



WASHINGTON  
COUNTY HOSPITAL  
AND CLINICS

# VITALS

signs

Quarterly Newsletter to WCHC Friends

Spring 2009

## Washington County Hospital and Clinics announces Lloyd Holm, DO to join Women's Healthcare of Washington

**D**on Patterson of Washington County Hospital and Clinics is very pleased to announce that **Lloyd Holm, DO** will be joining the hospital's medical staff. Dr. Holm is an experienced, Board Certified Obstetrician/Gynecologist. He will be a full time OB/GYN at Women's Healthcare of Washington where he will provide general Obstetric and Gynecologic care.



Dr. Holm is from Omaha, Nebraska, where he is an Associate Professor, Department of Obstetrics and Gynecology at the University of Nebraska. In addition to teaching, he also has had a private Obstetrics practice. He is board certified by the American Board of Obstetrics and Gynecology. Because of Dr. Holm's experience and expertise he has written numerous articles, been invited to many speaking engagements and received many awards and honors. He received his education from the University Of Nebraska Medical Center.

He will be replacing Dr. Nathan Thomas who will be leaving Women's Healthcare of Washington in July. Dr. Thomas will be moving to Texas with his family and we thank him for his service to the people of Washington and wish him well. Dr. Holm will begin working at the clinic in June. He will work closely with Dr. Thomas and Dr. Marthers to ensure a smooth transition of care for all Dr. Thomas's current patients.

Dr. Holm and his wife will be moving to Washington sometime in May. They look forward to meeting the people of Washington.

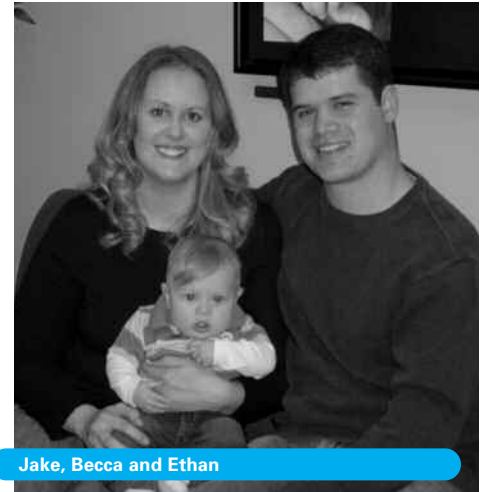
# People *page*

## “WCHC provided us with one of our most memorable experiences in our life as first-time parents”

**E** There is no greater joy than bringing a new life into the world. When Jake and Becca Hotchkiss found out they were expecting their first baby they chose Women’s Healthcare of Washington and WCHC for their pre-natal care and delivery. “Jake and I had heard very good things about Dr. Marthers. We loved the convenience of being able to see an OB/GYN right here in Washington. As any first-time parents, we were nervous and had many questions. Dr. Marthers was very personable and really took the extra time to answer all of our questions.”

Jake and Becca appreciated the friendliness of the staff at Women’s Healthcare and WCHC. “We took

their Lamaze classes and met several other couples preparing to have their first baby, just like us. Arnel, the OB Nurse and instructor, was great and we learned so much about what to expect during labor and after the baby is born.” WCHC’s spacious birthing suites offer the latest in technology, security and comfort to not only Mom, but also family members. Becca and Jake both appreciated the LDRP rooms where they could labor, deliver, recover and spend time after the birth with their newborn son all in the same room. For Dad, a Murphy bed folds down right in the room. “We felt as if we were the only ones there delivering that day, even though the rooms were full. They made us feel so comfortable and were always there if we needed



Jake, Becca and Ethan

them or had any concerns. We knew if we needed a c-section that the surgery area was close. We never felt alone or worried.”

Twenty-four hour support is always available before and after the birth of a child. Becca and Jake both appreciated how the OB staff prepared them to take Ethan home. “We were nervous about several things since this was our first baby, but WCHC always reassured us and made us feel comfortable. It was just a really good experience. We never second-guessed our decision at any time of delivering Ethan at WCHC. We encourage anyone that is expecting to try WCHC. It offers everything that you would receive at a bigger hospital, and the care is more personable. It was one of the most memorable experiences in our life and we thank Women’s Healthcare of Washington and WCHC for that.”



Arnel, OB Nurse, Becca, Ethan & Jake Hotchkiss

## Volunteering GOOD FOR YOUR HEALTH

WCHC celebrates National Volunteer Week – April 19-26th

**W**CHC is very fortunate to have over 100 volunteers making a difference every day in the lives of WCHC patients. Volunteers run the Gift Shop, help with Patient Care and help with many activities at McCreedy Home.

Volunteering not only benefits WCHC, but many studies say it may also be good for your health. Recent reports from over 30 studies on the topic suggest that volunteers enjoy longer lives, higher functional ability and lower rates of depression and heart disease.

“Volunteering can give you a new sense of purpose and keep you active. If people volunteer regularly it helps contribute to the maintenance of a strong social network,” says Robert Grimm, director of the research and policy development office at the Corporation for National & Community Service, a government organization promoting community service. Proven risk factors for depression and other health problems are feeling isolated and alone; volunteering can help keep that from



happening. Two studies suggest about 100 hours a year, or two hours per week can help benefit your health.

Stephen Post, the director of the Institute for Research on Unlimited Love, a Case Western Reserve University research group, says, “the helping impulse is very fundamental, when it is locked off, we do not flourish.” He does acknowledge this study is new, but he notes that stress hormones associated with depression, such as cortisol

and epinephrine, have been shown to impair the immune system. But, oxytocin, which seems to cause a “helper’s high” may offer protective benefits.

Huge commitments are not needed but it seems to start with a shift from thinking, ‘I am the center of the world,’ to a willingness to act helpful towards others. For more information on volunteering at WCHC, please call Kathleen Brinning at 319-863-3920.



## Washington County Hospital and Clinics is pleased to announce Dr. Cox, Podiatrist, expands hours in Washington

**Dr. Howard Cox, D.P.M.**, has expanded his clinic hours in the Washington County Hospital and Clinics Specialty Clinics. Dr. Cox now sees patients in Washington on Mondays, Wednesday, Thursdays and Fridays and is available for emergencies on Tuesdays.

Dr. Cox has been a part of WCHC's Specialty Clinics for several years. He is Board-certified in Podiatric Surgery and is a Fellow of the American College of Foot & Ankle Surgeons. He received his medical degree from the College of Podiatric Medicine & Surgery at Des Moines University in 1992 and completed a surgical residency at Green River Surgery Center in Seattle, Washington. For more information, or to make an appointment, please call the hospital at 319-653-5481 ext. 1000

## Washington County Hospital and Clinics Emergency Room reaches 95% Percentile Ranking in Patient Satisfaction scores!

**W**ashington County Hospital and Clinics is very pleased to announce that the Emergency Room has received a ranking of 95% on their most recent quarter's patient satisfaction scores!

WCHC utilizes the services of Press Ganey, a national company to measure their patient's satisfaction with the care they receive. Press Ganey has 1,576 facilities nationwide and this ranking means that WCHC's ER scores for October through December of 2008 were higher than 1,497(95%) of the 1,576 facilities that they work with.

WCHC's patients randomly are chosen to receive surveys after receiving care at WCHC. The surveys ask questions regarding many facets of their care including admissions, nurses, doctors, tests, family and friends, and personal information.

WCHC is committed to continuous improvement of all facets of the care their patients receive. Achieving scores such as these requires not only dedication of ER staff and physicians, but all WCHC staff working together to provide excellence in healthcare.



Pictured l to r: Jody Tanner (Paramedic), Shelly Bontrager (RN), Kathi Keller (RN), Marion Hayes (Paramedic), Beth Leichty (RN), Robin Smith (Per Diem RN) and Dr. Miller. Not Pictured: Joann Plyman (RN), Jolene Parriott (ER Tech), Mike Noel (RN), Tara Lord (ER Tech), Mike McAfee (ER Tech.) PD Staff: Lynn Thomas (RN), Pat DeSotel (RN), Teri Carl (ER Tech), Becky Kremer (ER Tech), Mike McCandless (Paramedic).

# Foundation *wch*

## Washington County Hospital Foundation to hold Sixth Annual Care for Our Kids Golf Event

New venue at Riverside Casino and Golf Resort allows for additional teams to take part

The Washington County Hospital Foundation will hold its Sixth Annual Care for Our Kids Golf Event on Friday, June 12th at the Riverside Casino and Golf Resort. This new venue will allow for additional teams to join the event that has been filled to capacity the last few years at the Washington location. The goal of the event is to raise money for healthcare services for children in our area. This pro-am event will feature teams paired up with pros from around the state. Last year's event raised over \$14,000 to pay premiums for children enrolled in the hawk-I insurance program, and to purchase needed equipment for the hospital. Proceeds have helped to fund two new state of the art Obstetrical/Maternal Fetal Heart Monitors for the Family Birthing Center, a Bilicheck Machine and Ultrasound equipment for the hospital.

The event kicks off with introductions and lunch. After the teams enjoy golf, the event wraps up with a recognition ceremony and dinner in the Events Center at the Riverside Casino and Golf Resort.

For more information on having a team, or being a sponsor, please contact Kathleen Brinning, Foundation and Marketing Director at WCHC at 319-863-3920.



## WCHC Employees – Making a Difference

Each year staff members are asked to pledge their financial support of the Washington County Hospital Foundation and help make a difference at WCHC. The following staff members pledged their support by donating a minimum of one hour of their pay per month to help fund the projects of the WCH Foundation, making WCHC's own staff one of the largest giving groups to the WCH Foundation.

Denni Brown	Pam Green	Cindy Johnson
Angie Atkins	Bill Fried	Donna Wampfler
Donna Hooley	Tanya Stalder	Clarice Graham
Sharon Armstrong	Dana Lebsack	Jennifer Durst
Carrie Garman	Angie Schluetter	Sandi Hotchkiss
Mike Noel	Becky Enfield	Kay Carey
Cynthia Collins	Rhonda Moore	Janice Wenger
Dena Rarick	Michelle Green	Kathleen Brinning
Cori Kuntz	Shelli Cleverley	Barb Cutkomp
Christy Chance	Kay Witthoft	Becky Kremer
Carla McCandless	Liz Miksch	Ken Hershberger
Bonnie Kester	Bunny Peiffer	Louise Schmitz
Kippen Richards	Cathy Ross	Kathi Keller
Bobbi Trier	Ron Barnes	Don Patterson
Evelyn Heald	Jodi Reed	

## WCHF Annual Holiday Appeal

Each December Washington County Hospital Foundation holds its Annual Holiday Appeal. Proceeds from this year's appeal will go to the Foundation's general fund which intends to help support the purchase of Digital Mammography for WCHC.

WCHF thanks the donors to this appeal which have a direct impact on the Foundation's ability to purchase needed equipment at WCHC.

Anderson-Erickson Dairy	Karolyn Leary
Christal Arthur	Linda McNeil
Dennis Beer	Don and Carol Miller
Cross Medical Laboratories	Pat Minneman
Carl and Helen Dallmeyer	Jim and Lori Mostek
Patricia Dimock	Steve Olson and Heather Heddens
John and Corrine Duvall	John Ross – QHR
Farmer's Savings Bank – Keota	Bob and Ella Mae Ruppert
Federation Bank	Ted and Mary Ellen Saforek
R. Dean and Shirley Garrett	Kathleen Seaton
Burge and Beth Hammond	Barbara Shearer
Ken and Rosemary Hanson	Dale and JoAnn Torpey
Jim and Ann Harris	Mike and Karen Van Osdol
Deborah Krotz-Dieleman	Steve and Kathy Vetter
Keith and Sam Lazar	West Chester Savings Bank



## WCH Foundation

400 East Polk  
Washington, IA 52353

WCHC Board of Trustees  
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Marty Beenblossom

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urges readers to consult private physicians.*

# News *briefs*



## Kidzfest 2009 Friday, June 5th 4:30 p.m. to 8:30 p.m. in Central Park Square

Washington County Hospital and Clinics is happy to announce that Kidzfest will be held Friday, June 5th from 4:30 p.m. to 8:30 p.m. in Central Park Square in Washington.

As in the past, one of the highlights of Kidzfest are the vendor booths. Area businesses and organizations have the opportunity to offer information, demonstrations and hands-on activities relating to health, wellness and safety for kids.

Kidzfest is a day of entertainment, activities, food and fun! Whether you're a past contributor or a first time participant, Kidzfest is a great way to showcase your business, service or organization to area families. We know you'll want to join in on the fun! For questions or to request more information, please contact Carrie Garman at 319-863-3921.



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## WCHC Gift Shop Monday – Friday 9 a.m.-5 p.m.

All proceeds go to the WCH Foundation to help with projects and purchases for WCHC  
Great gifts for everyone, cards, kid's items, jewelry, and much more

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