

A NEWSLETTER FOR GUTHRIE COUNTY HOSPITAL & CLINICS

# Community Connection

*Learn more about*  
**INFLUENZA VACCINES**

**WHAT'S HAPPENING?**  
SEE THE LATEST AT GUTHRIE  
COUNTY HOSPITAL & CLINICS

**MEDICAL MINUTES**  
ABCDE'S OF SKIN CANCER

FALL 2022

[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  
(641) 332-2201



### **GCH CLINICS—ADAIR**

401 Audubon Street | Adair, Iowa  
(641) 742-1000



### **GCH CLINICS—PANORA**

103 SE 13th Street | Panora, Iowa  
(641) 755-4000



### **GCH CLINICS—STUART**

312 N. Fremont Street, Suite A | Stuart, Iowa  
(515) 523-8050

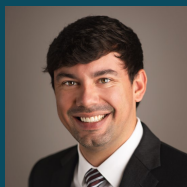


### **GCH CLINICS—GUTHRIE CENTER**

710 N. 12th Street | Guthrie Center, Iowa  
(641) 332-3900

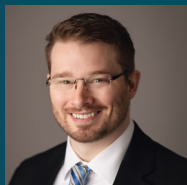


# MEDICAL STAFF



**Austin Boeckman**

DO



**Eric Jones**

DO



**Jeff Roske**

DO



**Cody Silker Wilhite**

DO



**Josh Strehle**

DO



**Jeff Wahl**

DO



**David Ahrens**

MD



**Steven Bascom**

MD



**Donald Fillman**

MD



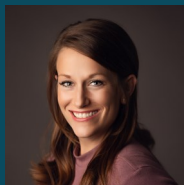
**Sean Grambart**

DPM, FACFAS



**Amber Burgin**

ARNP



**Sabra Miller**

ARNP



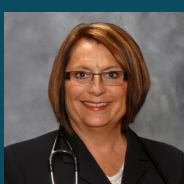
**Lindy Nordstrom**

ARNP



**Cindy Peterson**

ARNP



**Marcia Roenfeld**

ARNP



**Nicole Topliff**

ARNP



**Sara Van Effen**

ARNP



**Brie Wessels**

ARNP



**Beth Woods**

ARNP

# Influenza Vaccine

Flu season is upon us! It is time to get your influenza "flu" vaccine for the season if you have not already done so. Individuals over the age of six months are eligible for vaccination. Vaccination is an important public health measure to help prevent influenza. September and October are prime time to be vaccinated, but you can get vaccinated later in the season as well. It is a one-time dose annually. For children under the age of eight years old who have NEVER received an influenza vaccine in the past, it is a two-dose series then just once annually moving forward. It is safe to receive the influenza and covid vaccines at the same time, but they should be administered in different sites to better monitor for reactions. The influenza vaccine protects against the four most likely strains of the virus that research predicts will be most common for the upcoming season.

Why get a flu vaccine?

- Decreases the likelihood of developing influenza.
- Decreases the severity of illness for those that develop influenza.
- Decreases the risk of influenza associated hospitalizations.
- It helps to protect you AND those around you, especially those who are at higher risk including infants, young children, elderly, immunocompromised, and those with chronic health conditions.

There is also a nasal mist and a high dose vaccine for people over the age of 65 years. Egg free vaccines are available for individuals with egg allergies. A person CAN'T get influenza from the vaccine, this is a common misconception. The nasal mist is the only vaccine that contains live virus and is only recommended for those between the ages of 2-49 years. If a person is pregnant or immunocompromised, they should not receive the nasal mist.

Common side effects after receiving the vaccine include soreness/redness/swelling at the site where the vaccine was administered, headache, body aches, fatigue, and low-grade fever. Life threatening allergic reactions are extremely rare.

After two years of mild influenza cases in the U.S. due to Covid-19 and increased precautions, we are expected to see increased influenza numbers this season. The Southern Hemisphere's winter often foreshadows what is to be expected in the Northern Hemisphere. Countries such as Australia had a significant increase in influenza numbers compared to recent years and these infections started earlier than usual. Australia reported having its worst influenza season in five years, which serves as a potential indicator for the U.S.

Don't wait, get your influenza vaccine! Call any of the GCH Clinics, if you have any questions or concerns or want to schedule your appointment.



**Lindy Nordstrom, ARNP**



# The ABCDE's of SKIN CANCER

Skin cancer is the abnormal growth of cells in the skin. Skin cancer can invade deeper layers of the skin or may spread to other areas of the body and cause damage.

The ABCDE Rule of Skin Cancer is a tool that individuals can use to help differentiate between a problem skin growth and a normal everyday skin spot (mole, freckle, or birthmark). Every skin cancer is different in appearance and presentation, the ABCDE rule of skin cancer can be helpful in determining whether it has features of skin cancer which need further evaluation by a healthcare provider.

- A for Asymmetry - normal moles, spots or freckles are typically symmetrical. If you draw a line through the center, you would have two symmetrical halves. Skin cancer spots often will not look the same on both sides.
- B for Border - moles, spots or freckles are typically round. Spots with blurry or irregular edges can be a sign of skin cancer.
- C for Color - normal moles, spots or freckles are usually one color. A skin spot with more than one color is considered suspicious.
- D for Diameter - if the skin growth is larger than a pencil eraser (about ¼ inch), it may be abnormal.
- E for Evolution - if the skin growth's appearance is evolving with changes of size, shape, color, appearance, or texture, then it is considered suspicious. A non-healing skin spot that causes bleeding or pain is considered suspicious. In contrast, birthmarks may not change significantly over time.

If you notice any skin spots that are worrisome, especially if the spot changes rapidly or bleeds easily, see your health care provider.



**Donald Fillman, MD**

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

## WELCOME TO OUR NEW PATIENT PORTAL

As a patient, you have easy access to your health information through MyUnityPoint – wherever you go.

### USING KEY FEATURES

The online portal or the MyChart app for iPhone® or Android®, gives you instant and secure access to your health records. Where you can:



#### SEND A NON-URGENT MESSAGE TO YOUR CARE TEAM

- Please expect to receive a response within 2-3 business days.
- Include files and images in your messages.
- Keep in mind, this feature is intended for questions about your care. Your provider may request you make an appointment.



#### SCHEDULE OR REQUEST PRIMARY CARE APPOINTMENTS

- Directly schedule, confirm and cancel primary care appointments and enter details about the reasons for visit. If your provider requests more time for your appointment, we'll be sure to contact you.
  - See details about future appointments, including instructions and driving directions.
- Complete most of the check-in process from home, verify demographic information, allergies and pre-visit forms.
- Add or remove yourself to wait lists and move appointments to an earlier date when a new time is available. To complete, click on the upcoming appointment and review the wait list options.



#### REQUEST PRESCRIPTION REFILLS

- Send a refill request to the prescribing provider.



#### REVIEW YOUR TEST RESULTS AND PROVIDER NOTES

- Our commitment to providing timely access to test results means you may be viewing the results before your provider has had the opportunity to review them.
  - If you have an active MyUnityPoint account, your care team may not call you if you have normal lab results.
- If you have any questions about your test results, please send a secure message to your care team.
- View and download details of past appointments and admissions - including after visit summaries and provider notes.



#### ACCESS YOUR FINANCIAL STATEMENTS AND PAY YOUR BILL

- Prepay estimates and copays in advance.
- Pay bills from recent appointments.
- If you have questions, please contact our billing department customer service at 844-849-1260.



#### MANAGE YOUR HEALTH

- Add, remove, modify: health issues, medications and allergies.
- Print immunization records.
- Review the medical history we have on file.
- Review your plan of care summary and goals
- To-do reminders notify you of upcoming health checks.
- Request a copy of your medical record.

### Don't Have An Account Yet?

Creating an account is easy, you can:

- Sign-up at [chart.myunitypoint.org](http://chart.myunitypoint.org).
- Sign-up during an office visit with a unique email or text link.

### Getting Started

Visit account settings:

- Your thumb print or face recognition security feature.
- Your communication preferences.
- Your email and phone number.
- Check the FAQ section of [chart.myunitypoint.org](http://chart.myunitypoint.org) for additional tips.

### Have Questions?

Please contact the MyUnityPoint Support team at (877) 224-4430 or [MyUnityPointSupport@unitypoint.org](mailto:MyUnityPointSupport@unitypoint.org).

If you would like to update how you receive MyUnityPoint communication notifications:

- Access MyUnityPoint
- Select "communication preferences" under the Account settings
- Select a category from the drop-down menu
- Click the notification icons of your choice for each corresponding item



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

## GCH CLINICS NOW OPEN IN GUTHRIE CENTER

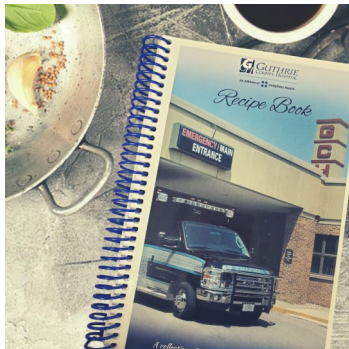
GCH Clinics is pleased to welcome Austin Boeckman, DO. Boeckman went to medical school at Des Moines University and got his undergraduate from University of Iowa. His medical interests include full scope of family care and rural medicine.

"It has always been my dream to practice medicine in rural Iowa. I look forward to working with you all and serving the Guthrie community," stated Austin Boeckman, DO.

Boeckman is accepting new patients at GCH Clinics in Guthrie Center (located within the GCH Specialty Clinic - 710 N. 12th Street). His hours are Monday, Wednesday, Thursday & Friday from 7:30 a.m. - 4:00 p.m.



Austin Boeckman, DO



## ORDER YOUR GCH COOKBOOK

Looking for a gift? Cookbooks make a great gift! Order your GCH Cookbook! \$10 each or buy 2, get 1 free. Available at Guthrie County State Bank (both locations), People's Bank (Guthrie Center), or call Sneakers Café at (641) 332-3818.

This cookbook includes great recipes from employees, Auxiliary, Foundation and Hospital Board members!

## GCH CLINICS DONATES BACK TO LOCAL SCHOOLS

This year GCH Clinics donated \$1,430 back to local schools!

GCH Clinics provided well child exams to local middle school and high school students. For every exam, the clinics donated back to the student's school Athletic Department.



## *Join our team!*

For all position vacancies and details, visit [www.guthriecountyhospital.org](http://www.guthriecountyhospital.org).

*Online applications now available.*

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

## NEW EQUIPMENT

- Guthrie County Hospital received a new refrigerated salad bar at Sneakers Café and a new convection ovens in the kitchen.
- Stuart Rehab Clinic received a new chair which is good for treating neck and upper back problems. They also have a new skeleton and some balance stones for peds patients.



## OUTREACH EVENTS

- Guthrie County Hospital rovided and served the meal at the Guthrie County Relay for Life event in September.
- GCH Clinics in Stuart held a meet & greet event for our new provider, Eric Jones, DO.
- GCH Clinics in Guthrie Center held a meet & greet event for our new provider, Austin Boeckman, DO.
- The Pharmacy hosted a Medication Take Back Day on October 28th.
- The clinics and hospital participated in the town Halloween events.
- GCH Clinics in Adair donated to the Adair Food Pantry, took part in the Healthiest State Walk, Adopted a Family and is putting a tree up at the Festival of Trees.

## EXPANDED SERVICES

- Dr. Fillman now has full-time hours at the Adair Clinic. Monday and Thursday 8-4 and Friday 8-3:30.
- Jentry is now a NASM Certified Nutrition Coach and joins the Weight Management team with Cindy Peterson ARNP and Carol Laughery RDN, LD, RN . Also, the Weight Management Program Participants have surpassed 700 lbs in total weight loss!!!



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

## UPCOMING EVENTS & FITNESS CENTER CLASSES

- Every Monday & Wednesday - Let's Get Pumped Class\* @ 5:30 p.m.
- Every Tuesday—Fit 4 Life Class\* @ 5:00 p.m.
- November 21-December 31—GCH Fitness Center Holiday Discounts
- December 1 - Masquerade Jewelry & Accessories Sale - Located at Todd-Neff Conference Room at Guthrie County Hospital from 10:00 a.m. - 3:30 p.m.
- December 2—Blood Drive—9:00 a.m.—12:30 p.m. located in Bloodmobile
- February 16—Diabetes Support Group—Located at Sneakers Cafe @ 7:00 p.m.

*\*Must be a current paid member. Not a member but want to take a class? Only a \$5 drop-in charge for each class.*



## GCH Fitness Center

### *Holiday Discounts*

#### NOVEMBER 21 - DECEMBER 31

**Senior Individual**  
(60 and Above)  
Monthly: \$22  
Biannual: \$108  
Yearly: \$169

**Senior Couple**  
(60 and Above)  
Monthly: \$31  
Biannual: \$151  
Yearly: \$236

**Individual**  
Monthly: \$27  
Biannual: \$130  
Yearly: \$202

**Family**  
Monthly: \$36  
Biannual: \$173  
Yearly: \$270

***Personal Training Special: \$210 for 10 sessions***

#### **Fitness Center Hours**

**Monday-Friday: 7 a.m. - 5 p.m.**

**Fob Access: Mon.-Fri.: 4:30-7 a.m. & 5-9 p.m. | Weekends: 4:30 a.m. -9 p.m.**



**641-332-3810**

**GIFT CERTIFICATES AVAILABLE!**



# Bringing The Best Out in Your Child

Helping shape your children's behavior is a key part of being a parent. While at times it can be challenging, a few key principles can help. Children learn by modeling or watching everyone around them, especially parents. When you use manners and good coping strategies you teach your children to do the same. Point out when people are using manners or sharing. Teach your children how to calm down when upset, just like we must do when we are upset. Teach your children to say how they feel instead of making hurtful or critical statements.

The best way to improve behavior is to give children lots of attention when they are doing something you like and remove your attention when they are doing something you do not like. When children are getting positive attention from you, they do not need to act out to get the attention. Playing with your children for just 5 minutes will go a long way, especially right after getting home from work. Another way to give attention for good behavior is gently touch them on their back or shoulder in a loving way. It is recommended you give children 50 to 100 brief loving touches every day. You can decrease bad behaviors by ignoring them, but this only works if you are giving your children lots of attention for their good behaviors.

Another strategy is time outs. The goal of a time out is to briefly remove the child from a difficult situation to teach them self-calm. Use very short word statements to send your children to time-out. There is no need to have a big talk with your children after using a time out. Keep things simple and consistent. Rewards are an effective way to help children learn concepts or accomplish tasks. They can be as simple as choosing a movie or spending quality time with you. Every child is different, but being consistent, loving, and present with your child will go a long way.



**Cody Silker, DO**



# 7 TIPS FOR STAYING HEALTHY THIS WINTER

It's wintertime once again! And whether you're looking forward to the season ahead or not, there are plenty of preparations to help you stay healthy this time of year. SummaCare offers seven tips to help you stay healthy this winter and into the warmer weather months ahead.

## Get Up to Date on Vaccinations

Do your part to protect yourself and loved ones during this season of respiratory infections. Flu season peaks in January, so if you haven't already done so, be sure to get your flu shot. Everyone six months and older should receive the flu shot. Summa Health and other health experts warn it's especially important this year due to the ongoing COVID-19 pandemic and a potentially difficult flu season.

Adding the COVID-19 vaccine to your list is vital. As more and more people move indoors and safety precautions wane, it's the best way to protect yourself against the virus and help stop the spread. It's now available for anyone 5 years and older.

For adults 65 and older, or anyone with a chronic health condition, the Centers for Disease Control and Prevention also recommend the pneumonia vaccine.

## Practice Proper Hygiene

With viruses such as the common cold, RSV, influenza and COVID-19 circulating this winter, it's important to be vigilant about proper hygiene. Protect yourself and reduce the spread of these viruses by:

- Washing your hands regularly with soap and warm water
- Sanitizing surfaces frequently
- Avoiding the sharing of cups and utensils
- Wearing a mask in crowded, indoor areas
- Keeping a 6-foot distance from others
- Staying home if you're not feeling well

## Protect Your Heart

Studies show when temperatures drop, the rates of heart attacks, stroke and other heart-related conditions go up, according to the American Heart Association. Cold weather makes your heart work harder to keep your body warm. Take these steps this winter to protect your heart:

- **Make nutritious choices.** Continue to eat a heart-healthy diet full of fruits, vegetables, low-fat dairy and lean proteins. Limit saturated fats and excess sugar.
- **Exercise.** Shorter days and colder weather can translate to less frequent exercise. Be sure you're still getting at least 150 minutes of moderate exercise weekly. If you must exercise outdoors, don't overexert yourself and move indoors on the most frigid days.
- **Drink in moderation.** Don't let the season of celebrations cause you to drink more alcohol. Men should have no more than two drinks a day and women no more than one a day.

# 7 TIPS FOR STAYING HEALTHY THIS WINTER

## Protect Your Heart, Continued

- **Reduce stress.** It's a busy and stressful time of year. Be sure to take time for meditation, breathing exercises or practicing other stress-relieving activities.

## Be Mindful of Driving Conditions

While you can't control the weather, you can decide to stay home and avoid driving. Each year, more than 150,000 car crashes occur due to snowy, slippery roads, according to the Federal Highway Administration.

If you must go out, make sure roads are in good condition. Go slow and be especially careful on bridges and overpasses. Keep an ice scraper in your car to clean all windows before getting behind the wheel.

## Wear Shoes with Good Traction

With icy, slippery conditions, falling is unfortunately a common wintertime injury. When heading outside, make sure your shoes or boots have a sole with good traction and a low heel to help prevent slips and falls. Watch where you're walking and tread carefully to avoid icy patches.

## Stay Hydrated

Getting hot and sweaty in the summertime is a trigger to drink water, but it's just as important to stay hydrated when it's cold, too. Staying hydrated keeps you energized, helps protect your skin from dry, cold winter air and keeps your body working in tip-top shape.

A good goal is to drink about eight glasses or more of water each day. Mix it up with herbal teas, fruit-infused water or 100% juice. Even broth-based soups count toward your fluid intake.

## Get Vitamin D

More time spent indoors and less sunlight on your skin can lead to a Vitamin D deficiency. Getting adequate amounts of Vitamin D is crucial for bone health.

Good sources of vitamin D include fortified cereals and low-fat dairy, such as yogurt and cheese, fish and eggs. If diet alone isn't enough, consider a Vitamin D supplement.

**Charles A. Zonfa, MD, FACOG**

### Resource:

SummaCare

<https://www.summacare.com/blog/entries/2021/12/7-tips-for-staying-healthy-this-winter>



# Pumpkin Smoothie

## Ingredients

- 1 can (15 oz. size) pumpkin pie filling
- 3 c. whole milk (more if needed)
- 1/2 c. vanilla yogurt (up to 1 cup)
- A few dashes of ground cinnamon
- 4 cinnamon graham crackers, crushed

## Instructions

- 1.** Well ahead of time, place pumpkin pie filling into a freezer-safe container. Freeze for a few hours or until frozen solid.
- 2.** To make the smoothie, add milk, and yogurt to a blender. Drop in the frozen pumpkin pie filling and blend until the frozen filling is completely pulverized. Add more milk or yogurt as needed to get it the consistency you'd like.
- 3.** Pour into individual glasses and sprinkle the tops with graham cracker crumbs. Serve immediately!



# Broccoli Wild Rice Casserole

## Ingredients

- 2 c. uncooked wild rice
- 10 c. low-sodium chicken broth, more if needed for thinning
- 3 heads broccoli, cut into small florets
- 1 lb. white button or crimini mushrooms, finely chopped
- 1/2 c. butter
- 1 whole medium onion, finely diced
- 2 whole carrots, peeled and finely diced
- 2 stalks celery, finely diced
- 4 tbsp. all-purpose flour
- 1/2 c. heavy cream
- 1 tsp. salt, more to taste
- 1 tsp. black pepper
- 1 c. panko breadcrumbs

## Instructions

1. Add the wild rice into a medium saucepan with 5 cups of the chicken broth. Bring it to a boil over medium high heat, then reduce the heat to low and cover the pan. Cook the rice until it has just started to break open and is slightly tender, about 35 to 40 minutes. Set it aside.
2. Meanwhile, blanch the broccoli by throwing the florets into boiling water for 1½ to 2 minutes, until bright green and still slightly crisp. Immediately drain the broccoli and plunge it into a bowl of ice water to stop the cooking process. Remove it from the ice water and set it aside.
3. Heat a large pot over medium-high heat, then melt 6 tablespoons of the butter. Add the onions and the mushrooms and cook, stirring them occasionally, for 3 to 4 minutes, or until the liquid begins to evaporate. Add the carrots and celery and cook for 3 to 4 minutes, until the vegetables are soft and the mixture begins to turn darker in color.
4. Sprinkle the flour on the vegetables and stir to incorporate it, then cook for about a minute. Pour in the remaining 5 cups of broth and stir to combine. Bring the mixture to a gentle boil and allow it to thicken, about 3 minutes. Pour in the heavy cream, stirring to combine. Let the mixture cook until it thickens. Season with the salt and pepper, then taste and adjust the seasonings as needed.
5. Add half the cooked rice to the bottom of a 3-quart baking dish, then lay on half the broccoli. (You can do one layer of each or two layers of each. Using a ladle, scoop out the vegetable/broth mixture and spoon it evenly all over the top. Continue with the rest of the sauce, totally covering the surface with vegetables.
6. Melt the remaining 2 tablespoons of butter, then pour it into a separate bowl with the panko breadcrumbs. Toss the mixture together to coat the breadcrumbs in butter, then sprinkle the breadcrumbs all over the top.
7. Cover with foil and bake the casserole for 20 minutes, then remove the foil and continue baking for 15 minutes or until golden brown on top.



# DEPARTMENT SPOTLIGHT

## MAINTENANCE DEPARTMENT

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

Fidel, Jeff, Roger, & Steve.

***Collectively as a department, they have a combined 29 years of service.***

### **What services does your department provide?**

They provide all the daily upkeep and preventive maintenance for the hospital and all the clinics. We provide 24 hour a day 7 days a week all year long services including emergency issues, keeping the one half mile of sidewalks cleared during snow events, and keeping the drive open for patients, staff and visitors.

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

Our staff enjoys working with all the friendly staff and patients, they like working close to home with the flexibility of the co workers and it is a good place with good people.

### **When was your department established?**

The plant ops department began when the hospital opened in 1951.



# Remembering & Organizing Your Medications

When you have a chronic condition, like diabetes, high blood pressure, high cholesterol, etc., it is not uncommon for your doctor to prescribe a medication or two to help treat your condition. If you have multiple chronic conditions, these different medications can add up quickly!

Taking your medications as prescribed by your doctor helps you manage your chronic conditions and keeps you feeling well. If you find yourself forgetting your medications often, try setting an alarm on your phone or placing your medications somewhere you will notice them more easily. Finding a way to keep your medications organized can also help ease your medication burden.

Here are a few ways to help with organizing your medications:

**Weekly Medication Planners** - Medication planners are a relatively cheap tool you can use to keep your medications organized. There are a variety of medication planners available including daily, twice daily, three times a day, and four times a day options. Pick a medication planner that best aligns with your needs.



**Pharmacy Medication Packaging** - Many of our local pharmacies in Guthrie Center, Panora and Stuart offer medication packaging services for a small fee. Your pharmacy could fill your medications weekly or monthly to help make organizing your medications even easier. Reach out to your pharmacy for more details if this interests you.

**Medication Synchronization Programs** - These programs help decrease the number of trips you have to take to the pharmacy each month. By working with your local pharmacy, the pharmacist or pharmacy technician will align all your medication refills to be picked up on the same day. This helps reduce the time you spend requesting refills and helps ensure you don't run out of your medications by accident!

With the holidays quickly approaching, many people will be traveling to visit their loved ones. While you are preparing for these trips, make sure you are packing all your medications too! Plan ahead and call in any medication refills ahead of time so that you aren't short of any medications while out of town or during any of the upcoming holidays when pharmacies are closed.



**Jackie Willms, Pharm.D.**

Clinical Staff Pharmacist  
641-332-3807



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710 N. 12TH STREET  
GUTHRIE CENTER, IA 50115

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This publication in no way seeks to serve as a substitute for professional medical care. Consult your doctor before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.



710 N. 12th St. Guthrie Center, IA 50115  
641-332-3900

# **NOW OPEN!**

## **GCH CLINICS IN GUTHRIE CENTER**

**Now accepting new patients  
& same day appointments!**

**Austin Boeckman**  
DO

