

Lakes Regional Healthcare Health Happenings

November 2021

Emergency Care, Where and When You Need It

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Follow Us on Social Media

Like us on Facebook and follow us on Twitter and Instagram to stay up to date on what's happening at Lakes Regional Healthcare! We also love it when people direct message us – we're always looking for feedback on how to improve the care experience!

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A Message From the CEO

The fall season brings thoughts of harvest, changing leaves, Thanksgiving, bonfires, fall sports, and time outdoors. It gives us time to pause and consider all the things we have to be thankful for, and I'm hopeful this time of year provides you with an opportunity to do that.

It's also a time to think about doing things to keep us healthy. Fall brings "Breast Cancer Awareness Month" in October. One in eight women will develop breast cancer in their lifetime, and regular screening is the key to detection and long-term positive outcomes. This year the month is especially significant to me, as I have a younger sister who was recently diagnosed with Stage 3 breast cancer. She had skipped several years of getting a screening mammogram, and found a lump through self-evaluation. The cancer was advanced and initial prognosis was not positive. She has spent the last year going through radiation and chemotherapy treatments which have been difficult for both her and her family. Although her current prognosis is good, earlier diagnosis may have allowed for alternative and less invasive treatment options. I know she would encourage all women not to skip their annual mammogram.

November is "Prostate Cancer Awareness Month." This campaign also has a particularly strong influence on me given both my father and father-in-law have undergone treatment for prostate cancer. Fortunately, both were caught early though each of them spent considerable time in successfully treating their cancers. I also have a very close friend whose ongoing battle with prostate cancer is entering year three. This has created many trips for radiation and other treatments to keep his cancer at bay. I remind my son often that given his genetics, he needs to stay on top of this. The facts include that if you are a man that lives beyond age fifty, you have a rapidly increasing chance of developing prostate cancer. (80% of prostate cancers are diagnosed after age 65.) I strongly encourage you to visit with your primary care provider to determine when a PSA test is appropriate. Family history and age play a factor, but general guidelines suggest all men should be screened no later than age 55, or earlier with a family history of the disease.



Vaccines are another important way to lower the prevalence of illness. We are in the midst of the flu season and it is not too late to get your influenza vaccine. Although it was my hope to not mention COVID-19 in my message, the COVID vaccine is an effective way to lessen your chances of contracting the virus as well as reducing your chances of severe illness should you contract it.

I recently read a study published by the Robert Wood Johnson Foundation that indicated 38% of people put off seeking care due to the COVID pandemic. Some portion of that includes wellness and prevention screenings and if you are one of those 38%, please know that we are going to great lengths to ensure your safety as a patient at Lakes Regional Healthcare. You are at much greater risk of developing a significant health issue by putting off your screenings than you are of contracting COVID-19 at Lakes Regional Healthcare.

I want to thank each of you for your continued trust in us to be your chosen healthcare provider. Many of you have shown additional support by volunteering and making financial contributions to the Lakes Regional Healthcare Foundation. We are grateful to each of you.

Holidays are a time to celebrate family and I wish each of you a safe and healthy holiday season. My holidays will include conversations about cancer, COVID-19, and family health. I hope some of yours do as well. May we all remain committed to wellness and not grow weary of these important conversations.

If you ever have any suggestions, concerns, or want to visit, please feel free to contact me at jason.harrington@lakeshealth.org or via phone at (712) 336-8795.

Best wishes,
Jason C. Harrington, FACHE
President & CEO

Vaccines Important for Good Health

Widespread immunizations have helped decrease or virtually eliminate many dangerous and deadly diseases in the United States. Yet because vaccines have been so effective at removing threats, it's sometimes difficult to appreciate just how significant they are and have been to our health, both individually and as a community.

Consider how you no longer have to worry about smallpox, which killed up to 30% of people who caught it. Nor do you worry about rabies, which killed everyone who got it, because we now give our pets rabies shots and we have medications to prevent its progression if bitten by a rabid animal. Or consider polio, which previously caused

temporary or permanent paralysis that would stop a person's body from breathing on its own. You rarely hear about polio anymore because there have been no cases in the United States since 1979.

For these and many other reasons, we encourage everyone to get routine immunizations as outlined in the charts below. Dickinson County Public Health can provide all of these except for the shingles vaccine. They also provide other immunizations for those traveling out of the country. Immunization clinics are held every Tuesday and Wednesday. **Appointments can be scheduled by calling 712-339-6050.**

	Birth	2 Mos	4 Mos	6 Mos	12 Mos	15 Mos	18 Mos
Hepatitis B (HepB)	•	•	•	•			
Diphtheria/Tetanus/Pertussis (DTap)		•	•	•			
Polio (IPV)		•	•	•			
Rotavirus		•	•	•			
Pneumonia		•	•	•	•		
Measles/Mumps/Rubella (MMR)					•		
Chicken Pox (Varicella)					•		
Hepatitis A (HepA)					•		•
Diphtheria (DTap)						•	

All above are required by schools for 7th graders, except Hepatitis A.

	4 Yrs	11 Yrs or 7 th Grade	16 Yrs or Senior	50-60 Yrs	65 Yrs
Measles/Mumps/Rubella/Chicken Pox (MMR-V)	•				
Diphtheria/Tetanus/Pertussis/Polio (DTap-IPV)	•				
*Tetanus/Diphtheria/Pertussis (Tdap)		•			
*Meningitis ACWY		•	•		
HPV		•••	Adults between ages 26-45		
Meningitis B			•		
Pneumonia					•
Shingles				•	

A flu shot is encouraged each year for ages 6 months and older. Hepatitis A and Hepatitis B may be encouraged for adults; talk to your provider. *Required **Two or three injections depending on age

Everyone Matters Here

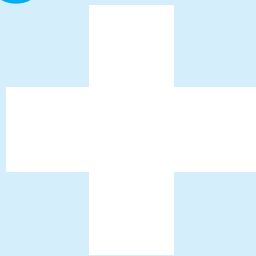
Are you calm and caring? Perhaps you're detail-oriented. Or are you a creative, out-of-the-box thinker? Maybe you have a great sense of humor. We each have our individual strengths and that's what makes working here fun and what makes the care and service we provide great. At Lakes Regional Healthcare, everyone matters. Everyone plays an important role, regardless of their title or department, to make our organization work seamlessly. We often hear staff say how happy and proud they are to work at Lakes Regional Healthcare. The work we each perform not only fulfills the organization's mission of improving health and well-being of people in the Iowa Great Lakes region; our work is fulfilling and personally gives us a purpose to make the world a better place, one patient at a time.



We have opportunities available and would love to meet you if you're interested in joining our team. Please check out our opportunities online at www.lakeshealth.org/careers or call us at:

712-336-8790

Healthcare When You Need It



We're fortunate to have several ways to receive healthcare in the Iowa Great Lakes. However, it's important to know where to go for your injury or illness that is the best for your health and your finances. Here are some tips to help you out:

Non-Emergent, Acute Health Concerns

- Minor burns and cuts
- Cold or flu symptoms
- Ear ache
- Allergies
- Nausea

QuickCare Clinic

Lakes Regional Family Medicine
2301 Hwy 71 South, Spirit Lake
712-336-3750
Monday-Thursday, 1-6 pm
Saturday, 8 am – noon

Chronic and Routine Health Concerns

- Diabetic management
- Heart health and management
- Obstetrical care
- Well child care
- History and physical examinations
- Establishing care with a new provider

Lakes Regional Family Medicine

2301 Hwy 71 South, Spirit Lake
712-336-3750
Monday – Friday, 8 am – 5 pm

Emergent Health Concerns

- Chest pain
- Shortness of breath
- Major burns/cuts
- Complications from pregnancy
- Poisoning or drug overdose
- Stroke-like symptoms
- Suicidal thoughts

Lakes Regional Healthcare ER

2301 Hwy 71 South, Spirit Lake
Available 24 hours/day, every day

Bigger Isn't Always Better

You've likely heard the phrase "bigger isn't always better." The Iowa Great Lakes is an example of this. We may not have the biggest lakes or the highest population or the largest amusement park, but our area and amenities sure do shine compared to many bigger resort communities. The same could be said for Lakes Regional Healthcare. One local resident, Nancy Lauridsen, realized this first-hand in the past year.

In early 2020, Lauridsen had pain in her hip and found it increasingly difficult to walk. She spends seven months

"...Lakes Regional has the expertise, equipment, and ability to do a great job,"

out of the year in Naples, Florida and decided to visit an orthopedic surgeon there. Unfortunately, she was

misdiagnosed with having a neurological issue that was supposedly affecting her pain and ability to walk. In order to get a second opinion, Lauridsen visited the Mayo Clinic's location in Jacksonville, Florida for neurological testing. As the tests came back normal, she had a simple x-ray that revealed the cartilage in between her hip bones was nonexistent, causing her pain.

She planned to return to Iowa and receive an injection for her pain in Spirit Lake and have hip replacement surgery at the Mayo Clinic in Rochester, Minnesota. However, it was March 2020 and COVID was beginning to affect the country. Joint replacement surgeries were considered elective and postponed until a later date due to COVID.

As she was housebound waiting to be able to go to Mayo, she heard a doctor in the lakes area did robotic surgery. Lauridsen scheduled an appointment with Dr. Chris Rierson of Northwest Iowa Bone, Joint & Sports Surgeons in Spirit Lake. Elective surgical procedures were being

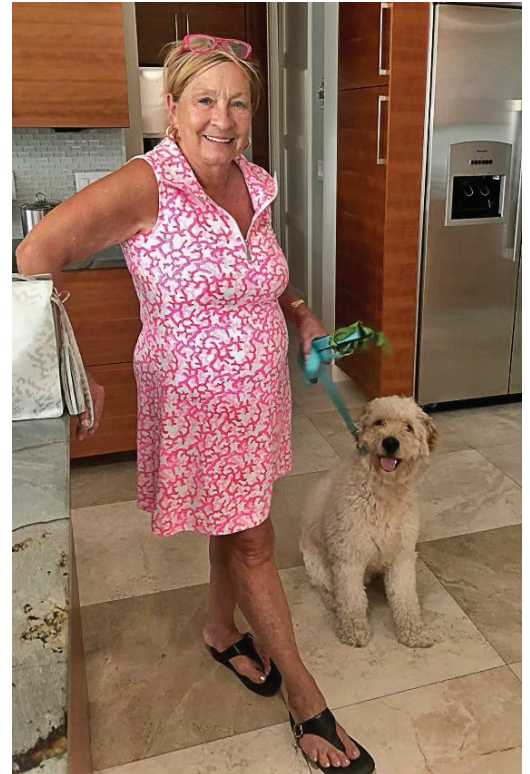
provided off and on based on the state's COVID regulations, and she was finally able to receive surgery in June.

The surgery went extremely well, but after walking in a certain way to reduce her hip pain before

her surgery, she ruined the knee on her opposite side. Dr. Rierson suggested a partial knee replacement, which Lauridsen had in June of 2021.

With both surgeries, she stopped taking pain medications before leaving the hospital. In fact, after her knee surgery, therapists said her recovery at just over one week out was similar to others two months after surgery. "It wasn't a cake walk, but it was such a relief to not deal with real intense pain and discomfort anymore," she said. "If your doctor recommends surgery, do not delay having surgery. Start reclaiming your life again."

Lauridsen has done just that and is now enjoying life back in Naples. "I had thought the only place you could go was the Mayo Clinic, but Lakes Regional has the expertise, equipment, and ability to do a great job," she said. "They are a diamond in the rough. If I need any other joint replacements, I'm coming to Lakes Regional Healthcare."



Emergency Care, Where and When You Need It

Our ambulance service does an amazing job responding to emergency situations as they arise. However, did you know that the ambulances are not allowed to travel on the ice and are limited on where they can travel off of paved or gravel roads? The Iowa Great Lakes area has several community-wide events that make responding to emergencies difficult for ambulances. In fact, this summer there were two accidents on the bike trail where the patients could not be reached by the ambulance. Also, during last year's hunting season, a hunter with a medical condition and located in the middle of a section was experiencing breathing problems. We drove our ambulance through the field, which was actually not recommended, but it was the quickest way we could access the patient.

Imagine if you were golfing one day and had a serious health concern that needed emergency care. Or if you were farming in the field and had a traumatic injury. Receiving emergency care as quickly as possible would be critically important, and the fact that the ambulance can't travel on or through all terrain could make it longer for you to receive the care you'd need.

Lakes Regional Healthcare Foundation is helping us address these concerns by raising funds for a Polaris Ranger Response Vehicle, which is a Utility Terrain Vehicle or UTV. (continued on page 8)



Yes, I Want to Make a Difference!

We are deeply grateful for the support of our friends in the community. Thank you for your gift to Lakes Regional Healthcare Foundation to benefit the Emergency Response Ranger.

I would like to give a gift of: \$1,000 \$500 \$250 \$100 \$50 Other: \$ _____

Please charge my gift of \$ _____ to my credit card.

Card number _____

Expiration date _____ / _____ (month/year) CV2 number (security code) _____

Signature _____

Enclosed is my check for \$ _____ Monthly gift

My gift is: In memory/honor of _____

Please send acknowledgement to: Name _____

Address _____

City _____ State _____ Zip _____

Emergency Care (continued)

The Polaris Ranger Response Vehicle will allow our Mobile Intensive Care Services staff to respond better to emergency situations during events such as 5K runs, triathlons, campus bike rides, Winter Games activities, snowmobile races, snowmobile drags, and high school football games, not to mention individual activities such as golfing, farming or walking on the trails.

The Ranger Response Vehicle will allow a patient to be picked up and transported on a cot and will also allow three additional people to ride on the vehicle: the driver, the paramedic to provide care, and a possible friend or family member. It would also provide the ability to store medical supplies to provide immediate first-aid care until more advanced care could be provided in the ambulance or at the hospital.

Your contribution to Lakes Regional Healthcare Foundation’s Ranger Response Vehicle will go a long way in ensuring residents and visitors in this area receive the emergency care they need regardless of where they are located. Whether you give \$100, \$1,000 or \$10,000, your gift is greatly appreciated.

We’ve tried to make it convenient for you to help us. Just complete and mail in the form at the bottom of this page. Or you can make a gift online at www.averafoundation.org/donate-with-search and type “Lakes Regional Healthcare” and “Ranger Response Vehicle” in the notes. Or call Sonja Hamm at 712-336-8791.

Lakes Regional Healthcare responds to approximately 2,120 emergency calls each year. Thank you for your help in making those calls as quick and safe as possible.



Please return to: Lakes Regional Healthcare Foundation
Attention: Sonja Hamm, PO Box AB
Spirit Lake, IA 51360

Please make checks payable to Lakes Regional Healthcare Foundation.
Your gift is tax deductible as provided by law.

Please check, as appropriate:

- Address change
- Name change
- I/we have included LRH Foundation in our will
- I would like a personal phone call or visit
- Send volunteer information
- If you prefer to remain anonymous, check this box

Name _____
Title if Business/Organization Gift

Contact Person _____

Mailing Address _____

City _____ State _____ Zip _____

Email _____

Phone Number _____



For more information on how your gifts make a difference or to make your gift online, please visit averafoundation.org/donate-with-search.

Top 4 Tips to Prevent Falling This Winter

Snow and ice will soon be sticking around for a few months. It may be pretty, especially during the holidays, but every winter the number of injuries that come from falls increases by more than 10 times and those spills can happen to any of us.

It's easy to overlook a change in conditions that quickly occurs as we get some snow, freezing rain or a drop in temperature. And sometimes we just don't think before we start walking. Lakes Regional Healthcare Physical Therapist Jason Munden said many slips and falls happen on surfaces people think are just fine and are then caught off guard when they take a tumble. He provides the following tips to reduce your chances of falling this winter:

1 BE A PENGUIN

Walk slowly and point your toes out slightly, taking small steps. Munden said, "This is sometimes called the 'penguin walk' because when you do it, you look kind of like a penguin. When you do this, be sure to keep your head up and don't lean forward too much. Keep your hands out of your pockets, too, because this will help you keep your balance."

2 EQUIP YOURSELF

Make sure you wear shoes or boots with good traction. If they aren't what you want to wear once you're at your destination, pack the shoes you'll want to wear once inside. Shoes and boots you should wear outdoors will have a rubber sole and not be loose fitting. Consider purchasing some traction cleats to attach to your shoes for added traction.

3 GIVE YOURSELF TIME

Just like we usually allow ourselves extra time to drive somewhere in the winter, allow yourself more time to walk from place to place. We all make more mistakes when we are in a hurry or when we're distracted. Stay off your phone and avoid shortcuts.

4 TAKE THE PATH WELL-TRAVELED

Look for the sand or salt on the sidewalk and follow those paths. It's usually when we make our own trails that we slip. Also take advantage of those handrails on stairs.



The Cancer that Affects 1 in 8 Men

Breast cancer is known by many to affect one in eight women, but do you know there's a similar cancer that affects one in eight men? Prostate cancer is that cancer, and it is also the second leading cause of cancer death in American men behind lung cancer.

The scary thing is that it's usually found once the cancer is advanced. Men may experience these signs and symptoms:

- Problems urinating, including a slow or weak urinary stream or the need to urinate more often, especially at night
- Blood in the urine or semen
- Trouble getting an erection
- Pain in the hips, back, or chest
- Weakness or numbness in the legs or feet, or even loss of bladder or bowel control

Fortunately, there is an easy way to catch it much earlier. A Prostate-Specific Antigen (PSA) blood test measures the antigen levels in a man's blood. Men should start getting a PSA test based on their risk for prostate cancer:



Age 50

Those at average risk, which means they do not have any first degree relatives (father or brother) diagnosed with prostate cancer at an early age (younger than 65)

Age 45

Those at high risk for developing prostate cancer (those with one first degree relative diagnosed with prostate cancer at an early age)

Age 40

Those at higher risk for developing prostate cancer (those with more than one first degree relative diagnosed with prostate cancer at an early age)

The time between future PSA tests depends on the results of the blood test.
To learn more, talk to your healthcare provider.

A Hospital Hero Among Us

Congratulations to Home Care and Hospice Aide Alana Blair for receiving a Hospital Hero Award at the Iowa Hospital Association's (IHA) virtual annual meeting in October! IHA's Hospital Heroes program has celebrated hospital employees who have acted courageously in a moments crisis or who have selflessly served their hospitals and communities throughout their careers. Hospital Heroes go above and beyond to do one thing: care for those in need.

Alana always takes the initiative to solve problems when they arise and would never dream of coming in with a complaint or concern without first having thought of a solution. She works hard to find creative ways to help patients celebrate their lives and important events. For example, she baked a special cake for a hospice patient to present to her daughter-in-law. And during her personal time, she mended and altered patient clothing when needed. She's always willing to change her schedule or pick up another assignment. Through her character and work ethic, Alana defines the standards for any outstanding hospice caregiver and we're proud of her. We are fortunate to have her on our team and thank her for the outstanding care she gives to our patients.



Engraved Pavers Honor Loved Ones

Engraved brick pavers and seat walls at Lakes Regional Healthcare's outdoor garden patio are available for purchase as a gift to Lakes Regional Healthcare Foundation. Your gift would memorialize your loved one, and positively impact others who receive care at Lakes Regional Healthcare.

**To learn more, contact Sonja Hamm at 712-336-8791
or sonja.hamm@lakeshealth.org.**



The Little Shop That Makes a Big Difference

Since 1959, the Gift Shop at Lakes Regional Healthcare has provided visitors a way to conveniently purchase last-minute gifts for patients in the hospital. Fresh flowers, cards, books, and more are always available, but the Gift Shop has evolved over the years to provide even more. Now visitors and people from outside the hospital stop in the Gift Shop to buy a gift for a friend or family member for their birthday, Christmas, or special occasion. It's also a place to get a gift for themselves, whether it's a purse, journal, necklace, or decorative item for their home.

Hospital volunteers staff the shop and all proceeds go toward purchasing new technologies to benefit hospital patients. The shop is located inside the hospital's east entrance past the Surgery Center and is open Monday through Friday from 9:00 am until 3:00 pm.

Those interested in seeing what's available at the shop and learning about events and promotions are encouraged to follow The Gift Shop on Instagram @lrhgiftshop.



Home Medical Equipment Available on LRH Campus

Avera Home Medical Equipment of Lakes Regional Healthcare is now open and offers a large inventory, including portable oxygen concentrators, CPAP machines, walkers, wheelchairs, lift chairs, scooters, canes, compression wear, incontinence products, and aids of daily living. Equipment experts are also available to help you choose the best item for your needs, teach how to use the item, and process insurance claims, when appropriate.



When the need involves custom-built items, such as power wheelchairs, stair lifts, vertical lifts for porch or decks, and ceiling track lifts, Avera Home Medical Equipment of Lakes Regional Healthcare staff are available to come to your home for a consultation and quote.

Avera Home Medical Equipment of Lakes Regional Healthcare is open Monday through Friday from 9:00 am until 4:00 pm and is located in the northwest corner of the hospital's campus.

Natural Family Planning Services Available

Over 500 responses were received from a recent Community Health Needs Assessment survey to identify the health needs of the area. Among the responses were several that requested natural family planning services. Natural family planning is used as an alternative to typical birth control methods to avoid or achieve pregnancy depending on the couple's intentions for their family. It is natural and non-hormonal.

Locally, Dr. Craig Cunningham of Lakes Regional Family Medicine provides natural family planning services. He is a natural family planning medical consultant and practices Napro Technology within the context of the Creighton Model. He first refers couples interested in natural family planning to Ashwood Fertility Care Center in Orange City, Iowa, where they learn the natural family planning method. Afterward, he reviews a woman's charting for any abnormalities. Some common abnormalities include hormonal deficiencies, ovulatory defects and sometimes inflammation or infection. He may have her undergo lab tests or imaging exams for further diagnosis and treatment.

If you would like more information about natural family planning, please call 712-336-3750 to schedule an appointment with Dr. Cunningham.

Local Providers That Deliver

These family medicine physicians provide obstetrical care at Lakes Regional Healthcare and can all be reached at **712-336-3750**:

Zach Borus, MD
Craig Cunningham, MD

Averill Fuhs, DO
Mara Groom, DO

Mike Kalkhoff, MD
Andrew Muetting, DO

Whitney Nelson, DO
Steve Vander Leest, DO

Holiday Eating Without the Weight Gain

For many, the holidays are a very difficult time to control body weight. Tempting treats are readily available and busy schedules tend to infringe on regular routines like exercise. Lakes Regional Healthcare Registered Dietitian Beth Samuelson offers the following top 4 tips to help you manage through the holidays and still enjoy them.

1 CONTROL YOUR PORTIONS

Enjoy the food you really want, but do so in much smaller portions. Also, when you do take the time to make food, don't eat it all in one sitting. The same goes with holiday treats that you make or receive. Freeze leftovers and treats to enjoy later. It'll help control your portion sizes, and save you time in the future.

2 SET YOURSELF UP FOR GOOD CHOICES

Don't skip meals the day of a holiday party so you never go to a party hungry. Instead, eat light but filling foods like soup, spinach salad, or fresh vegetables and dip before the big event. Once you're at the party, don't sit or stand next to the food tables. If there's a buffet table, survey the table before selecting your food choices and limit yourself to one trip. If you need more willpower to stay away from the food at a party, or even while you're at home baking holiday meals or treats, chew gum.

3 BE AWARE

Be aware of what you're eating and drinking. The more you know, the more likely you'll stay away from a food item if you don't absolutely love it. For example, egg nog has 480 calories per one cup serving. Four 2"x2" pieces of peanut brittle have 550 calories. Consider making yourself accountable by writing down everything that goes in your mouth.

4 BE ACTIVE

Park further away from the store entrance to get more steps in (but make sure you wear safe, weather-appropriate shoes). Or sign up for a 5K, fitness walk, or other event to keep yourself focused on fitness goals during the holidays. Better yet, sign up the whole family and work to make better choices together.



COVID-19 Testing Options in the Iowa Great Lakes

	Lakes Regional Family Medicine	Dickinson County Public Health	LRH ER	Hy-Vee	Lewis Family Drug	Online at Testlowa.com
Rapid Test Results in 1-2 hours. For people with symptoms or people without symptoms who have a known exposure in the last 14 days.	Available Mon-Fri, 8-5 and Sat from 8-12 by calling 712-336-3750. Nurse will administer.	Not available.	Available if in stock and for certain cases.	Self-administered test available to purchase if in stock.	Self-administered test available to purchase if in stock.	Not available.
Lab PCR Test Results in 3-5 business days. For anyone.	Available Mon-Fri, 8-5 and Sat from 8-12 by calling 712-336-3750. Nurse will administer.	Free, self-administered test kits for pick-up Mon-Fri, 8-4:30 at LRH's east and west entrances (Doors A and L).	Available upon inpatient admission only.	Free test kits by getting a voucher at doineedacovid19test.com and picking up kit Tues/Thurs from 8-10 am and Saturday from 9-11 am	Not available.	Order a free self-administered test kit to be mailed to your home at Testlowa.com

Statistics for COVID-19 in Dickinson County as of 10/22/2021

Total Tested	34,440	Total Negative Tests	30,949
Population of Dickinson County	17,300	Negative Rate (as % of total tests)	89.9%
Total Positive Tests	3,236	Total Hospitalizations at LRH	183
Positive Rate (as % of total tests)	9.4%	Hospitalization Rate (as % of positive tests)	5.7%
Total Deaths	52	Hospitalization Rate (as % of total tests)	.5%
Death Rate (as % of positive tests)	1.6%		
Death Rate (as % of total tests)	.15%		
Death Rate (as % of total population)	.3%		



Save the date for Lakes Regional Healthcare Foundation's annual Grape Escape on February 11 at the Waterfront Event Center. The event will begin with social hour at 5:30 pm where you'll enjoy bourbon and wine and then delight in the signature tasting event. This year's Grape Escape will specifically benefit Lakes Regional Healthcare Foundation's Scholarship Endowment Fund. Tickets are \$100 each. **To purchase your tickets, call 712-336-8791. And stay up to date by following Lakes Regional Healthcare on Facebook!**



GIVE THE GIFT that Gives Back

Give local and help local residents this holiday season. A limited supply of The Lake Awaits custom red blend wine is available with a donation of at least \$35. With a minimum donation of \$378, you'll receive a gift of one case of wine, which is 12 bottles. The Lake Awaits blend of Cabernet Sauvignon, Marquette and Zinfandel wines was created by selecting the right barrels for quality and balance: smooth dark berry notes on the front palate, finishing with hints of pepper spices, currant and anise. Contributions from this limited edition, custom blend red wine will benefit the Lakes Regional Healthcare Foundation Scholarship Endowment Fund.

The Lakes Regional Healthcare Foundation Scholarship Endowment Fund was designed to support those in our

community who are pursuing advanced certifications and degrees in the healthcare field. We believe it is important to invest in advanced education in order to provide the best health care possible in our community. The program awards scholarships annually. Annual amounts will vary dependent upon the balance of the endowment. The scholarship program is open to Dickinson County high school seniors, Dickinson County undergraduate students going into their third or fourth years of college or pursuing advanced certification in a health care field, and current Lakes Regional Healthcare employees in good standing pursuing advanced education.

For more information, contact Sonja Hamm at 712-336-8791 or Sonja.hamm@lakeshealth.org.

THE *Grape Escape* UNCORKED

This summer Lakes Regional Healthcare Foundation hosted a sister event to the Grape Escape, called Grape Escape Uncorked. It was held at Round Lake Vineyards and Winery in August, where over 100 people enjoyed barrel wine tastings, hors d'oeuvres, live music, and livelier conversations. The event raised over \$14,000 for the foundation's Scholarship Endowment Fund.



Special thanks to the following sponsors for making the Grape Escape Uncorked possible!

\$3,000 Gift Sponsor

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Dr. Craig and Lauren Cunningham

Jason and Mickey Harrington

Northwest Bank

Sandy Law Firm

Easy Ways to Give

We appreciate your generosity and what that's been able to help us accomplish over the years. We also want to make giving as easy as possible for you. Here are some easy ways to give that will continue to help improve healthcare in the Iowa Great Lakes.

Online – Give to us directly by going to AveraFoundation.org/donate-with-search. Select "**Other**" for the Avera facility, type "**Lakes Regional Healthcare**" in the "**Other Avera Facility**" box and make a donation in a matter of a couple minutes!

Amazon Smile – whenever you purchase items at Amazon, go to this web address instead: **Smile. Amazon.com**. It brings you to the regular Amazon site, but it asks you to identify a charity. Select **Lakes Regional Healthcare Foundation** and from there, Amazon will give us a portion of your item's purchase price!





Free Dental Clinic Provides Valuable Service

Lakes Regional Healthcare, Dickinson County Public Health, and many other area organizations are in the process of identifying the health needs of the Iowa Great Lakes community. Recently over 500 people completed a Community Health Needs Assessment survey. Dental care was identified as a health need, especially for those covered by Medicaid.

While ways to address this health need are being determined, we wanted to let you know there is a free dental clinic on our hospital's campus. The clinic is located in part of the old Lakes Family Practice space and can be accessed by entering the west door on the hospital's far northwest corner known as Door C. Services are provided to people of all ages. In order to receive services, you must:

- Have no dental insurance
- Be covered by Medicaid, or
- Be unable to afford out of pocket costs

Currently the clinic is open every third Tuesday of each month from 6:00 pm until 9:00 pm and is staffed by local dental professional volunteers. They want to increase that number significantly, but need additional dentists and dental hygienists to volunteer their time to do so. The clinic is part of Upper Des Moines Opportunity and Free Clinics of Iowa and receives funding from these organizations in which to provide dental care. In October, Dickinson County Public Health gave the clinic \$3,679 from a Delta Dental grant in order to purchase dental supplies. By purchasing the additional supplies, they hope to double the number of appointments available to patients each month.

For information about scheduling, call 712-209-1213. You will be asked to provide information about your need for dental services and then will be placed on a call back list. You will then be called about one week before the clinic date to set up the appointment.

Volunteers Provide Valuable Service

Volunteering has been part of our history since before the first patient received care, and is still an integral part of the organization. For over 60 years, Lakes Regional Healthcare volunteers have assisted patients and staff in various ways,

such as escorting and transporting patients throughout the facility, providing companionship to patients, delivering patient meal trays to cancer patients as they receive chemotherapy, and assisting Gift Shop customers.



We currently have approximately 40 volunteers that give of their time and talents based on their availability and desires. Depending on the area, volunteer shifts are three

or four hours long. Some volunteers work every week and others work once a month. Some take the winter off, and some take the summer off.

Volunteer opportunities include:

Gift Shop Volunteer

Gift Shop volunteers are the frontline staff that greet and assist customers, ring up their purchases, and straighten up and restock shelves. Shifts are weekdays between 9:00 am and 12:00 pm and 12:00 pm and 3:00 pm.

West Entrance Volunteer

West Entrance volunteers greet patients and visitors as they enter the hospital and help to screen them for COVID. They also escort and direct patients to various locations within the organization and occasionally transport patients via wheelchair. Shifts are weekdays from 8:00 am until 12:00 pm and 12:00 pm until 4:00 pm.

East Entrance Volunteer

Similar to the West Entrance volunteers, the East Entrance volunteers greet patients and visitors as they enter the hospital's east side. Shifts are weekdays from 8:00 am until 12:00 pm and 12:00 pm until 4:00 pm.

Coffee Shop Volunteer

Coffee Shop volunteers get to know many hospital staff and visitors. They volunteer on weekday mornings between 7:30 am and 10:00 am selling specialty flavored coffees and baked goods from local favorites such as Lisa's Bake Shop and Spudnutz within the hospital's coffee shop, located by the cafeteria.

There are also volunteers that donate their time and talents from home by sewing teddy bears for pediatric patients in our ER and knitting baby caps for newborns in our Birth Center.

If you're interested in volunteering, apply online at www.lakeshealth.org/volunteer or call 712-336-8799.

What Our Patients Say

We are proud of the care we provide and are even prouder when we receive feedback from our patients. Here are a few recent examples of the kinds of things we hear every day:

"Thank you for having a wonderful hospital and staff to take care of us here in our community. I will share my good care to my family and friends."

"I could not have asked for any better care that I received while I was a patient in the hospital."

"Fantastic staff! If I have to be in a hospital, the staff here is wonderful."

"Always a very positive experience at the hospital and with the staff and doctors."

"The care that I received was excellent from everyone involved. I highly recommend Lakes Regional Healthcare."

"The OB/Labor and Delivery team is top-notch. Couldn't imagine going to a different hospital for services."

"They were all great. Can't wait to do my other knee."

"Everyone who came in to help were always helpful and very nice to get along with. Always concerned and willing to help in every way."

"My care could not have been better."



An Avera Partner

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