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YOUR HEALTHY FUTURE STARTS *HERE*



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"The physical therapy team at ORHC allowed me to get back to my job with confidence."

KEVIN KRUGER SHARES HIS STORY | PG. 4

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Women's Healthcare is in **GOOD HANDS** *Right Here in Sibley*

The women's health services at Avera Medical Group Sibley (AMG Sibley) and Osceola Regional Health Center (ORHC) are second to none, a testament to our passion for providing exceptional healthcare in our community.

"Staying on top of your health is essential to maintaining a high quality of life," family medicine physician, Dr. Rachel Wilcinot said. "Life can get hectic, which makes it easy to put off care—particularly preventive care—but we encourage all women to make it a priority."

Avera Medical Group Sibley offers a full range of health services for women, including preventive screenings, obstetrical and gynecological services, care for chronic conditions, and more. We strive to make personal connections with each of our patients to ensure personalized care that leads to the best possible health outcomes.

Nurse Practitioner Tasha Jennings, DNP, adds, "One of the benefits of receiving care in a small community like Sibley is our ability to form strong relationships with our patients and get to know them as individuals. We can create a level of comfort with them that helps us provide the care they need."

Prevention and Early Detection

When it comes to preventive healthcare for women, there are essential screenings that all women need at some point in their life. These are all offered to help ensure women in our community stay healthy or take early action against issues before they pose more serious health risks.

These screenings include:

- Mammograms
- Heart and vascular screenings
- Pap tests
- Pelvic exams
- Bone density scans
- Thyroid screenings

"We're very fortunate to not only offer all necessary preventive screenings for women, but to also have cutting edge technology available to ensure we provide the most accurate and useful results possible," family medicine physician Eberechi Ekechukwu, MD, shared.

3D Mammography

One of the best examples of our dedication to providing advanced technology is the addition of 3D mammography. 3D mammography is proven to detect breast cancers earlier, reduce unnecessary call backs, and find more invasive breast cancers while using less radiation.

This advanced mammogram includes a tomosynthesis scan where an x-ray arm sweeps over the curve of the breast, taking multiple pictures. These images are converted into a stack of thin layers, allowing the radiologist to review the breast tissue one layer at a time for the most accurate diagnosis of breast health. A 3D mammogram requires no additional compression and takes just a few seconds longer than a conventional 2D breast screening.

“One in eight women will develop breast cancer in their lifetime,” family medicine physician Eberechi Ekechukwu, MD, said. “Taking the time for breast cancer screenings can mean the difference between early detection and excellent chances of survival or dealing with aggressive, late-stage cancer.”



Planet Heart Screenings

Another comprehensive screening package that ORHC offers to help women protect their health is Planet Heart. Planet Heart combines multiple preventive screening into one, to help provide a complete look at a women’s heart and vascular health and identify issues early.

These screenings are available right at ORHC for quick and easy access to essential health information. Plus, patients can benefit from a risk assessment and education provided by our expert team, including a diet quality index and nutrition counseling.



By offering such a wide range of preventive services right here, we hope women are encouraged to take advantage of them. *We're proud of the level of care we can provide for Sibley and the surrounding community.*

– TASHA JENNINGS, DNP



Women’s Healthcare for All Ages & Stages

Beyond preventive care, AMG Sibley and ORHC have the resources to provide care for nearly every aspect of a woman’s health— from adolescence through senior care. Our team of providers can assist women with gynecological issues, fertility questions, menopause, and more.

“We’re a comprehensive care team,” family medicine provider Tasha Jennings, DNP shared. “We’re here to provide high quality care locally, to ensure patients can live their lives to the fullest.”

Stay on top of your health and schedule an appointment with your provider at Avera Medical Group Sibley.

Call **(712) 754-3658** today and let your provider know you’d like to receive care at Osceola Regional Health Center for your women’s health needs.



Keeping Care Close to Home for a Successful Recovery

When Kevin Kruger suffered a shoulder injury in March, he was able to receive all the care he needed—from pre-surgery preparation to final rounds of physical therapy before getting back to work—right here at Osceola Regional Health Center.

“I broke the bone that holds my rotator cuff in place,” Kevin explained. “It was a freak accident, but I’m lucky the team at ORHC was there to put me back together.”

While no injury is a good injury, Kevin has made an excellent recovery following his surgery and personalized physical therapy.

“Any time we are able to provide a complete range of care for a patient it helps create the most positive outcome,” Kyle Ingwersen, Kevin’s physical therapist at ORHC shared. “We’re able to monitor them closely and adjust care as needed, which is helpful for the recovery process.”

Like anyone going into surgery, Kevin was a little anxious. But he shared how the ORHC staff kept his mind at ease.

PICTURED BELOW:
Physical Therapist Kyle Ingwersen (right) assisting patient Kevin Kruger (left).

“I was definitely a little nervous. I watched too many shoulder surgery YouTube videos,” he said with a laugh. “But they helped me keep calm. Kyle, my physical therapist, was adamant about telling me where I needed to be and what to expect.”

Once Kevin’s surgery was successfully completed, he began a physical therapy regimen to regain his strength and range of motion in his shoulder.

“The physical therapy team at ORHC is excellent. They are so knowledgeable and friendly; you feel right at home. They actually make it fun to go there!” he shared. “And one of the best things they did for me was actually design exercises based on activities I was having trouble with or needed to be able to do for work. This allowed me to get back to my job with confidence.”

Kevin’s case is a perfect example of the great work our physical therapy team does every day. They are dedicated to working with each patient individually to create and implement exercises for the most successful recovery.

A positive attitude like Kevin had also helps, Kyle shared. “We always try to encourage patients to stay positive and give 100% when doing physical therapy, and Kevin certainly did that,” he explained. “We are very happy with how well he has recovered.”

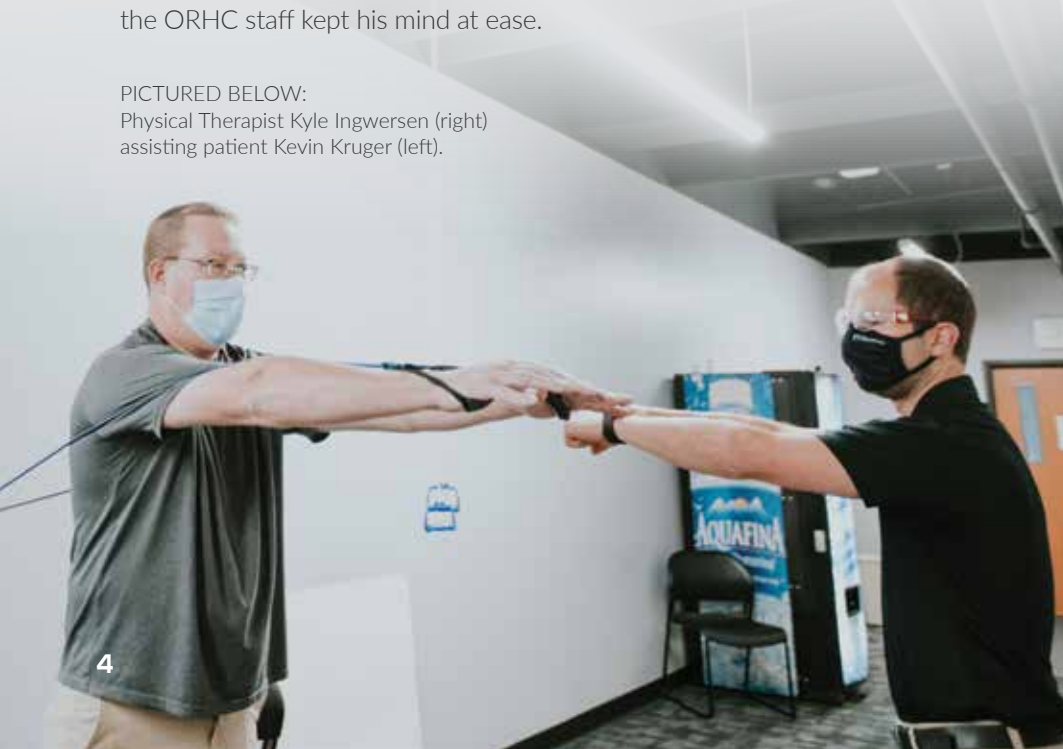
After completing physical therapy in order to return to strenuous job duties, Kevin was able to get back to work right after Labor Day. It’s always rewarding to see a patient get back to living their life to the fullest.

If you’d like to set up a physical therapy appointment, call **715-754-5368** or visit www.osceolarhc.org/services/therapy to learn more.



ORHC Orthopedic Surgeon, Dr. Bryce Braaksma, Shares Top Tips for Winter Joint Health:

-  1. Stay active with low-impact indoor workouts like walking on the treadmill or yoga
-  2. Eat healthy, calcium-rich foods such as milk or yogurt, oranges and leafy greens
-  3. Wear shoes or boots with flat, sturdy rubber soles when walking outside to help avoid slips and falls
-  4. When outside, be sure to dress in layers to keep joints warm and don’t forget gloves or mittens
-  5. Drink plenty of water





Heartwood Heights: Offering Safety & Community in Uncertain Times

For seniors in Sibley and the surrounding communities, Heartwood Heights provides a wonderful and safe place to live. With options for both assisted and independent living and an exceptional staff, this senior community located on the Osceola Regional Health Center campus helps residents thrive—even in these challenging times.

Since the beginning of the coronavirus pandemic, Heartwood Heights has swiftly implemented necessary protocols to ensure the safety of current residents and allow for the safe arrival of new residents into their supportive community.

Sarah Loerts, RN, Assisted Living Nurse Manager, shared, “We are dedicated to ensuring the safety of our residents while still providing a fulfilling living space to meet all their needs.”

For those who may be considering a move to Heartwood Heights or who are curious if it would be a good fit for their loved one, Sarah shared a list of the safety protocols they have in place.

Safety protocols include:

- New and current residents are screened daily for respiratory illness
- All staff is screened at the beginning and end of each day for respiratory illness
- All staff wears appropriate PPE as instructed by the Iowa Department of Public Health (IDPH)
- All visitors are screened for illness and must wear a mask for their entire visit
- All meals and group activities meet IDPH guidelines for social distancing

“We know that keeping residents safe must be our priority, and we feel we’re doing a great job of that,” Sarah said. “But I think one of the biggest benefits we offer our residents is that we have a community that allows for less isolation than living at home, which can lead to mental health struggles. Residents get to socialize safely, have access to nutritious meals, and enjoy other services to help maintain their health and safety.”

The community aspect of assisted living is where Heartwood Heights really shines. Even while adapting to the challenges of this year, they provide residents with opportunities to talk, laugh and make connections every day.

“While some of the activities we’ve done before aren’t feasible now, there are still many great ways residents can come together for social interaction,” Sarah explained. “Residents can partake in group exercises classes, crafting projects, trivia games, bingo, virtual worship services and more.”

Now more than ever, having a sense of community—a sense of home—is so important, particularly for maintaining mental health. And Sarah believes that Heartwood Heights provides just that.

“Residents always say they wished they moved in sooner,” she shared. “When someone decides that this is their home instead of looking back to where they lived previously or thinking of this as a temporary residence, they’re really happy with their new community.”



A COMMUNITY TO CALL HOME.

To learn more about Heartwood Heights and how they are ensuring safety for current and incoming residents, please call **712-754-3009** or visit www.osceolarhc.org/facilities/heartwood-heights.



HEALTHY THANKSGIVING SIDE DISH

Cauliflower Mashed Potatoes

By: Sheila Storbakken, Registered Dietitian at ORHC

Thanksgiving is a time of tradition, but how about a new tradition? Help your family to increase their intake of vegetables. Research has shown that increased consumption of vegetables has helped improved health in many ways. Vegetables provide fiber, vitamins, minerals and phytochemicals that help fight heart disease, diabetes, high blood pressure and cancer and even helps promote a healthy weight.

This Thanksgiving, try mixing potatoes and cauliflower together to make “Mashed Potatoes and Cauliflower.” The added cauliflower increases the fiber, vitamins and minerals and has less calories than potatoes.

Mashed Potatoes and Cauliflower

Makes 4 Servings

Ingredients:

- 1 medium head cauliflower, cut in small pieces
- 4 small new potatoes, peeled, cut in ¼.
- 2 Tablespoons heavy cream
- 3 Tablespoons sour cream or plain Greek yogurt
- ¼ teaspoon salt
- 1 tablespoon butter

Directions:

In a heavy medium-size pot, bring about six cups of water to a boil. Add cauliflower and potatoes to water. Cook cauliflower and potatoes until tender. Drain off water. Whip or mash cauliflower and potatoes until no lumps remain. Add remainder of ingredients and mix together. Serve and enjoy!

Follow our blog for more recipes and tips to eat healthy through fall and winter! Visit osceolarhc.org/blog.



Colonoscopy: The Procedure That Can Save Your Life

A colonoscopy is an essential diagnostic screening to ensure individuals have a healthy colon and to catch potential problems, most notably colon cancer, early enough that more serious health issues can be prevented. When caught in its early stages, colon cancer has a survival rate of 90%.

The U.S. Preventive Services Task Force recommends that adults have their first colonoscopy when they turn 50, with the expectation that if they are healthy, they continue to have one every 10 years. If non-cancerous polyps are found during the procedure, another colonoscopy is recommended in three years for follow-up. For those who are considered at high risk for colon cancer, typically due to family history of the disease, it is recommended to have a colonoscopy by age 45.

Don't put off getting a colonoscopy if you are nearing age 50 or have a family history of this disease. This simple act can help you stay healthy—or even save your life.

Call (712) 754-3658 to schedule an appointment with your primary care provider and discuss your colon cancer screening options today. Let your provider know you'd like to have your screening done at ORHC.



community spotlight

PICTURED:
Rick and Rob Stanton co-owners
of Sibley Sheet Metal.

It Takes a Community to Build a Hospital

Sibley Sheet Metal Inc. Heating & Cooling is a family business that has served individuals and businesses in Sibley for over 30 years. Originally founded by Merlin Stanton in 1985, his sons Rick and Rob Stanton now run the business and continue to provide exceptional service for our community, including a longstanding partnership with Osceola Regional Health Center.

“Rob and I were born and raised in Sibley,” Rick shared. “We’re second generation at the business, and we now have the third generation working in the business too. It’s extremely rewarding.”

As a healthcare facility we know that the community depends on us to care for them, and businesses like Sibley Sheet Metal help make that possible. They help ensure integral systems stay up and running, including heating and air conditioning, essential refrigerators and freezers, and our blood bank.

“We know how fortunate we are to have a healthcare facility like Osceola Regional Health Center in a community our size,” Rob said. “People want medical care where they live and work. Being able to contribute to that and help ensure they can provide high quality care is something we’re extremely proud of.”

The list of services they provide for ORHC is long, which is a testament to the care with which they complete every project—no matter how big or small. They are a trusted partner and work closely with our maintenance team to support the overall maintenance and organization of the hospital.

“The hospital has served us and our families and employees, so it only makes sense that we’d want to serve them too,” Rick shared. “Beyond heating and cooling, we service and install water heaters, do custom metal fabrication, and provide maintenance work at the health center, daycare and thrift store. It’s a great working relationship between everyone.”

Having strong connections with businesses like Sibley Sheet Metal makes us extremely grateful for our community. They demonstrate our shared dedication to caring for one another and a wonderful example of the values we all share.

Because Rick and Rob and the team are here when we need them most, we can be there when our community needs us most.

Sibley Sheet Metal offers the following services:

- Heating
- Cooling
- Air quality control
- Fireplaces
- Water heaters
- Metal fabrication
- General maintenance

To learn more about what Sibley Sheet Metal offers, visit www.sibleysheetmetal.com.

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osceolarhc.org/about/create-community-newsletter

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