTY CLINIC

## HOSPITAL & OUTPATIENT SPECIALTY SERVICES

- Audiology
- Cardiac Rehabilitation
- Cardio Pulmonary
- Cardiology
- Chronic Care Management
- Dermatology
- Diabetes Education
- Emergency Care
- Fitness Center
- Food Services
- General Surgery
- Internal Medicine
- Laboratory
- Medical Imaging
- Mental Health
- Nutritional Therapy
- Occupational Therapy
- Orthopedics
- Outpatient Infusions/  
Injections
- Pain Clinic
- Pediatrics
- Pharmacy-Medication  
Review
- Physical Medicine-EMG
- Physical Therapy
- Podiatry
- Psychology
- Pulmonary Rehabilitation
- Pulmonology & Sleep  
Medicine
- Respiratory Therapy
- Skilled Care
- Sleep Studies
- Social Services
- Speech Therapy
- Urology
- Weight Loss
- Wound Care



# GUTHRIE COUNTY HOSPITAL

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## When the **unexpected** happens

you can depend on Guthrie County Hospital to deliver emergency medical care you need, when you need it.



## GCH EMERGENCY CARE AVAILABLE 24/7



641-332-2201



Find us on Facebook!

[www.guthriecountyhospital.org](http://www.guthriecountyhospital.org)



# CLINICS

Adair  
641-742-1000

Panora  
641-755-4000

Stuart  
515-523-8050

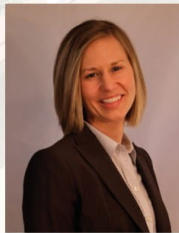
## OUR TEAM IS HERE FOR YOU!



Donald Fillman, MD  
Wound Care



Michael McCleary, MD  
Internal Medicine



Cody Silker, DO  
Pediatrics



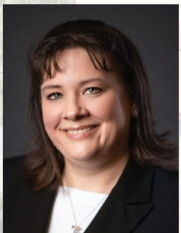
Josh Strehle, DO  
Family Medicine



Cindy Peterson, ARNP  
Family Medicine



Marcia Roenfeld, ARNP  
Family Medicine/  
Weight Loss



Sara Van Effen, ARNP  
Family Medicine



Megan Stukenholtz,  
MSN, ARNP, PMHNP-  
BC, FNP-BC  
Mental Health



Jeffrey Wahl, DO  
Orthopedic Surgeon



Amber Burgin,  
ARNP



Bethany Woods,  
ARNP



Patty Hildreth,  
ARNP

**Walk-In Clinic available at GCH Clinics in Panora  
Monday-Friday 7:30-11:00 a.m.**

9:00-11:00 a.m. the third Thursday of each month

*Serving in the following locations:  
Adair, Guthrie Center, Panora & Stuart*