

Lakes Regional Healthcare Health Happenings

November 2022



Community Health Improvement Plan Finalized

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 Lakes Regional
Healthcare

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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 send messages to us – we're always looking for feedback on how to improve the care experience!

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Message From the CEO

Holiday Greetings from Lakes Regional Healthcare!

I always enjoy writing my message for this version of the Health Happenings. The holidays are a time for enjoying family, wonderful food, and being thankful for all the blessings in our lives. For me, I will spend my Thanksgiving back in my hometown where we cram over 60 people in my parent's small ranch-style home. This tradition has gone on my entire life and I hope you all have similar traditions or take the opportunity to start one.

I am thankful for a declining pandemic. I was hopeful to not use the word COVID in this message but I am most thankful for our healthcare team that weathered the most difficult and challenging two years in our careers. When others had the opportunity to work from home or shutter in place, our team showed up every day to provide outstanding healthcare for our community. So outstanding, in fact, that **we received a 5 Star Rating from CMS for the third consecutive year!** This rating was awarded to the top 13% of hospitals in the country. Some people see us as this small healthcare provider but we are mighty and do our best every day to take care of our community.

We have been conservative in our approach throughout the pandemic. Only recently have we removed masking requirements when many in our area did so months ago. Your safety and health are our first priority and we wanted to honor that. We continue to monitor transmission levels and will take extra steps to protect our most vulnerable patients always.

Although we are appreciative of the federal support during the pandemic, hospitals across the country are struggling like many organizations. Your increased grocery bill, gas prices, and other inflationary factors hit healthcare even harder. Due to shortages of healthcare providers, our labor costs are up 15% and our supply costs are similar. As one example, drug costs are up nearly 25%. In most industries, these costs are simply passed on to the consumer. In healthcare, that isn't an option. We have contracts with Medicare, Medicaid, and other commercial insurance payers that dictate what we are paid and in spite of these inflationary pressures, our reimbursement



will go up somewhere around 3%. Those numbers are not sustainable for any industry and we are starting to see an uptick in hospital closures in the country. Iowa saw its first hospital closure just last month in the closing of the hospital in Keokuk. You will read similar headlines throughout this year.

Although those are difficult financial realities, particularly during workforce shortages, we continue to remain strong and committed to improving the health and well-being of the people of the Iowa Great Lakes region. We have a strong history of being good stewards of the healthcare dollar as we also understand that many of you pay a great deal for your insurance or have contributed your entire life to the Medicare trust fund. We are here every day, regardless of your ability to pay, to provide the best care possible to the community. We will weather the storm as our conservative nature has allowed us to preserve funding for years such as this. Many hospitals have not been so fortunate. We have also been fortunate to receive great support for our Foundation in funding scholarships, equipment, and services important to the community.

Our commitment to providing outstanding healthcare every day is unwavering and I want to thank you for your support and hold up a world-class healthcare team who show up every day to care for our friends, family, and neighbors.

I wish you and your family very happy holidays and look forward to 2023!

Jason C. Harrington, FACHE
President & CEO

Community Health Improvement Plan Finalized

Earlier this year Lakes Regional Healthcare (LRH) and Dickinson County Public Health (DCPH) developed a joint Community Health Needs Assessment (CHNA) with input from area residents. The goal of the CHNA was to identify services that are most needed in our community. Three main areas of need were identified: awareness of behavioral health resources, access to dental care (for the Medicaid population), and access to affordable transportation.

After those needs were identified, LRH and DCPH worked with community stakeholders to develop a Health Improvement Plan (HIP). This plan was recently approved by LRH's Board of Trustees and includes steps that will be taken to address the three areas of concern over the next three years.

Awareness of Behavioral Health Resources

People in Dickinson County who provided feedback for the CHNA expressed interest in additional awareness campaigns and increased assistance accessing behavioral health resources, primarily for youth, as well as substance abuse and ongoing care beyond crisis situations. Respondents frequently commented on the need for more providers, increased appointment options, crisis support, long-term placement options, more public awareness of available services, prevention campaigns, and specialized care for youth.

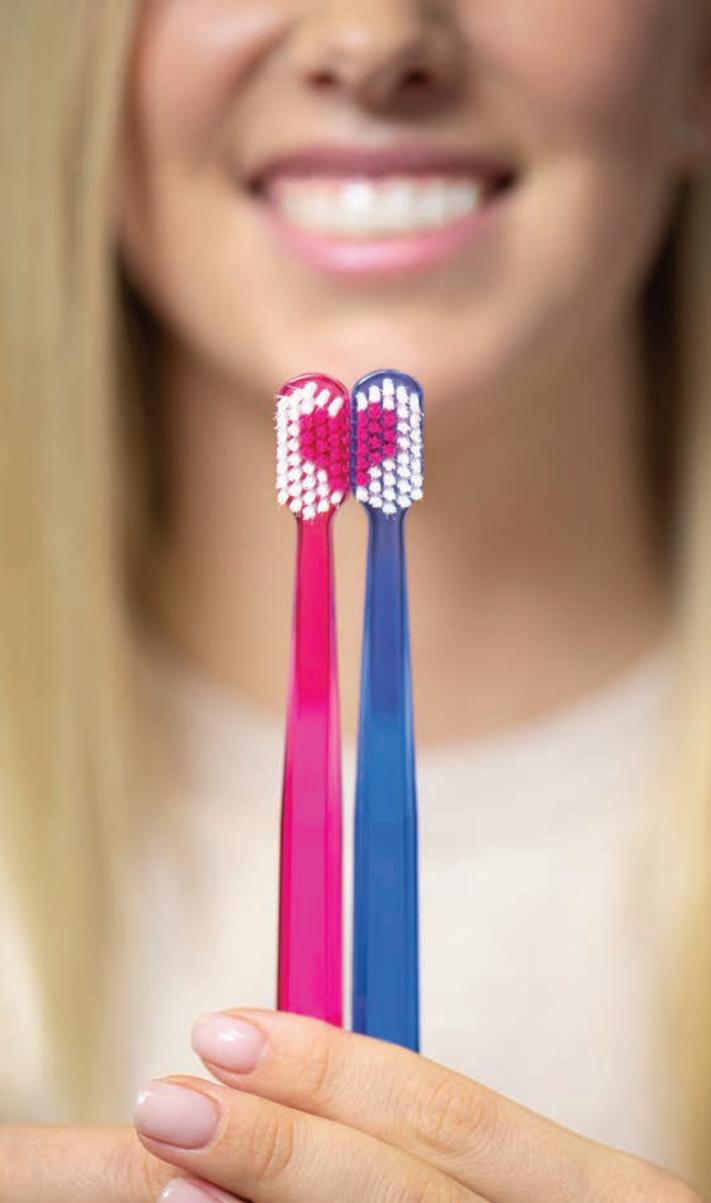
The HIP has two goals for this area. One, increase awareness of behavioral health resources through coalition work, marketing, and community outreach events. Some strategies that have been identified to reach this goal include:

- Establish the Dickinson County Behavioral Health Coalition, providing a structure where mental health providers and key community stakeholders connect and collaborate on a quarterly basis
- Pursue funding to invest in behavioral health awareness communication materials
- Host provider fairs, share-out sessions, and panels to better familiarize the general public on available behavioral health services and organizations
- Partner with local organizations to highlight the importance of mental health during existing community events, including concerts, fairs, and farmer's markets

The second goal is to highlight youth mental health initiatives and reduce stigma by pursuing strategies such as:

- Embed evidence-based behavioral health programming and curriculum in school districts, designed to support both students and staff
- Provide creative outlets for students, offering opportunities for self-expression while destigmatizing conversations about mental health
- Partner with Iowa Lakeside Laboratory to offer nature-based wellness opportunities





Access to Dental Care

As with many counties in northwest Iowa and across the state, Dickinson County lacks resources for new Medicaid patients due to low dental reimbursement rates for providers, which adversely impacts this patient population.

The HIP has two goals for this area. One, to expand access to existing dental health services by taking steps such as:

Offer I-Smile screenings and fluoride varnish through DCPH

- Research Cavity Free Iowa medical-dental initiatives and explore opportunities to offer at Dickinson County primary care clinics
- Collaborate with the Free Dental Clinic in Spirit Lake and pursue mobile dental clinic opportunities for the Medicaid population

The second goal is to enhance public understanding of oral health as a key factor in overall wellness by pursuing strategies such as:

- Promote oral health content through LRH communication channels
- Pursue toothbrush grants and offer them to patients at LRH
- Advocate for increased dental reimbursement rates for Medicaid patients through conversations with local legislators and collaboration with statewide lobbying efforts



Access to Affordable Transportation

Feedback identified the greatest need for elderly transport to medical appointments. The lack of drivers in Dickinson County (those with Class C with passenger endorsements), the closure of a transportation service, a lack of community bus routes or rural services, and more have made it difficult to meet the needs of affordable transportation.

The HIP has two goals for this area:

- Analyze the feasibility of a county-wide bike rental service
- Promote RIDES transportation services for all through rebranding efforts and expanded scheduling channels

Both the 2022 CHNA and HIP include a wealth of information, including details about these three main areas of need, such as the biggest obstacles and the action items to address them. If you would like to see the 2022 CHNA and 2022 HIP, visit www.lakeshealth.org/community-health/.

We Need Your Help!

It seems like the price of everything is increasing now - food, gas, and other items. This has also occurred in education, labor, and technologies. This has made it increasingly difficult to provide healthcare services, and have healthcare professionals in which to provide that care. We would love for you to help us address these challenges with a monetary gift to Lakes Regional Healthcare Foundation. Consider making a difference in these ways:

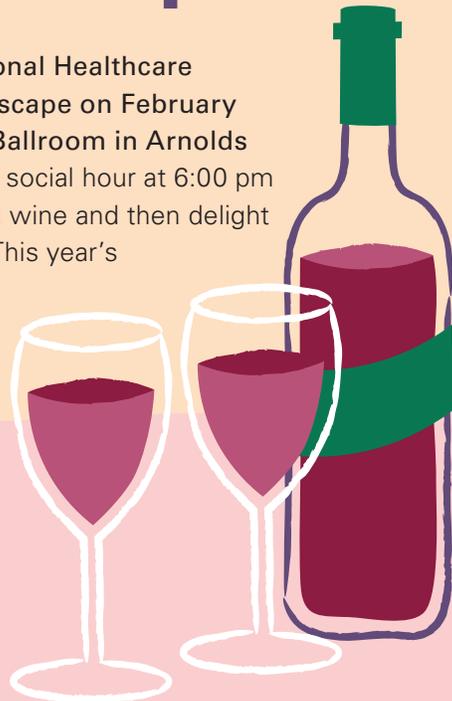
Scholarship Endowment Fund - Make it possible for a local high school or college student to achieve their dream of having a career in healthcare. Lakes Regional Healthcare Foundation's Scholarship Endowment Fund provides scholarships each year in hopes of having those students return to the Iowa Great Lakes to provide care to those who helped them. The fund also helps staff advancement such as moving from CNA to RN or EMT to paramedic.

Hospice Fund - This fund is utilized to support a service that cares for people who have a terminal illness. Hospice works with patients and their families to maintain quality of life and support the patient's loved ones during a difficult time.

Engraved Pavers - Engraved brick pavers 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, or celebrate a special event 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.

Plan Now to Attend the 11th Annual Grape Escape

Save the date for Lakes Regional Healthcare Foundation's annual Grape Escape on February 10, 2023 at the Roof Garden Ballroom in Arnolds Park. The event will begin with social hour at 6:00 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. To purchase your tickets or inquire about sponsorship, call Sonja Hamm at 712-336-8791. And stay up to date by following Lakes Regional Healthcare on Facebook!



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 www.averafoundation.org/donate-with-search or hovering over the QR code shown here. Once at the site, 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 Smiles – 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!



In Person – Call Lakes Regional Healthcare Foundation Executive Director Sonja Hamm at 712-336-8791 or email her at sonja.hamm@lakeshealth.org to set up a time to meet with her personally.

Mail – Cut out and complete the card below and mail it in with your gift.



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.

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) CVW 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 _____

Free Resource to Assess the Safety of Your Home

As we age, many of us find it more difficult to fully enjoy our home. Ask yourself two questions: Do I feel safe in every room in my home? And do I have access to every room in my home?



To most, staying safe from injuries within our home, and staying in our home as long as possible can be challenging. After all, a home's design – with thresholds, multiple floors or steps – may present difficulties trying to move to various levels of the home either inside or outside. Fortunately, there is a free service that can help you identify options to stay safely in your home in a way that allows you to access the parts of your home most important to you.

Avera Home Medical Equipment's Living @ Home service has qualified staff members called Certified Environmental Access Consultants (CEAC) that come to your home to assess options. They are trained to fit your home, vehicle, office, or other location with the proper equipment to help you move seamlessly throughout the space. They are also available to work with recommendations from providers and therapists. They know what to look for, what to ask, how to install equipment, and how to educate clients on the equipment's use. Whether it's for a car, staircase, or the bathroom, their products for accessibility and mobility can include:

- Safety products, such as grab bars
- Threshold ramps
- Vertical platform lifts
- Stairlifts
- Ceiling lifts
- Patient lifts

If you are interested in a free in-home assessment or more information, call 605-322-1800.



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

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

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.



www.lakeshealth.org • 712-336-8791

Oral Health Affects Overall Health

This might surprise you – studies show periodontal disease, also known as gum disease, is directly correlated to cardiovascular disease, Alzheimer’s, and dementia and is strongly associated with diabetes, arthritis, and cancer.

It’s something with which Great Lakes Dental Associates dentist Dr. Shaun O’Neill is all too familiar. He said, “Gum disease is extremely common – nearly half of adults 30 years of age and older have some form of gum disease. Its prevalence increases with age and over 70% of people over age 65 have it.”

Gum disease is caused by bacteria in the mouth infecting the tissue (gums) and causing inflammation around the tooth. There are two stages of gum disease. The first stage is called gingivitis and is when the gums can become swollen and red and may bleed, although some people don’t have any symptoms. As the gum disease progresses and worsens, the gums often pull away from the tooth, bone can be lost, and the teeth may loosen or even fall out. At this later stage it is called periodontitis.

“Gum disease is basically an active infection in your mouth. The gums are also highly vascular, which means when the infection gets into your gums, the infection is carried into your body’s bloodstream,” said Dr. O’Neill. “The mouth is close to the heart and the brain, which may be a reason there is a direct correlation to cardiovascular disease and to diseases of the brain such as dementia and Alzheimer’s.”



The best way to prevent and treat gum disease in its earliest stage is by routine care, both at home and with a trained professional such as a dentist or periodontist.

The ten things to do are:

1. Brush your teeth twice each day.
2. There is actual science behind brushing twice a day. Bacteria in your mouth forms a film called plaque that takes about 12-24 hours to harden, which is then called tartar. Until then, it can be cleared away by properly brushing your teeth for two minutes at a time.
3. Floss your teeth twice each day.
4. Here’s another surprising fact – a toothbrush can only hit about 60% of the tooth’s surface. Flossing gets to the other 40% of the tooth’s surface and gets rid of bacteria so it won’t turn into plaque.
5. Use mouth rinse.
6. Mouthwash gets rid of bacteria that may remain on your teeth even after brushing and flossing.
7. Get teeth cleanings and dental exams every six months.
8. Your dental care provider detects and removes plaque and tartar that may have inadvertently formed despite your own best steps toward oral care.
9. Stop smoking.
10. Smoking increases the risk for gum disease, so quitting the habit will improve your oral health.

Symptoms of gum disease include:

- Bad breath or bad taste that won’t go away
- Red or swollen gums
- Tender or bleeding gums
- Painful chewing
- Loose teeth
- Sensitive teeth
- Teeth that appear longer than usual due to the gums wearing away

Definitely Worth It!

She exercises but doesn't think of herself as an athletic person. That's why it surprised Brenda Martin, a Milford resident and 2nd grade teacher at Okoboji Elementary School, when she started experiencing shoulder pain in March of 2020. Moving hurt – putting on her seatbelt or her backpack or throwing the ball to her two labs. The worst part, though, was how the pain kept her up at night. She said, "I'm a hard sleeper, so when it started waking me up at night, I knew I had to do something."

Her first step in treatment included physical therapy in Spencer. When that didn't reduce her pain, she had a cortisone shot. That reduced the pain a lot, but only lasted for a month or two. At that point, Dr. John Leupold of Northwest Iowa Bone, Joint & Sports Surgeons ordered an MRI and discovered she had a tear in her rotator cuff. Martin said, "Dr. Leupold left it up to me whether to go ahead with surgery or not. We couldn't tell through the MRI how extensive the tear was, so if I had surgery, he wouldn't know if I'd need a full rotator cuff repair or just a clean-up."

After almost two years of pain, Martin opted to go with surgery. "I knew several people from school who had surgery at Lakes Regional and all spoke really highly of it, so I decided to go for it," she said.

On a cold, dark morning in December 2021, Martin arrived at Lakes Regional Healthcare's Surgery Center with her husband. She said, "It was slick – everyone was really nice. I was able to meet with Dr. Leupold, anesthesia, and the nurses and then prep for surgery all in the same room, and my husband was in there with me," she said. "Since we weren't sure how extensive my tear was, Dr. Leupold told me if I woke up with a black foam block under my arm, it would mean he had to do a full rotator cuff repair versus if I woke up with my arm just in a sling."



Martin woke up with her arm held up with a black foam block and learned that her tendon was almost torn through and non-surgical treatment would not have brought her relief in the long run. The surgery was short – she was home shortly after noon. She knew her recovery would be longer than she had hoped but was diligent in following her discharge instructions. "I slept in a chair for the first two or three weeks because I was afraid of rolling onto my arm," she said. During that time, she did passive movement exercises as Dr. Leupold and her physical therapist, Sarah Tunland at Lakes Regional Healthcare's Community Health Center in Milford, ordered. Then she started doing active movements during appointments with her physical therapist. She said, "At first, I had appointments three times each week. Eventually they were spread out more and more until I was down to one appointment per week. I just graduated from rehab in May."

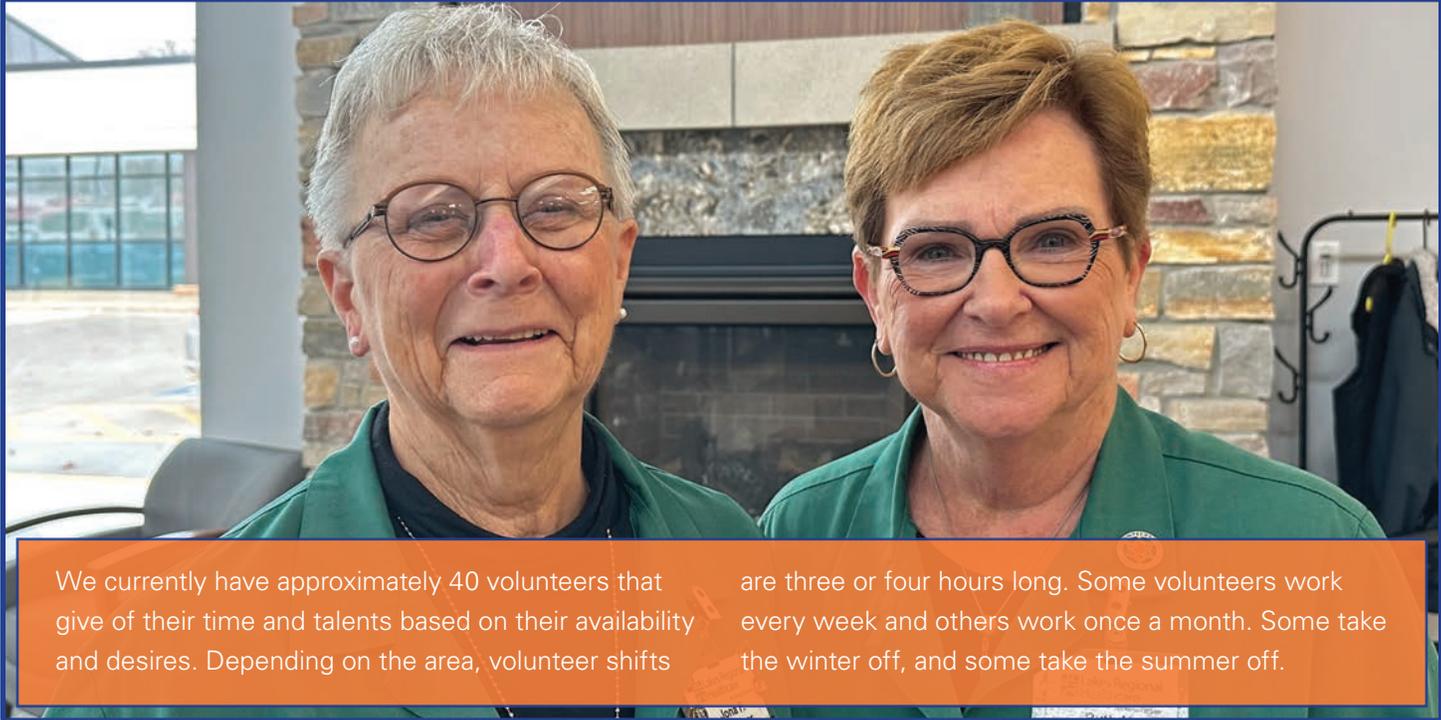
Now Martin is pain free and enjoying playing fetch with her dogs and gardening. Since having surgery, she's heard people say shoulder surgery has a difficult recovery, but she has no reservations about it whatsoever. "Surgery was well worth it. I know how much better I feel," she said. "In retrospect I wouldn't have waited so long. It's definitely worth it in the end."



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 until 12:00 pm and 12:00 pm until 3:00 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.

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.

Hospice Volunteer

Hospice volunteers provide companionship, read, write letters, run errands, prepare meals, do housework or yard work, provide respite care for hospice patients and relief for their caregivers, and do clerical duties for the hospice program.

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.

A Birth Story: Theo

Pregnancy is often filled with surprises, especially during your first pregnancy. Everything is new and discovering if you have morning (or all day) sickness, the sex of your child, what labor and childbirth is like – it's all surprising. Maddie Nabuco's pregnancy was full of surprises, too. When most women expect to gain weight while pregnant, she lost nine pounds during her first trimester due to extreme morning sickness. She said, "It was pretty rough until I was about 14 weeks pregnant. Anything I ate unfortunately came back up and caused me to lose weight until then."

The remainder of her pregnancy was filled with more, usually happy, surprises – feeling energetic, baby showers, and feeling those first baby flutters. Maddie and her husband Hernani opted to wait until delivery to find out the baby's gender, leaving the biggest surprise for the delivery room. At her 20-week ultrasound appointment, she learned she had a low-lying placenta. Fortunately, it moved by the time she was 32 weeks pregnant. Shortly after that, her cervix shortened and thinned earlier than anticipated. Her physician, Dr. Mike Kalkhoff, kept an eye on her but was not concerned.

Maddie prepared for her baby's arrival while working full-time as a dance instructor at Dawn's Dance Connection. She decorated the nursery, read as much as she could about natural childbirth, prepared for parenthood with Hernani, and attended childbirth education classes at Lakes Regional Healthcare. She said, "I appreciated the class and especially touring the facility to see the rooms, knowing where to go when I went into labor, what their protocol was to come in."



As a dance instructor, Maddie kept active throughout her pregnancy. Each year's dance classes end with two recitals. The remote studio in Jackson, Minnesota has a recital at the end of April, and the main studio in Spirit Lake has a recital in mid-May for all students ages three to 18. Maddie gave birth after the Friday night show in Jackson and had to miss the final Jackson recital as she was in the hospital! The Friday performance ended around 9:00 pm on April 22. After the recital, a few of the teachers went out for dinner, where Maddie began to feel some lightening and back pain, but assumed it was just from wearing heels while nine months pregnant. Maddie's due date wasn't until May 4, so she went to bed thinking she had a few more days before she would give birth. She planned to pack her "go bag" the following day, after the recital. That's when her next pregnancy surprise came. She woke up at 2:50 am with her first contraction. Her water broke 10 minutes after that. Maddie and Hernani quickly shoved clothes into a bag and left for the hospital. Upon arriving at 3:40 am, she learned she was already seven centimeters dilated. At 4:00 am her contractions were less than two minutes apart. Shortly after that, she learned about the next surprise – the baby was "sunny side up," which meant he was face up in the birth canal. "The only pain I felt other than a bit of stomach pressure was really intense lower back pain because of how the baby was positioned," she said.

"This also made the pushing stage almost three hours long. Because I arrived at the hospital so far along, I didn't have any pain medication and spent a lot of time in the bathtub. Counter pressure on my lower back was the only way I felt relief. I needed to completely relax in between contractions."

Their son, Theodore or Theo for short, was born at 9:37 am, only 12 hours after Maddie left the dance recital. "During labor I kept thinking 'I can do this' and was fortunate it was such a quick labor. I felt very comfortable with Dr. Kalkhoff and the nurses and trusted their advice regarding how to position myself and when to hold off from pushing. I think that helped and also, I believe your body really does know what to do."

The rest of her hospital stay was filled with baby snuggles and included a few more surprises. "I was surprised at how good the food was. I was expecting 'hospital food' and it was actually very good. They also had a 'Memory Meal' for us that was special," she said. "Everyone – the nurses, cleaning staff – was friendly and made me feel very comfortable the entire time."

What's lovely about Lakes Regional Healthcare is they have the charm of small-town friendliness with the resources of a larger community. That may or may not be a surprise to others, but it's something I really appreciate."



Planning to Have a Baby?

Becoming a parent is an incredible little miracle – but it can also be stressful. We are providing a free, 28-page guide to quickly answer your pregnancy questions, from prenatal tests to car seat installation. In *Having a Baby: Your Complete Guide to Pregnancy*, you will discover the first signs of labor and how much fetal movement you can expect in each trimester. This downloadable e-book answers common questions from every stage of your pregnancy journey.

This complete guide to pregnancy covers:

- Tests and screenings you can expect
- How to perform daily activities, such as exercise, while you are pregnant
- How pregnancy will and won't impact your ability to work
- Which complications you should be alert for
- How to talk to your doctor about your pregnancy
- What to expect during delivery and childbirth
- Much more!



Download this free e-book now to answer your pregnancy questions so you feel more comfortable and confident welcoming the new addition to your family. Just hover over the QR code below and click on the link that appears.



Local Providers That Deliver

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

1. Zach Borus, MD
2. Craig Cunningham, MD
3. Averill Fuhs, DO
4. Mara Groom, DO
5. Mike Kalkhoff, MD
6. Andrew Mueting, DO
7. Whitney Nelson, DO
8. Steve Vander Leest, DO



The Little Shop That Makes a Big Difference

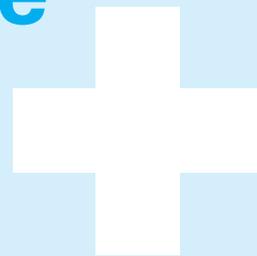
For over 60 years, the Gift Shop at Lakes Regional Healthcare has provided visitors a way to conveniently purchase last-minute gifts for patients in the hospital. Fresh flowers and cards are always available, but the Gift Shop provides so much more. Visitors and people from outside the hospital stop in the Gift Shop to buy a gift for a friend or family member or a gift for themselves, whether it is 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.

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

Located at 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

What Our Patients Say

“Everyone should be recognized for providing exceptional care. No exceptions! I had nothing but quality, wonderful care from the entire staff.”

At Lakes Regional Healthcare I was overwhelmed by the high quality of the doctors, nurses, and other hospital staff that treated me during my stay. The quality of the facility, the technology, and the systems and procedures were outstanding. Also, the hospital food service was such that if it were a restaurant it would merit recognition as one of the best restaurants in the area. For years, I have had a home on West Lake Okoboji and thus was aware of what a special place the entire lakes area is. However, I can now say with confidence that the lakes area has one of the finest hospitals in the country and should take pride in knowing that when in need, Lakes Regional Healthcare is there, ready and able to meet their needs.”

“My experience was better than any other facility I have been to. I have already mentioned this to my entire family and friends I have spoken with! Great staff, facility and here is to a great outcome for my procedure.”



An Avera Partner

Highway 71 South
Spirit Lake, IA 51360

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