Extending “Family” in the Face of Adversity
Late this summer when I was asked if I would like to come back to Fort Dodge as an interim CEO, it was with great enthusiasm I said, “Yes!” While I know Mike Dewerff will be greatly missed, I want to congratulate him in this new career opportunity as CFO of UnityPoint Health – Des Moines. I am confident he will be as a great leader for them as he was for the Fort Dodge region.

It’s hard to believe that it’s already been over three years since I departed Fort Dodge as the CEO to work with UnityPoint Health at the corporate level. I didn’t realize how much I missed this organization until I walked back in the front doors and was quickly greeted with warmth and cherished friendships. Despite the fact I worked with great people in Des Moines, I must say when you walk into a building where there is an opportunity to care for patients and their families, and everyone has the same focus and is connected, it’s inspiring. I was completely overwhelmed. In talking with my husband that evening, I shared with him there is nothing like working in a healthcare region and nothing like Fort Dodge.

Currently, UnityPoint Health is doing a CEO search for the Fort Dodge region. The individuals who have shown interest in this position are amazing people and very capable of taking this region to new heights. It is the desire to have the new CEO in place by the first of the year.

As you will read in this issue, great things have happened with UnityPoint Health – Fort Dodge over the past three years, including the addition of UnityPoint Health Urologists from Waterloo opening a satellite clinic here. The practice has quickly grown and we see many opportunities for further growth. Trinity Regional Medical Center has also seen the addition of an on-site retail pharmacy. Trinity Pharmacy provides the convenience to patients to get their medications right away before they go home – no extra trip across town to pick up a prescription.

There are also areas in our region that continue to lead the way and provide the exceptional care we all have come to appreciate; our partnership with Iowa Heart, and something dear to my heart, a comprehensive cancer center. These are not just good ‘departments or services’ because of the technology or type of care, they are great because of the people who serve these patients.

Again, I can not begin to express my gratitude for this short-term opportunity to be a part of the UnityPoint Health – Fort Dodge region. There is so much good here and the people are amazing. I’m not saying that because of a marketing department’s tag-line, I say that because it’s true.
UnityPoint Health Proudly Welcomes Our Newest Physicians

Darren Croo, MD, UnityPoint Clinic® Surgery. Dr. Croo received his medical degree at Wayne State University School of Medicine and completed a residency at the University of Nebraska Medical Center. Dr. Croo is eligible for the American Board of Surgery.

Cassidy Long, DO, UnityPoint Clinic Family Medicine – Humboldt. Dr. Long received his medical degree at Des Moines University, Des Moines, IA, and completed his residency at Broadlawns Medical Center, Des Moines, IA. Dr. Long is certified by the American Board of Family Medicine.

Steve Anderson, MD, Wolfe Eye Clinic, is now providing services at the Fort Dodge location. Dr. Anderson received his medical degree at Northwestern University Medical School. He completed his internship at Hennepin County Medical Center and his ophthalmology residency at the University of Minnesota. Dr. Anderson specializes in cataract surgery, medical and surgical glaucoma management; and ocular disorders.

Azeza Uddin, MD, telepsychiatry at UnityPoint Health - Berryhill Center. Returning physician Dr. Uddin received her medical degree from Meharry Medical College in Nashville, Tennessee. She completed a psychiatry residency at the University of California San Francisco/ Fresno. Dr. Uddin is board certified in psychiatry.

Hospital Medicine at UnityPoint Health Trinity Regional Medical Center:

Vinil Bhuma, MD, received his medical degree from the NTR University of Health Sciences and completed his residency at the University of Alabama at Birmingham. He is board certified by the American Board of Family Physicians and his primary clinical interest is adult medicine. Dr. Bhuma currently serves as our chief information officer.

Emeka Nzewi, MD, received his medical degree from the University of Nigeria, Enugu, Nigeria and completed a residency at Albert Einstein Medical Center in Philadelphia, PA. He specializes in internal medicine and has a clinical interest in adult medicine.

Rohan Kalra, MD, received his medical degree from the University of Medicine and Health Sciences, St. Kitts and completed residency at the University of Oklahoma at Tulsa, OK. He specializes in internal medicine and has a clinical interest in adult medicine.

Sharmini Suriar, MD, received her medical degree at St. George’s University School of Medicine - West Indies and completed her residency at Bridgeport Hospital, Connecticut. She specializes in internal medicine and comes to Trinity after a successful practice at UnityPoint Clinic Family Medicine - Humboldt.

Welcome New Providers to UnityPoint Health

Kristin Cedar, ARNP
Family Health Center - Storm Lake

Ally Croo, DNP
Trinity Hospital Medicine

Selena Meacham, ARNP
Family Medicine - Pocahontas

Brittney Peters, ARNP
Family Medicine - Humboldt & Gastroenterology

Kari Swisher, ARNP
Palliative Medicine

Teri Townsend, DNP
Pediatrics

Tenaea Jeppeson, ARNP
Berryhill Center

Jeanette Hoover, ARNP, A.R.N.P., AGNP-C
Palliative Medicine
Celebrating Our Employees

At UnityPoint Health – Fort Dodge, we know it is our employees that are making a difference everyday in the lives of our patients and their families. We celebrate the following employee anniversaries from July through December.

**Employees With 25+ Years of Service**

45 Years
Mary Bennett
Ann Lockner
Cynthia Neiland

40 Years
Connie Fox
Sue Francois
Clen Lincoln
Peggy Loots
Lorrie Rykhus

35 Years
Deanna Cummins
Lisa Cusey
Deborah Hansen
Brenda Swank

30 Years
Shelli Berry
Pamela Claussen
Lois Fevold
Marjean Lantz-Ramthun
Wanda Mcatee
Charla Nelson
Gail Newell
Rhonda Waddell
Sandra Price

25 Years
Brooke Barber
Jeana Benson
Jeanette Bohn
Shelly Buse
Beth Butcher
Suzanne Clapp
Tammy Cook
Pamela Gollob
Mary Meyer
Kristine Moon
Sara Slotten
Denise Weston
Luanne Pavel
Marlene Sievers
Lori Williams

20 Years
Patricia Allen
Jennifer Correll
Amanda Degner
Marcia Dencklau
Andrea Freeman
Jodie Grandors
Julie Heiter
Jeanette Hoover
Dawn Loseke
Michelle Mann
Annette Walker
Joni Wulfekuhler
Bridget Yetmar

15 Years
Linda Arends
Helen Meehan
Tammy Pauley
Shawn Pieczenko
Kristin Radechel
Kelle Sande
Catherine Stockdale
Carole Pingel
Keely Smith

10 Years
Katie Andrews
Eric Bradfield
Jennifer Brown
Jennifer Conden
Jacquelyn Degelau
Mark Gargano
Briley Hanson
Dena Heim
Julie Hewitt
Tammy Jeckell
Natasha Johnson
Cindy Kelly
Doug Lanus
Amber Lewis

5 Years
Megan Anderson
Lisa Carter
Kyrsten Chapman
Deanna Deollos
Laura Dischler
Shannon Fecher
Holly Fortney
Alisa Godfrey
Patty Grossnickle
Lisa Irving
Dena Johnson
D’Etta Lester
Emily Martens
Aaron Mchone
Megan Oetker
Leann Olhausen
Shelly Paulson
Sofia Rodriguez-Hoces
Mary Shaull
Jessica Smith
Katie Thomas
Megan Vote
Jenna Wheatley
Amanda Wilson
Heather Winkler
Kathryn Zahrobsky

Lucy Myer
Amber Patterson
Brian Pattison
Nikkii Smith
Keith Sturtz
Meet Peggy Loots

For 40 years, Peggy Loots has been an x-ray technician in both the hospital and clinic setting now known as UnityPoint Health – Fort Dodge. For almost 18 of those years Peggy has been a manager for the UnityPoint Clinic - Norma Schmoker Women’s Center. Despite her manager role, Peggy still provides one-on-one care for patients.

Peggy has seen many changes in technology in the radiology world over her career. The first mammographies she performed included a cone attached to the x-ray machine that gave one-dimensional images that Peggy herself would then process.

Today, Peggy works with 3D digital imaging – giving radiologists an in-depth look at all perspectives of a breast to uncover discrepancies.

While the constant changing technology can be challenging, Peggy can’t imagine doing anything else. “I truly enjoy working with my patients,” Peggy admits. “I love to interact with them at places like the grocery store, when they know who I am and stop and want to share with me how they are doing.”

Peggy also attributes the staff she works with every day as one of the reasons she has stayed with UnityPoint Health all these years. “I have a great team that works well together,” shares Peggy. “I also have a lot of support from our leadership, which makes my job enjoyable.”

Peggy is passionate about regular mammograms. One thing she can tell her patients, “Be proactive. When it comes to your health, you have to be your own advocate.”

When Peggy isn’t working and caring for others, she enjoys her family. Her favorite pastime is going to her grandkids’ sporting events and “Shopping for them!”

“Be proactive. When it comes to your health, you have to be your own advocate.”
Terry and his wife, Norine, keep healthy by staying active.

At 56, Terry Paulson had been working for the Fort Dodge school district all his teaching career.

As part of that career, Terry was active officiating football. With all that running up and down a 100-yard field every Friday night, one would assume Terry was pretty healthy. Terry thought so, too. Yet a small voice made him think he should go get a physical.

“For years we had to get an annual physical with the school, but they stopped doing that,” says Paulson. “It had been about 7 years since I had one, so I thought, ‘You know maybe I should get a physical.’” He made an appointment to see his primary care doctor, Dr. Lincoln Wallace with UnityPoint Clinic.

At his visit, all the usual annual physical tests were run and Paulson found out he wasn’t as healthy as he thought he was.

“Two days after my visit I got a phone call with my blood work results,” shares Paulson. “My cholesterol was 220. Because of my age, Dr. Wallace suggested a calcium scoring.”

A calcium scoring is a noninvasive CT scan of the heart that calculates your risk of developing coronary artery disease (CAD) by measuring the amount of calcified plaque in the coronary arteries.

It wasn’t long after his calcium scoring that Paulson received a follow-up call from Dr. Wallace.

“He told me I really knocked the test out of the park,” smiles Paulson. “A normal or good score is between 0 and 1; mine was 2,400!”

The results came as a complete surprise to Terry, because he didn’t notice any symptoms that would suggest he had heart disease.

“Dr. Wallace asked me if I had any chest pain, shortness of breath or fatigue. I didn’t have any problems whatsoever. I thought I felt pretty good considering my age.”

That call happened on a Friday, and Paulson was to officiate that evening. Needless to say, Paulson cancelled.

A few days later Paulson had two stents placed into his heart by Dr. Joe Cookman with the Iowa Heart Center. The procedure would validate the calcium scoring results.

Dr. Cookman shared with Paulson that his main artery had 100% blockage and another one had 90% blockage, to which Paulson responded, “Good thing I didn’t officiate that Friday night!”

Paulson also learned, because he was very active, his heart had created collateral blood flow. Collateral blood flow is when the heart makes blood vessels to circumvent the blockage so the blood can continue to flow. After his stent procedure Paulson participated in the Trinity Cardiac Take a Time-Out for Your Health

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Rehab program where he learned about healthy nutrition. Due to the seriousness of his blockage, he was determined to make the changes necessary to keep his heart healthy.

“I stopped eating pizza, cheeseburgers and fried food,” says Paulson. “I started eating lots of vegetables and stayed away from processed foods.” These changes, as well as continuing with his active life, helped Paulson lose 57 pounds and lower his total cholesterol to 147.

“While the whole thing scared the heck out of me, I had so much support from everyone,” acknowledges Paulson. “Without the Cardiac Rehab program, Dr. Wallace, Dr. Cookman, my wife and daughters, I couldn't have made the changes I needed to make to get healthy and stay healthy.”

Today Paulson is semiretired and continues to enjoy life to its fullest. While he admits passing on the pizza isn’t always easy, he knows the sacrifice is worth it. Paulson also is sure to not miss his appointments with his care team, including Dr. Wallace and Dr. Cookman.

“I will forever be in debt to both these guys for saving my life,” says Paulson. “If Dr. Wallace hadn’t sent me to have a calcium scoring, who knows what would have happened to me! I never miss an appointment now. I see Dr. Wallace once a year for my routine physical and every 6 months with Dr. Cookman. I know now that taking the time to see the doctor can truly save your life.”

As a longtime football officiant, Terry was surprised to learn he had substantial heart disease.

CALCIUM SCORING
Should You Have One?

Heart disease does not always include physical symptoms. A calcium scoring screening identifies plaque in your coronary arteries to help assess your heart’s health.

If you have two or more of the following risk factors, call to schedule a screening.

- You are 40 - 75 years old.
- You smoke or have secondhand smoke exposure.
- Your cholesterol level is greater than 200 mg/dl.
- You have been told your blood pressure is high.
- You have diabetes or need medicine to control your blood sugar.
- You live a sedentary lifestyle.
- You are overweight by 20 or more pounds.
- You father or brother had a heart attack before age 65.

Trinity Regional Medical Center offers calcium scoring, scans to discover heart disease faster for only $99. Call (515) 574-6772 to schedule.

“A normal or good score is between 0 and 1; mine was 2,400!”
It wasn’t the first time Alicia Porter had felt a lump on her breast. But when she felt a lump that wasn’t painful, she had a feeling this time it was something serious.

“Breast cancer doesn’t run in my family, but I had a bad feeling about the spot. Oddly enough, most of the bumps I had were always painful and this one was painless.”

Shortly after feeling the lump, Porter had a mammogram which led to the diagnosis of an Invasive Ductal Carcinoma, Stage 2 (breast cancer).

“I received a call from my doctor asking me to come in for a follow-up appointment. I told him I didn’t need to come see him. I already knew what he was going to tell me – I had cancer,” shared Porter. “After some persuading, he shared the news with me over the phone and referred me to Dr. Miegge.”

Even though Porter knew in her gut, she was still overwhelmed by the news. Not only was she concerned about the diagnosis, but she also was currently uninsured and the primary care giver for both her son and disabled husband.

After the initial shock, she met with Dr. Laura Miegge and scheduled her surgery.

“I knew the moment I met Dr. Miegge, I was going to be all right,” says Porter, smiling.

Her confidence and comfort grew stronger when she shared with Dr. Miegge her cousin was a physician and would like to be informed of her care. Having family involved was a comfort to Porter, but what happened next was more than she had expected.

“Instead of simply sharing my chart with him, she asked me for his number and talked with him for over an hour. He called me later and said, ‘You are in good hands.’”

Two weeks following her initial mammogram, Porter had surgery to remove the lump as well as a few lymph nodes. A biopsy was sent for testing to determine the next steps.

“I was terrified I was going to have to have chemo, so was relieved to find out the recommended treatment would be four weeks of radiation – no chemo.”

Meanwhile, Porter found even more support through social workers Emily and Patty.

“I never once had to worry about the difficulties of navigating the health insurance system. Emily and Patty were able to help me get a grant through the Trinity Foundation and worked on getting me insured,” sighed Porter. “They did all the paperwork for me so I could focus on getting healthy.”

Porter admits the weeks of recovery and radiation weren’t always easy. The radiation often left her feeling exhausted. Yet the relationships she made with her care team were motivation to get to every appointment.

“The process was rather humbling – you’re fully exposed and needing to be in awkward positions. I cannot say enough good things about the team. They were always professional and genuine. They made me feel like a part of the UnityPoint Health family. They took time to get to know me and were always accommodating in making me as comfortable as possible.”

Not only was Porter able to receive exceptional care at Trinity Cancer Center, as a Fort Dodge native and resident the location was key in allowing her to continue to care for her family members and having her support system nearby.

Recently, Porter proudly rang the “Done with Treatment” bell at the Trinity Cancer Center.

“I bawled like a baby. Not only because I was relieved I was officially cancer free, but because I was going to miss everyone.”

“I owe my life to UnityPoint Health. I can’t imagine going anywhere else. They will do all they can for you and treat you like family.”

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Incontinence & Quality of Life

Urinary Incontinence - it’s a subject people don’t talk about, and if they do, it’s usually in joking. Unfortunately, it’s not a joking matter to those who struggle with it. Urinary incontinence can affect emotional, psychological and social life. It can keep individuals from enjoying life. Many suffer in silence because they are too embarrassed to talk to their doctor or they think nothing can be done.

Many people think urinary incontinence is just part of getting older. But it’s not. It can be managed or treated.

To eliminate some misconceptions, we sat down with Dr. Mark Newton, urologist at UnityPoint Health – Center for Urology in Fort Dodge.

**What is incontinence?**
Simply put, it’s the unintentional leakage of urine. This can be a small amount when coughing and sneezing or sometimes the entire bladder empties before a person wishes it to. The severity can range from insignificant amounts to large volume leakage, which can severely affect a person’s quality of life.

**Does incontinence affect both men and women?**
Yes. More women are affected than men, but men also can experience incontinence.

**Is incontinence a normal part of getting older?**
Although it is much more common as patients age, it can be a symptom of other medical problems and/or an issue affecting quality of life. We recommend people with incontinence get an initial evaluation to rule out serious medical conditions and review treatment options.

**Are there different kinds of incontinence?**
Absolutely, and this is an important distinction. There are several different kinds of incontinence, and the causes are very different. This means the treatments are different as well. It’s important to know what kind you have, so we can manage it appropriately. The two most common kinds are stress incontinence and urgency incontinence.

Stress incontinence occurs when the sphincter muscle, which is the muscle that holds urine in the bladder, is no longer strong enough to resist the pressure generated from the abdomen during activity. This typically results in small volumes of leakage with coughing, sneezing, laughing or running. We see this most frequently in women who have had multiple children or in men after prostate removal.

Urgency incontinence is caused by a bladder contraction occurring at an unwanted time. Frequently this can happen when pulling into the driveway, doing dishes, or on the way to the bathroom. It often occurs with increased urgency/frequency of urination or recurrent urinary tract infections. It can be associated with several neurologic conditions such as Parkinson’s disease, strokes, and multiple sclerosis, as well as prostatic enlargement in men.

UnityPoint Health – Center for Urology has a full team of experts. From left to right: Dr. Mark Newton, Michelle Nepple, PAC, Dr. Daniel Lee, Dr. Eric Andersen, Holly Gaede, ARNP and Dr. Eric Askeland.
A third, less common, kind of incontinence is called overflow incontinence. This occurs when a bladder no longer empties completely. Urine builds up in the bladder and then leaks. If you think of the bladder as a bucket that holds water, the bucket simply gets overfull and water flows over the top. This can be seen in patients with long-standing diabetes, nerve problems or chronic blockage from a large prostate.

Is incontinence treatable?
Yes. Different kinds of incontinence have different causes, and therefore the treatments are different. For urgency incontinence, behavioral and dietary modifications are the initial line of therapy. Alcohol, caffeine, and acidic or spicy foods can all irritate the bladder, making urgency incontinence and overactive bladder worse. If dietary modification is not successful, we can use medications to decrease the contractility of the bladder, which then improves symptoms. Many of these medications can have side effects however, including dry eyes, dry mouth and constipation. If medications are not successful, the third line of therapy includes procedures, such as Botox injections and placement of a nerve stimulator.

Stress incontinence is often treated with surgery. We frequently try pelvic floor strengthening exercises first, with a goal to increase resistance near the sphincter muscle to prevent leakage with the activities that increase abdominal pressure. If that isn’t successful, there are several other options, the most common being urethral injections. Under sedation, a small amount of a synthetic material is injected near the sphincter to help increase resistance and prevent leakage. This works best for cases where the patient has mild to moderate leakage.

For those who fail injections or have severe stress incontinence, a urethral sling is a better option. This involves placement of a piece of mesh or a person’s own tissue under the urethra to help support the urethra, increase resistance and prevent leakage.

Treatment of overflow incontinence ultimately depends on the underlying cause. When the bladder has lost its ability to squeeze, catheters must be used to drain the bladder. When there is a blockage, such as from a large prostate, the blockage must be addressed. Often (but not always) the bladder function and bladder emptying will improve.

If you have any questions or concerns about urinary leakage, UnityPoint Health Center for Urology would love to work with you. Controlling incontinence can change your quality of life. Feel free to call them at the Fort Dodge clinic, UnityPoint Health Center for Urology.
According to the Pew Research Center, a majority of Americans know a family member or friend with a substance abuse problem.

Studies suggest 23.5 million Americans are fighting an addiction to alcohol or drugs, with many battling addictions to both. Of those, many also need help with mental illness. But estimates show only 11% will get help – mainly because they do not have access to care. UnityPoint Health – Berryhill Center has been working to create a new Substance Abuse Program to provide help in the Fort Dodge area.

One factor in deciding whether an individual can recover from substance abuse is admitting they have a problem, according to Jennifer Pullen, LMHC and clinical manager at the Berryhill Center. Following is an interview with Jennifer and Melissa Klass, certified drug and alcohol counselor, about the program and how to get help.

First, how do you know if you have a problem?
If you feel you can’t function on a normal day-to-day basis without using or drinking it is probably a problem. Likewise, if drinking or using a substance has created disruption in areas of your life such as being able to do your job, causing problems at home or even if you are dealing with legal issues, you may have a problem.

When identifying substance use disorder at Berryhill we use the SBIRT (screening, brief intervention and referral to treatment) screening with our patients to identify initial substance abuse problems and the level of help needed.

We offer individual treatment sessions, group treatment sessions and urine drug screens as appropriate. And we can help with higher levels of care if needed.
How can you help someone struggling with an addiction?
First, you can help them by not giving them access to substances. For example, don’t talk to someone about a drinking problem while having a drink with them. If they will admit they have a problem, then you can help by asking them to call and schedule an evaluation.

You can support them in treatment, even if it takes more than one time. Also, it is important that when speaking about addiction you use person-centered terminology. For example, we don’t call a person an “addict” but rather a person “living with an addiction.” Rather than calling someone a “substance user,” we instead would say someone “has a substance use disorder.”

What are some misconceptions about substance abuse?
One of the biggest misconceptions is that an individual is making a choice to abuse alcohol or drugs, when in reality, substance use disorders are diseases.

There is also the misconception about receiving treatment and thinking, “He’s been through treatment he should be OK.” This is not always the case. Recovery from substance use disorders is ongoing and takes time. Sometimes the individual will deal with this issue for a lifetime.

What does the Berryhill Center substance abuse program offer?
The program is outpatient level of care. Our programming involves comprehensive treatment of both mental health and substance use disorders. We believe in treating the person as a whole while looking at each person as an individual. We tailor treatment as needed to include substance abuse and mental and physical health. We offer individual treatment sessions, group treatment sessions and urine drug screens as appropriate. And we can help with higher levels of care if needed.

Our substance abuse therapists complete a comprehensive evaluation for each person who comes in seeking treatment. When appropriate we enroll them in programming where they receive individual treatment planning, individual sessions and group sessions. Aftercare/discharge planning is also part of the care plan. If needed, referral to more intensive services is done to ensure the person receives the level of care required.

What services are available in the area for those with an addiction?
The Fort Dodge area has a range of services starting with substance abuse evaluation, outpatient treatment at all levels, detoxification and inpatient treatment. UnityPoint Health – Berryhill Center is a level 1 outpatient service provider, which means we provide substance abuse evaluation and outpatient level of care.

Melissa Klass and Jennifer Pullen, lead the way the substance abuse programs for Berryhill Center.

SERVICES AVAILABLE FOR FAMILY MEMBERS OF ADDICTS
• Al-Anon: For family members of persons living with addiction. This is a peer-led support group for adults is based on Alcoholics Anonymous/Narcotics Anonymous.
• A lateen: To support teens with family members living with addiction. This is a peer-led support group based on Alcoholics Anonymous/Narcotics Anonymous.

Family members may be asked to participate in treatment sessions to help educate and support the family members.

Berryhill Center can schedule a comprehensive evaluation and connect you to the best treatment. If you or anyone you know has a substance abuse problem, call (515) 955-7171.
Trinity Pharmacy
Alleviating Stress

Any hospital stay can bring worry. Knowing this, staff at UnityPoint Health – Trinity Regional Medical Center work to reduce stress every day. Just ask Eric Nafe of Gilmore City.

Nafe has had diabetes for most of his life and was able to manage his health until a foot sore took a turn for the worse. “I first noticed it but thought nothing of it. Within days it developed into a bad wound covering my toe. I knew it was pretty serious,” shares Nafe. Unfortunately, Nafe had to have the toe amputated because he was diagnosed with a bacteria called necrotizing fasciitis. While his surgery had gone well, he didn’t know he would be faced with another battle. Nafe’s medical insurance was to expire the day after his procedure, leaving him in a financial crisis. Staff helped Nafe get approved immediately for emergency Medicaid to help cover his expenses.

Although his diagnosis, surgery and insurance issues were all very stressful, Nafe was pleased by the phenomenal care he received. And it didn’t stop there. When it was time to go home, Nafe learned about a new program at Trinity Pharmacy called “Meds to Beds.”

Meds to Beds eliminates the need to stop at a pharmacy on the way home. The Trinity pharmacy team evaluates and prepares medications providers prescribe for home and delivers them to the patient’s bedside.

They treated me with respect and were very knowledgeable and informative. I felt relieved and comforted. This is one of the best programs I’ve ever seen.

The pharmacist will also discuss the medications with the patient before discharge at no additional cost.

“The nurse put in an order and about an hour and a half later a gal from the pharmacy was in my room with my prescription,” shared Nafe. “Everyone from the pharmacy was so wonderful to me. They treated me with respect and were very knowledgeable and informative. I felt relieved and comforted. This is one of the best programs I’ve ever seen.”

One of the Trinity Pharmacists, Jake Crimmins, delivers prescriptions to a patient before they leave to go home.
Make Your Impact \textit{Today}

Many donors have experienced the benefits of making a charitable gift through their traditional IRA and you can too!

If you are 70½ or older and own a traditional IRA, you can use the IRA charitable rollover to make a tax-free gift to Trinity Foundation. This law allows you to transfer any amount up to $100,000 annually, directly to a qualified charitable organization, such as Trinity Foundation, without paying income tax on the distribution. This also applies to your spouse who can also transfer up to $100,000 annually.

\textbf{Additional benefits include:}

- You will see the difference your gift makes today.
- You will pay no income tax on the gift. The transfer does not generate taxable income or a tax deduction, so you benefit even if you do not itemize your tax deductions.
- Your gift can satisfy all or part of your required minimum distribution.
- This is your opportunity to support the work of Trinity Foundation.

\textbf{Contact me or your plan administrator today to make a qualified transfer from your IRA to Trinity Foundation.}

\textbf{Carol Grannon}
Senior Director of Development
Trinity Foundation
Office (515) 574-6794
Fax (515) 574-6933

\textbf{UnityPoint Health}
Trinity Regional Medical Center
Shorten the wait. Reserve your place online. With online check in appointments for UnityPoint Clinic® Urgent Care, you can find the relief you need at a time that is best for your schedule by walking in, or picking a convenient time online using our check-in system.

When you submit the secure online form, you will receive a confirmation of your check-in, and a text message about your upcoming medical visit.

Say goodbye to waiting and wondering when you can be seen. Choose your time. Check-in online.