

THE ANNUAL REPORT EDITION

create



Osceola
REGIONAL HEALTH CENTER

AN AVERA PARTNER

Patient volumes have
continued to increase

MORE ON PAGE 2

Physical Therapist
perspective on
pain following knee
replacement surgery

ON PAGE 5

Our nursing team
provides outstanding,
compassionate care
around the clock

ON PAGE 7



Osceola
REGIONAL HEALTH CENTER

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welcome!



As I reflect on the past year at Osceola Regional Health Center, I am grateful for the continued trust and support of our communities. Thanks to your partnership, we've experienced one of the most impactful years in our hospital's history.

A major milestone this year was the creation of Osceola Senior Living through the acquisition of Country View Manor. This achievement was made possible through the generosity of community members, donors and local organizations whose financial and moral support helped turn this vision into reality. I am especially grateful to the leadership team at Osceola Senior Living who made sure the transition went well for all residents, families and employees. I'm also thankful to the employees who believed in our mission and continue to provide the same quality care every day.

In their first half year, the Osceola Senior Living team has been successful in improving staffing levels, which resulted in less temporary agency workers. In order to ensure privacy and dignity for our residents, we are now offering private rooms for all residents, with the exception of spouses and others who may choose to share a room. In the coming year, we will continue to invest in assisted living and care center building improvements, demonstrating our commitment to stable, quality senior care for the residents of Osceola County.

At Osceola Regional Health Center, patient volumes have continued to increase over the last couple years, demonstrating that more individuals and families are choosing local care close to home. We're honored by that confidence and proud of our dedicated employees, providers and volunteers who deliver compassionate, high-quality care every day.

Looking ahead to 2026, we are preparing for one of the most significant transformations in our hospital's history - a comprehensive building project that will begin this year. This project will include a new laboratory, an expanded and modernized emergency department, updated clinic spaces and redesigned registration areas that improve both privacy and efficiency. Maintaining the status quo of our aging building is no longer an option and we now need to make significant improvements to our campus.

We hope you will continue to support your local hospital in the years to come, whether through feedback, philanthropy, or by choosing to keep your health care local when possible. Osceola Regional Health Center is an essential asset for our community and we need your support now more than ever.

Our commitment to providing exceptional health care services with compassion, respect, excellence, accountability and teamwork remain our guiding light. Thank you for your trust and partnership.


Joe Heitritter
OSCEOLA REGIONAL HEALTH CENTER
CEO | FACHE | LNHA



Hospital

600 9th Ave N, Sibley, Iowa
712-754-2574
EMERGENCY DEPT STAFFED 24/7



Care Center

(previously Country View Manor)
100 Cedar Ln, Sibley, Iowa
712-754-2568

Assisted Living

(previously Heartwood Heights)
409 9th Ave N, Sibley, Iowa
712-754-3009

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

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

NEW BEGINNINGS VOLUNTEER HOURS

 **20**
Volunteers

 **3620**
Hours

**SAME-DAY SURGERIES
INCREASED BY
35.4%**

OUR YEAR IN numbers

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

 **112,266**
**OUTPATIENT
PROCEDURES**
23,508 Total Outpatients

191 TOTAL EMPLOYEES
INCLUDES ALL CONTRACTED MEDICAL STAFF



145 **MEDICAL
STAFF
MEMBERS**

 **180 INPATIENTS**
128 Acute Patients (445 DAYS)
52 Swing Bed Patients (551 DAYS)

\$25,327,677
2024 HOSPITAL ECONOMIC IMPACT

FOR FISCAL YEAR 2025 UNCOMPENSATED CARE

\$211,365

73% Bad Debt
\$154,278

27% Charity Care
\$57,087

16,577
**THERAPY
VISITS**
INCLUDING PHYSICAL,
OCCUPATIONAL AND SPEECH



 **197**
**WELLNESS
CENTER
MEMBERS**



69

**RESIDENTS
AT OSCEOLA
SENIOR LIVING**

41 Care Center
28 Assisted Living

**APPROXIMATELY
\$93K
COMMUNITY
DONATIONS**



\$19K
**CHILDCARE
SUPPORT**

What's new in Wellness & Rehab

Neurological Condition Rehab

When disease or injury affects the nervous system, we can use exercises and programs to improve movement, function, speech and activities. We can assist with improving your quality of life following visual impairments, stroke, traumatic brain injury, Parkinson's disease, or Alzheimer's disease.

Our staff are certified in:

- **LSVT BIG** focuses on helping participants walk faster, move more confidently and perform daily activities with greater ease.
- **LSVT LOUD** targets vocal strength and clarity, helping individuals speak louder and more clearly so they can be understood in everyday conversations.

Patients are seen 4 times a week for 1 hour sessions for 4 weeks, daily homework is required. For more details please call at 712-754-5368.

Pediatric Therapies

At Osceola Regional Health Center, we offer a full range of pediatric therapy services to help children grow, move and communicate to the best of their ability. Our team of skilled physical, occupational and speech therapists provides individualized care in a supportive, family-centered environment. Using fun, play-based and evidence-based approaches, we help children from infancy through adolescence build the skills they need to thrive at home, school and in the community.

If your child is experiencing challenges, physical therapy can make a real difference.

Learn more on our website, www.osceolarhc.org/therapy or please give us a call at 712-754-5368

We're so proud of his hard work and determination!

Meet our amazing 7-year-old patient diagnosed with autism who was struggling with toe walking. Through dedicated physical therapy sessions focusing on strength, balance and gait training, we've seen incredible progress!

After 2 months of consistent therapy, this superstar has achieved:

- Improved heel-to-toe walking
- Increased lower leg strength
- Better balance and coordination
- Enhanced overall mobility and confidence

PATIENT
SUCCESS
STORY!

CHECK OUT OUR FULL LIST OF SERVICES ONLINE
www.osceolarhc.org/services

Get it done at Osceola Regional Health Center.



“

Patients that have received the iovera° injection have significantly decreased pain levels following knee replacement surgery, which correlates to greater ease with the stretching program. When they have greater range of motion, they are able to ambulate without the compensatory maneuvers and thus improving their confidence in their daily routine.

— Kyle Ingwesen,
DPT

need a new knee?



Let Osceola Regional Health Center's **Pain Management services** help you

get **back on the move** with an iovera° injection prior to your knee replacement surgery.

What is iovera°? is a handheld device that allows us to apply just the right amount of extreme cold only to the specific nerve we want to target—the ones causing you pain. The iovera° treatment is localized, non-surgical and does not contain medicine or opioids. This procedure should be done 2-4 weeks prior to knee replacement surgery to provide maximum relief during your recovery.

FOR MORE INFO OR TO SCHEDULE
CALL 712-754-5326

Less
Pain

More
Movement

Increased
Strength

Back
on the
Move

Dedication to our community

Community Education

Lunch and Learns

Osceola Regional Health Center's lunch & learns promote community wellness through education, connection and free food. We believe that an informed community is a healthy community, so we are doing our part by providing free education on a wide variety of topics. These presentations can be attended in-person or you can watch them online!

Check out our Lunch & Learn schedule, sign-up or watch our previous presentations online at www.osceolarhc.org/lunchlearn



Lunch & Learn about Bone Health with Dr. Wilclint, Sept. 2025

38
AVERAGE
ATTENDANCE
OF LUNCH &
LEARNS

Investing in our youth

Supporting and educating the youth of our community is very important to us. Osceola Regional Health Center participates in youth education in a variety of different ways including: Farm Safety Day, S-O Career Day, School to Career and more! Our School to Career program is a partnership with Sibley-Ocheyedan School District that provides students a well-rounded, on-the-job, hands-on experience while earning school credit. The program allows students to expand their knowledge of the various opportunities within healthcare and help them make more informed decisions along their career path. Additional opportunities for students include shadowing, internships, preceptorships and clinical rotations.



S-O Career Day, April 2025

ABOUT
3
SCHOOL TO
CAREER
STUDENTS
PER SEMESTER

Community Wellness



84
AVERAGE
ATTENDANCE
OF RUN/WALK
EVENTS

5K Races & Fun Walks Osceola Regional Health Center partners with Avera Medical Group Sibley to host two community wellness events each year: **Good Ole Summertime 5K with Kids' 1K Fun Run (June)** and the **Pumpkin 5K Run/Walk/Bike (October)**. The goal of these events is to promote community wellness and physical activity.



\$19,000
RAISED FOR
SCHOLARSHIPS
AND TUITION

ORHC Open, Aug. 2025

Investing in the future

ORHC Open

Fundraising golf event dedicated to supporting the next generation of healthcare in Osceola County. Hosted by Osceola Regional Health Center, this annual event raises scholarships/ tuition funds for local students furthering their education in healthcare-related fields. Through community support and a little friendly competition, we hope to continue to make a meaningful impact on the lives of local students and the future of healthcare in our region.

See event photos and scholarship recipients online www.osceolarhc.org/orhc-open

Providing Quality Care

Providing quality care means being prepared for every situation because every second counts. At Osceola Regional Health Center, we show our dedication to our community by continually investing in our staff. Through ongoing education, hands-on training and advanced certifications, our team is committed to staying ready for anything that comes through our doors. By sharpening our skills and expanding our knowledge, we ensure that every patient receives the best possible care.



Emergency Preparedness Drill, Oct. 2024



1,145
EMERGENCY
ROOM VISITS
IN 2025 FISCAL
YEAR

Simulation in Motion - IA at ORHC, Sept. 2025

Body in Balance

Our physical therapy staff held four-week programs at Sibley-Ocheyedan and Harris-Lake Park to teach the young athletes and their coaches techniques to stay in top form and to help avoid common sports injuries.

**Train Smarter,
Play Harder,
Stay in the Game**



Help us **Build our future**

*Osceola Regional Health Center is preparing to launch a capital campaign dedicated to improving patient care and strengthening the future of health care in Osceola County.
Read more details on page 2.*

**We look forward to sharing these plans
with the community in early 2026!**

*Osceola Community
Hospital, 1963*