

## “They Truly Care!”

**T**here is no greater joy than bringing a new life into the world. Angela and Wes Snakenberg from Sigourney know the meaning behind those words. In 2008 they experienced the birth of their son, Eli, at Washington County Hospital and Clinics (WCHC). They were very impressed with the facilities and care. Angela recalls being a typical “first-time” mother but the nurses and doctors were so caring and comforting. This year they returned to have their second child, Emerson.

“We love Dr. Heather Marthers, OBGYN; we are so blessed to have such a wonderful person essentially at our back door. She is amazing. You walk away

from an appointment with her and you feel so good about yourself!” Dr. Marthers works closely with Dr. Lloyd Holm, both are board certified OBGYNs with many years of experience.

When preparing to deliver their second child by cesarean they loved seeing the same faces they did just two years before, both in OB and Surgery. The staff kept them both informed and made sure they were comfortable. “They were so accommodating. It was just a wonderful experience.”

They loved being in a smaller hospital that provides one on one care. “It’s so nice to push your call button and know someone is going to be there



From left to right are: Wes, Eli, Angela and Emerson Snakenberg

**All suites in the Family Birthing Center** are considered LDRP, which means you labor, deliver, recover and spend time after the birth all in the same room. They offer the latest in technology and comfort to not only the Mom, but to family members as well. A Murphy bed folds down right in the room. Angela mentioned that she and her husband joked that the OB suites were so nice that it felt like they were on vacation. As a parent of a newborn, she also appreciated other features of her stay such as the security of the unit and the room service option for her meals. The Family Birthing Center offers the latest in security to assure the safety and health of the newborns. There is no public access to the unit, as visitors are buzzed both in and out, and the area is under 24-hour surveillance. Also new this year is the ability to order what meals they want, and when they want them.

in no time at all. Everyone is friendly and they really do treat you like family.” “I am such an advocate for WCHC and Women’s Healthcare of Washington. I would definitely recommend them to anyone, based on my own personal experience. They truly care and that is what you want; someone who sincerely cares about you and your family.”

To find out more information about the Family Birthing Center or Women’s Healthcare of Washington, please go to [www.wchc.org](http://www.wchc.org).

## Should You Get a Flu Shot? *Yes*

David, 72, has chronic lung disease. Jessica is four months pregnant. Carl works in a nursing home. In any given year, all three would be strongly urged to get vaccinated against the flu because they represent groups that have a high risk of flu complications – persons age 65 and over, those with chronic medical conditions, pregnant women and individuals who care for persons with chronic medical conditions.

From 5 to 20 percent of Americans catch the flu each year, and although most get well within a couple of weeks, about 200,000 Americans require hospitalization and 24,000 die because of the flu each year.

The best way to protect yourself is to get a yearly flu shot, and persons most likely to benefit are those at high risk of suffering serious complications and persons who could pass the virus on to others who are sick or have weakened immunity.

Other groups considered high risk are children ages 6 months to 5 years, health care workers, seniors living in nursing homes, persons with HIV or other immune disorders and household contacts of persons at high risk. Chronic medical conditions that put a person at risk include asthma, heart disease, diabetes, kidney and liver disorders, neurological conditions, epilepsy, stroke, muscular dystrophy and morbid obesity.

In 2009, individuals falling into one or more of these high risk categories added up to about 85 percent of the population. In February of this year, a panel of vaccine experts decided in favor of universal flu vaccination – recommending that everyone 6 months of age or older get a flu vaccination every year starting with the 2010-2011 flu season. That recommendation is backed by strong evidence that annual vaccination is a safe and effective preventive action.

There is also concern that the H1N1-like viruses that caused a flu pandemic last year will continue to circulate, increasing the risk of infection and complications among otherwise young adults.

H1N1 virus was responsible for 12,000 American deaths last year, 90 percent among persons age 65 or younger. About 90 percent of seasonal flu deaths, by contrast, occur in the 65 and over age group.

Two flu shots were required last year for full protection, but this year, only one will be needed since the vaccine will protect against H1N1 as well as two other viruses that researchers have identified as likely to be most common during the 2010 season. As in previous years, children up to eight years of age who are getting vaccinated for the first time should receive two doses.

The only exceptions to the universal recommendation are persons who have a severe allergy to chicken eggs; have had a severe reaction to influenza vaccination in the past; or developed Guillian-Barre syndrome within six weeks of a previous flu shot. Anyone with a moderate to severe illness with fever at the time should wait to get vaccinated.



Assuming no delays in manufacturing or distribution, flu vaccination will begin in September and continue through May. It's important to get your shot as early as possible since it takes a few weeks to build full immunity.

The two choices for immunization are the traditional flu shot – an inactivated vaccine injected with a needle – and the nasal spray – a vaccine made with live, weakened flu viruses that do not cause the flu. This option is approved for healthy persons ages 2 to 49 who are not pregnant.

Both have been found effective for children and adults, although the nasal spray has the potential for causing mild symptoms such as a runny nose, nasal congestion and fever.

Studies of community outbreaks indicate that school-age children have the highest rates of illness. This suggests that universal vaccination of children will reduce infections in their households and in the community.

Although school age children are at low risk of serious complications, influenza illness has adverse effects on them, including days missed from school, work loss by parents, more antibiotic use and more physician visits.

The recommendation for universal vaccination does not guarantee anything, of course. In 2009, when vaccination was recommended for 85 percent of the population, fewer than half actually received a seasonal flu shot and fewer than 40 percent, an H1N1 shot.

No one wants to get the flu. At best, it causes short-term illness and several days' lost from work or school. At worst, it can lead to life threatening complications. There is one easy way to head off the misery: get a flu shot.



## WCHC's Annual Kidzfest was a success!

WCHC's annual Kidzfest was held on Friday, May 28th in Central Park. The weather was perfect and the event was great! Over 45 vendor booths taught kids about health, wellness and safety. The crowd enjoyed entertainment by Studio E!, Melissa's Stairway to the Stars, ATA TaeKwondo and the Starbolt Band. The kids also enjoyed train rides by Community 1st Credit Union, a rock climbing wall by the Iowa National Guard, pony rides with Windy Acres sponsored by hawk-i and a circus bounce sponsored by the WCH Foundation. The Washington County Ambulance Service performed child passenger car seat checks and handed out bike helmets, and the Washington County Fire Department brought a smoke house to teach children what to do in a fire. The hospital focused on stranger danger, setting up three different stations to allow children to role play different situations of this topic. Thank you to all of the sponsors as well as all the businesses and organizations that participated in this event. It would not be possible without all of you.



## Hospital's Relay For Life Team raised over \$3,100 for the ACS

This year the American Cancer Society celebrated Washington County's 10th year for their Relay For Life. The goal was to raise over \$100,000 and it was surpassed by \$30,000.

Washington County Hospital and Clinics was one of the original sponsors of the Washington County's Relay For Life ten years ago. Every year, the hospital participates and has a team. This year the hospital team raised over \$3,100, with all proceeds going to the American Cancer Society. The team sold sno cones at Kidzfest and also at the Relay For Life event. A special thank you to Jennifer Durst and Shelli Cleverly for chairing this event. A special thank you to everyone who participated on the hospital's team.

## WCHC General Surgeon, Gene Lariviere, MD, expanding hours at Surgical Healthcare of Washington

Dr. Lariviere, General Surgeon, has expanded his clinic hours at Surgical Healthcare of Washington. He now sees patients on Mondays and Fridays at Surgical Healthcare of Washington.

Dr. Lariviere consults surgical patients at the Surgical Healthcare of Washington Office and appointments can be made by calling 319-653-5304. He specializes in Laparoscopic gallbladder removal, hernia repair, appendectomies, bowel surgery, breast biopsies and other general surgery.

# Foundation *wch*

## Seventh Annual Washington County Hospital Foundation Care for Our Kids Golf Event raised over \$34,000 to further healthcare for Washington County Kids

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The Washington County Hospital Foundation held its seventh annual Care for Our Kids Golf Event on June 4, at the Riverside Casino and Golf Resort. This year's fantastic program event featured 28 local teams paired up with 28 pros from around the state. Profit from the event was over \$25,000 and a grant from the Washington County Riverboat Foundation for over \$8,800 raised the profit to record levels.

The day kicked off with introductions and a Calcutta Event led by Auctioneer Greg Giardino. Local businesses and hospital vendors sponsored the event. The winning team was sponsored by Dr. David Nacos. The day concluded with an outdoor reception with food and live music recognizing the golf winners.

Funds raised from this year's event will be used to support children on the hawk-i insurance program which is a low cost health insurance program that includes health, dental and vision coverage for kids of working Iowa families. The additional profit will be used to fund several new pieces of equipment. A new wireless Fetal Heart Monitor was purchased through this event that now allows laboring Moms to get up and move around while under constant monitoring of hospital staff. Also, a new Bilisoft Phototherapy System was funded to treat infants with neonatal jaundice. Prior to this purchase, the hospital has had to rent this equipment when needed. Prior golf events have funded a piece of equipment to non-invasively (no needle sticks) test for this condition. Lastly, a new Labor, Deliver, Recover and Postpartum(LDRP) bed will also be funded.

The Washington County Hospital Foundation Board thanks all of the supporters who made this great event possible to generate funds for a great cause.



## Thank you Ken!

Ken Hanson attended his final WCHF Board meeting after serving more than 15 years as a board member, as well as being one of the few founding members still serving. The founding members determined the mission of the Washington County Hospital Foundation was to encourage, accept and steward all gifts, grants and contributions in support of the Washington County Hospital. Ken Hanson has given both his time and treasure to personally ensure the WCHF grew and strengthened over his 15 years. During those years over \$1,000,000 of purchases or programs for the hospital have been made possible due to the support and volunteerism of civic minded Washington citizens such as Ken Hanson.

If you received a 2010 Annual Appeal letter, or if we missed you, it's never too late to make your donation to help fund new in-house MRI at Washington County Hospital and Clinics. Please mail any donations to WCH Foundation, 400 E Polk, Washington, IA 52353.



## WCH Foundation

400 East Polk  
Washington, IA 52353

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# News *briefs*



Greta Skoog joined the hospital's staff as a full time Physical Therapist in the Rehab Services Department at WCHC. She received her training at the Uni-

versity of Minnesota with a Doctorate of Physical Therapy in June of this year after doing several clinicals in outpatient orthopedics, spinal cord injury for acute rehab, and sub acute rehab/transitional care. Greta is looking forward to meeting the people in Washington and surrounding areas. She is now accepting patients at the WCHC Rehab Services Department.

### WCHF GIFT SHOP

## Holiday Open House

**Friday, November 5th, 9 am to 7 pm**  
**Saturday, November 6th, 10 am to 4 pm**  
**Sunday, November 7th, 1 pm to 4 pm**

Open Saturdays 10 am-2 pm through Christmas,  
beginning November 6th

Stop by the WCHF Gift Shop for Gifts and Home Décor for everyone on your list. Your support will help purchase in-house MRI technology at Washington County Hospital and Clinics.

*Invest in the future by remembering the Washington  
County Hospital Foundation in your will and estate plans.*



WASHINGTON  
COUNTY HOSPITAL  
AND CLINICS

# VITAL *signs*

Quarterly Newsletter to WCHC Friends

Summer 2010

Washington County Hospital and Clinics Welcomes  
Two New Family Practice Physicians to Washington...

## Sonia Acharya Gupta, M.D. Trevor Martin, D.O.



Sonia Acharya Gupta, M.D.

**D**on Patterson of Washington County Hospital and Clinics has announced that **Sonia Acharya Gupta, M.D.**, has joined the hospital's medical staff. Dr. Gupta is a Family Practitioner that has joined the Washington County Hospital Medical Clinic. She is a full-time physician offering a full spectrum of care to her patients.

Dr. Gupta is a graduate of the Donetsk State Medical University in Donetsk, Ukraine. She completed her Observer-ship at Alegent Health Clinic in Omaha, Nebraska, where she also lived for six years. While there she realized she would like to live and work in the Midwest. Her husband's family still lives in Nebraska. Most recently she has completed her post-graduate education at St. Luke's Family Medicine Residency in Bethlehem, Pennsylvania.

Dr. Gupta is very excited to be in Washington and looks forward to becoming a part of our community. She and her husband, Ramji, have two daughters,

Nia and Jia, ages 7 and 3. They have especially enjoyed the friendliness of Washington's residents. Dr. Gupta looks forward to treating families of Washington and especially enjoys working with children.

WCHC is also very pleased to welcome **Dr. Trevor Martin** to the Washington County Hospital and Clinics family. He is also a Family Practitioner who joined Mercy Family Medicine of Washington in July. He will also treat patients of all ages.

Dr. Martin is a native of Illinois and attended Illinois State University before attending medical school at Des Moines University. He did his residency in Illinois. He feels Washington is a good fit for his interests and to begin his medical practice.

He will soon be married to a Washington native, Erin Perdock. He looks forward to getting to know the people of the Washington area.



Trevor Martin, D.O.

# 2010 Seniorfest

Saturday, October 9th from 8:30 am-11:30 am  
at Washington County Hospital and Clinics

Please use South Entrance (former main entrance).

The health fair is targeted to seniors, and those caring for seniors, and will feature health screenings, flu shots, speakers, vendor booths, food, entertainment and much more.

For more information, or to have a free booth, call 863-3921.