

THE ANNUAL REPORT EDITION

create

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Health & Fitness

Cayden Wingate is back in the game thanks to a routine sports physical

10

Community Spotlight

Amanda Ten Napel enjoys helping her clients find true healing

**WELCOME
DR. STERK**

Family Physician

Read more on page 8.



Osceola
REGIONAL HEALTH CENTER

AN AVERA PARTNER

CEO Message

welcome!

Thank you for taking the time to read our CREATE magazine.



Our team has worked hard this past year to ensure we continue to provide quality services, ensure those services stay close to home, and make a positive impact in our community.

This year we are grateful for our patients, residents, staff and community for supporting our recent community health needs assessment (CHNA) and strategic planning. Through this process we engaged the community in focus groups and surveys to receive feedback and created a plan with goals for the upcoming three years. The community health needs assessment highlighted the need for pediatric and specialty care, behavioral and mental health services, community wellness/prevention, emergency medical services (EMS) and housing while the strategic planning areas of focus are: access to care, community wellness/education, housing, master facility planning, and workforce. There is much work to be done and my hope is that you will support us while we work to achieve our mission.

CREATE was designed to serve as a communication to our community about the great things that are happening throughout our organization and the latest health news to guide us toward a healthy future. We are using statistics to illustrate our commitment to quality care, exceptional service, and making a positive impact in our community.

Our team has gone above and beyond to provide quality care and exceptional service. You will notice a very evident over-arching theme of their strength in the stories provided in this issue. These stories prove the reasons why I am optimistic and grateful for our team at Osceola Regional Health Center.

It is impossible to explain a year of experiences in just twelve pages. However, my hope is that this edition of CREATE stands as a reminder of the courageous healthcare workers that continue to care for our community each and every day.


Ben Davis, CEO
OSCEOLA REGIONAL HEALTH CENTER



What is
create?

Besides being the name of our annual report, **CREATE** represents the core values in which all of the employees at Osceola Regional Health Center follow with the intention of better serving our community and each other.

Compassion
Respect
Excellence
Accountability
Teamwork
for Everyone



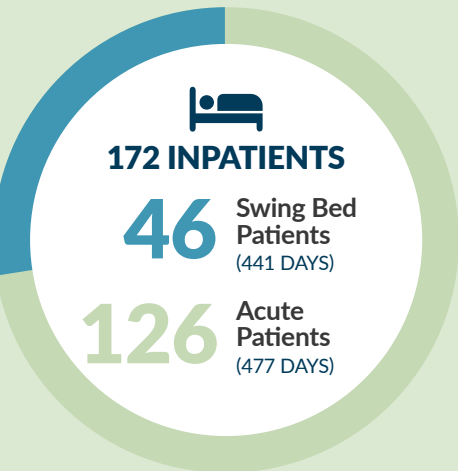
600 9th Avenue N. Sibley, Iowa 51249
712-754-2574

  **WE'RE SOCIAL!**
Follow us on Facebook and Instagram!

FOR MORE INFORMATION
about our hospital, services and
providers; visit us online at
www.osceolarhc.org

OUR YEAR IN
numbers

Quantifying Osceola Regional Health Center's commitment to quality care, exceptional service, and making a positive impact in our community.



141 TOTAL EMPLOYEES



107 MEDICAL
STAFF
MEMBERS

PHYSICAL
THERAPY
VISITS
INCREASED
BY
25%

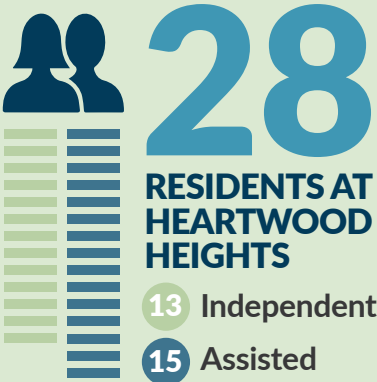
SURGERIES
INCREASED
BY
23%

\$22,096,757
2022 HOSPITAL ECONOMIC IMPACT

NEW BEGINNINGS VOLUNTEER HOURS



APPROXIMATELY
\$4.5K
DONATIONS TO
COMMUNITY



Cayden Wingate (#53)
celebrates with his
teammates the win
over the Pioneers on
Sept. 2, 2022.

PHOTOS COURTESY OF CHRISSY ACKERMAN



From
devastating
diagnosis to
getting back
in the game,
routine sports
physicals are
essential

During his required, routine sports physical, Cayden Wingate received an unwanted surprise. His physician at Avera Medical Group Sibley, Dr. Park, heard something suspicious while listening to the sophomore's heart. A series of tests later revealed that the sound signaled that Cayden had a hole in his heart. It was a shock to the young, active athlete and life-long outdoorsman—and to his family.

Cayden was referred to a cardiologist who explained the defect and the serious consequences it could pose if his heart was left untreated. Soon, a surgeon flew from Florida to Sioux Falls to perform a potentially life-saving procedure on the teen. Surgery went off without a hitch, and Cayden only needed a one-night stay in the hospital where he spent time recovering doing what teenagers do best—spending time on his phone with friends.

Just a few short weeks after heart surgery, Cayden enjoyed a snowmobiling trip to Wyoming. Soon after that, he was back on the field—playing baseball as he'd always done, without restrictions.

Cayden's mom is grateful for all the medical professionals involved in the process. "It was amazing" she said, of the care,



procedure, the providers and staff—and especially the results. And she concluded by sharing that the entire experience served as an important reminder and reinforced "just how important sports physicals can be."

Always here for our athletes!

Sports Rehab | Wellness Center | 24/7 Emergency Care | Orthopedics

Back in the game

Mental Health matters

Roughly
Half
of adults with a
mental illness
receive no
treatment

That means

181,000
adults in Iowa aren't being treated

Our behavioral health professionals work with individuals and families to meet their life-long goals and achieve emotional well-being.

PRACTITIONER

Tasha Jennings

DNP/ARNP, PMHNP-BC, FNP-BC

Tasha.Jennings@osceolaregional.org
OSCEOLA REGIONAL HEALTH CENTER
712-754-5329

SOCIAL WORKER

Holly Boettcher

MSOL, B.A.P.S.Y.

Holly.Boettcher@osceolaregional.org
OSCEOLA REGIONAL HEALTH CENTER
712-754-5340

THERAPIST

Amanda Ten Napel

M.S., LMFT, CEAP, EAS-C

Amanda@interconnections-therapy.com
INTERCONNECTIONS THERAPY
712-754-2400



Behavioral Health Services

Osceola Regional Health Center offers medically managed treatment plans for children, adolescents and adults.

- **ADD/ADHD**
- **Anxiety Disorders**
 - OCD
 - PTSD
- **Autism Spectrum Disorders**
 - Asperger Syndrome
 - Autism
- **Childhood & Adolescent Disorders**
 - Conduct Disorder
 - Rett Syndrome
- **Counseling & Therapy**
 - Marriage & Family
 - Violence & Abuse
- **Delirium & Neurocognitive**
 - Alzheimer's
 - Dementia
 - Parkinson's
- **Eating Disorders**
 - Anorexia
 - Bulimia
- **Mood Disorders**
 - Bipolar
 - Depression
 - Postpartum
- **Personality Disorders**
- **Sleep Disorders**
 - Insomnia
 - Narcolepsy
 - Night Terrors
- **Schizophrenia & Psychosis Disorders**
- **Substance Related & Addictive Disorders**
 - Alcoholism
 - Drug Addiction
 - Gambling

Interconnections Therapy office is located in Building A on the Osceola Regional Health Center campus.

dedicated staff |



I started working here right after I graduated nurses training. I get to do what I love doing where I live. I raised my family here. My kids went to school here. I love being a part of this community. I enjoy meeting and caring for our patients.

— **PAULINE VANENGEN**
REGISTERED NURSE



I enjoy the challenging environment rural nursing provides because you have to know a little about everything.

— **KIM MILLER**
REGISTERED NURSE



I have stayed here for 36 years because I believe in the mission of the hospital. We should consider ourselves very fortunate to have a health care facility like ours in our small community. We have very talented staff that care deeply for our patients and I enjoy being a part of that. I enjoy being part of the team at ORHC.

— **LORRIE REED**
SENIOR ACCOUNTANT



This is where life brought me. I've lived in this county all my life and by working here I have been able to care for and help many people. It has always treated me well. Why would I leave?

— **TAMI ACKERMAN**
LICENSED PRACTICAL NURSE



The two reasons that came to me immediately as to why I have stayed in my job for as long as I have are the outstanding staff I have had the privilege of working with over the years as well as the variety of work involved in public health in a small rural county. Also being a part of the hospital organization, I have established many great relationships and friendships over the years with fellow employees from other departments.

— **PAMELA JUBER**
DIRECTOR OF PUBLIC HEALTH

We want to thank all of our dedicated employees!
The employees at Osceola Regional Health Center have a combined

1,342
YEARS OF EXPERIENCE

Join our team!

Review our available positions and apply online at
www.osceolarhc.org/careers.

faith

and family practice

Garrett Sterk, DO, brings a unique perspective to full-scope, family practice rural healthcare. Drawing from many life experiences, the physician credits the time he's worked as a phlebotomist, a certified nursing assistant (CNA) and serving during a two-month service trip in West Africa for helping him develop a true understanding of medicine, the importance of teamwork and appreciating the value that all members of the medical team bring to providing compassionate patient care. He believes strongly in the importance of understanding all aspects of care to serve as a well-rounded, family medicine doctor.

Growing up in a VERY small town that had only three blocks, a church and one stop sign, family practice was the obvious specialty for Dr. Sterk, as he appreciates the closeness of small communities. Especially after receiving advanced accreditation as a Doctor of Osteopathic Medicine

(DO) in full-scope rural medicine, he is passionate about providing a full range of care to patients of all ages and stages of life.

Dr. Garrett Sterk, focuses on faith, family practice and relationships for life

Interestingly, medicine wasn't always a clear decision for Dr. Sterk. But his devotion to serving others, witnessing the importance of compassionate care as his father passed away after a battle with cancer and many other life experiences seemed to be intentionally placed in his path, like directional signs to guide him. They continue to validate his career choice today.

Dr. Sterk enjoys the variety in his role and particularly likes working with geriatric patients, developing a true appreciation for their wisdom and experience. He is also equally comfortable



Dr. Sterk began in October 2022 and is currently accepting new patients. To schedule an appointment with Dr. Sterk, call Avera Medical Group in Sibley at 712-754-3658.

performing procedures, helping athletes in sports medicine and the many other aspects and areas of family practice care. A man of strong faith, Dr. Sterk believes that all patients are important and made in the image and likeness of God. And it shows.

"The term doctor comes from a word meaning teacher," explained Dr. Sterk. "And I like to think of myself like that, educating and

The term doctor comes from a word meaning teacher. And I like to think of myself like that, educating and guiding my patients to take ownership of their health to live fulfilling lives.

guiding my patients to take ownership of their health to live fulfilling lives. Being knowledgeable is important, but the relationship also means a lot to the patient."

In his free time, Dr. Sterk enjoys sports, spending time with his wife, gardening and tries to follow some good advice he once received. "When you work with your mind, rest with your hands," he shared. "When you work with your hands, rest with your mind."

Dr. Sterk is eager to meet and care for people in the community and knows that life has prepared him well to this point. "We're excited to come to Sibley, and I take the responsibility of being someone's physician very seriously."

Connect, transform,
thrive with help
from therapist
**AMANDA
TEN NAPEL**

Interconnections Therapy opened in August of 2020 in Sibley. After more than five years of experience in rural mental health, owner Amanda Ten Napel opened her own practice and provided the county with their only full-time outpatient mental health therapy service. As a Licensed Marriage and Family Therapist, a Certified Employee Assistance Professional and a Qualified Department of Transportation (DOT) Substance Abuse Professional, Amanda offers a variety of counseling services for children, adults, families and couples with conditions including depression, anxiety, marital struggles and abuse. She believes in a non-judgmental approach in helping her clients find true healing.

Amanda started her lifetime of service from a very young age, accompanying her family on mission trips and community outreach service. Growing up in a small, rural community in central Iowa allowed her to understand the benefits of a small community and the unfortunate limitations they can have at times. Her passion for serving and her experiences make offering important counseling and mental health services in the rural community she shares a perfect fit.

Amanda prides herself on being a part of this community - Living here, working here, raising a family here allow her to understand the culture of this area and is often seen as a comfort for her clients. "The best compliment I have received in my profession is that they felt I was 'real' - this allowed them to feel comfortable with me and ready to come back", Amanda stated.

A mom of two boys who keep them on their toes, Amanda and her husband reside in the Sibley area and both own businesses in the area. Osceola County is thankful to Amanda for taking the leap into small business ownership and providing a much needed service to our community members.

To learn more about Amanda or Interconnections Therapy, call 712-754-2400 or go to www.interconnections-therapy.com.

Transitional care

(ALSO KNOWN AS "SWING BED")

offers support for patients recovering from an acute illness or surgery who no longer require acute hospital care but are not yet ready to go home.

We provide you
with the **highest**
quality care close to

home

Our transitional care team is especially equipped to meet the needs of even the most complex patients.

After Complex Surgery Cardiac, neuro, orthopedic, abdominal and more

Wound Care Special attention for wound healing

Intravenous (IV) Antibiotics To treat a variety of infections

Specialized Therapy Including physical, occupational, speech and respiratory, and an array of supportive services



Osceola Regional Health Center's Transitional Care Program

is supported with evidence based best practices through a partnership with Allevant Solutions developed by

Mayo Clinic
and

Select Medical.

allevant



FOR TRANSITIONAL CARE QUESTIONS
712-754-5330
www.osceolarhc.org/services/swing-bed

PLEASE TAKE
A MOMENT TO

**thank your
healthcare
team.**

**TWO GREAT OPPORTUNITIES TO
THANK YOUR HEALTHCARE TEAM**

■ **WE CREATE CARD**

Recognition Program honoring employees
for their exception service and care.

■ **DAISY AWARD**

National program specifically honoring nurses who provide
above-and-beyond compassionate care to patients and families.

We welcome your feedback regarding
your recent stay and would love to
celebrate those who positively impacted
your experience.

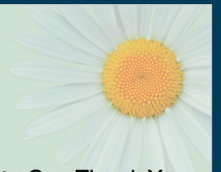
PLEASE TAKE
A MOMENT TO

**thank your
healthcare
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We CREATE

At Osceola Regional Health Center, we
strive to better serve our community so
have instilled the following core values.

**Compassion, Respect, Excellence,
Accountability, Teamwork for
Everyone.**



**Want to Say Thank You
To Your Nurse?**

Share Your Story!

The DAISY (Diseases Attacking the Immune System) Award is an international recognition program that honors and celebrates the skillful, compassionate care nurses provide every day. The DAISY Foundation was established by the family of J. Patrick Barnes after he died from complications of the auto-immune disease ITP in 1999. During his hospitalization, they deeply appreciated the care and compassion shown to Patrick and his entire family. When he died, they felt compelled to say "thank you" to nurses in a very public way. To learn more, visit DAISYFoundation.org

Please say thank you by sharing your story of how a nurse made a difference you will never forget!



NOMINATE TODAY!

Scan with your smartphone to
download the nomination forms.

