Dear Friends,

Grundy County Memorial Hospital is planting the seeds for the future of rural health care. While we provide you with high quality health care today, plans to meet your needs in the future are underway. Hospital leaders had the foresight to create a master building plan fifteen years ago and we’re now in the midst of its final phase. Each stage has grown the services that the hospital provides and offered improved access to care.

By the end of 2017, the final phase will be complete and our 65-year-old facility will be entirely modernized. A new roof, energy efficient windows, and new heating and cooling are improvements that help make the original hospital ready to serve patients for another sixty-five years! The project also offers more space for the busy Specialty Clinic, a new private Women’s Health Center, and will enhance the registration area for Outpatient Services.

The hospital’s seeds of growth are planted because you’ve placed your trust in us to be your first choice for health care. Our success also results from the generosity you’ve shown to the GCMH Foundation, which has provided significant financial support to the hospital’s improvement efforts. We thank you for your gifts, and ask you to help sustain the hospital’s growth with support for the Foundation’s 2017 Annual Campaign. Your help is needed so that the seeds planted years ago will continue to grow and flourish.

Jodie Gehrke, left, of Eldora and Cardiac Rehabilitation Coordinator Brandy Tripp RN BSN.

Funds awarded from the hospital Foundation’s FOCUS grant program provided Stress Management and Resiliency Training (SMART) through the Mayo Clinic for Cardiac Rehabilitation Coordinator Brandy Tripp RN BSN. “We’ve introduced this mind and body initiative to our program to train brains to be happier, just as cardiac rehab helps heal the heart,” says Brandy. “I’m grateful that the Foundation provides the seed money to improve patient care.”

A MESSAGE FROM GRUNDY COUNTY MEMORIAL HOSPITAL

Reassurance and a listening ear are as much a part of recovery from a heart event as physical training. Jodie Gehrke is grateful to the Cardiac Rehabilitation team at GCMH for boosting not only her physical health but her confidence to resume an active life after a heart attack brought her to the hospital’s Emergency Department.

“There was the ‘why me’ period where I couldn’t believe that I was going through this,” remembers Jodie. “But the nurses were so upbeat and positive that I looked forward to my rehab sessions, not only to get my heart back in shape but for emotional support, too.”

The program includes guidance on heart healthy eating, exercise, and stress management. “The experience gave me the confidence to get back to everyday life,” says Jodie. While she considers her lifestyle before her heart attack to be healthy, she now spends more time focused on stress management and physical activity. “I’m so fortunate and very blessed. In our busy lives, we can take health for granted, but I know a heart attack can happen to anyone.”

Jennifer Havens
CEO
Grundy County Memorial Hospital

“Don’t judge each day by the harvest you reap but by the seeds that you plant.”
ROBERT LOUIS STEVENSON

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A MESSAGE FROM GRUNDY COUNTY MEMORIAL HOSPITAL

Jennifer Havens
CEO
Grundy County Memorial Hospital
When Shelby and Shirley Luwe retired and moved to Iowa from the Minneapolis area to be close to family, the convenience of health care was a consideration as they looked for the perfect retirement spot. They even toured the hospital before making their move to Grundy Center. When Shelby suffered severe shortness of breath, his health provider sent him immediately to the Cardiology Clinic in the hospital’s Specialty Clinic. After an emergency CT scan, Shelby ended up in the hospital’s Emergency Department, and the impact of close-to-home health care became personal.

“Someone was looking out for me. A CT scan showed a pulmonary embolism that required emergency treatment. Now I follow up with regular visits to the Cardiology Clinic, and that’s right here at the hospital, too,” remarks Shelby.

Duane Nevenhoven of Aplington is a long time high school teacher and basketball and golf coach, now retired. He understands the impact that a good coach makes on his or her team through the encouragement they provide, as well as the need to be firm on occasion.

“I had a great experience with the care I received at the hospital while I was a patient and with the Cardiac Rehabilitation team. Those nurses worked us hard, and there were times I was frustrated. But I always left smiling and I enjoyed the sessions. I’m very pleased with this little hospital – I was amazed at the care and concern everyone showed for me.”

Duane is back to everyday activities he enjoys – even teaching driver’s education this past summer. He’s grateful for his recovery and the encouragement he received along the way. He even stopped by after his treatments were complete to surprise Cardiac Rehabilitation nurses Brandy Tripp RN BSN, left, and Krystle Primus, RN BSN, with flowers to thank them for their support for his recovery.

Your gifts plant the seeds for early diagnosis and treatment! The Foundation’s 2015 Annual Campaign helped purchase the state-of-the-art CT scanner that is used by more than 120 patients each month. It’s the same technology in use at much larger hospitals - and your generosity helped make it possible at GCMH.

A growing Cardiac Rehabilitation program accommodates more than 3,000 visits from Grundy County and surrounding communities each year. Gifts from the GCMH Foundation help provide funds for up-to-date equipment and technology to support those who are recovering from cardiac and pulmonary conditions.
A true hero looks out for those who are in need and who are at their most vulnerable. GCMH Emergency Department registration lead Jeanie Larson demonstrates extraordinary compassion for patients and their families, and her service is being recognized by the Iowa Hospital Association. Jeanie is one of ten 2016 Iowa Hospital Heroes.

Jeanie views the Emergency Department through the eyes of those who enter its doors when they are ill or injured, and identifies with the needs of both patients and their families. “Jeanie has a heart of gold, and it’s reflected in her kindness to all she encounters,” remarks CEO Jennifer Havens.

Jeanie reacted humbly to the news about the award. “It’s the little things we do during the most difficult times that show our patients how much we care, whether it’s holding someone’s hand or offering a warm blanket,” she remarks. The seeds of kindness planted by Jeanie are cultivated throughout the hospital, and flourish in the highly personalized health care that is provided daily.

For the eighth year in a row, the GCMH Emergency Department has been ranked among the best in the nation for Patient Experience for 2016. The Press Ganey Guardian of Excellence Award demonstrates that the seeds of kindness planted by emergency department caregivers are appreciated by patients and families. Gifts to the Foundation support the high quality of care provided by medical technology and equipment for the Emergency Department.

The Kliebenstein family has planted seeds of generosity through their Grateful Patients gift, and through the estate plans made by Julie’s parents, Don and Susie, during their lifetime. Their Legacy Partners gift will support an annual Health Care Career Scholarship for a deserving future caregiver from the local area, helping to sustain the health care workforce of the future.

A Grateful Patients recognition arrived at the hospital recently, with a gift to the Foundation in honor of the Inpatient Nursing staff. It is both a tribute to the exceptional care provided at the hospital, and a reflection on a life well lived by longtime Grundy Center resident Susie Kliebenstein, who entered hospice care at the hospital in early 2016.

Daughter Julie Farley writes that her mom made the choice to leave her home when her health deteriorated. “The friendly, welcoming staff made it possible for her to live well during the last weeks of her life, and made it comfortable for people to visit, including me. The staff at the hospital has been so loving, kind, and professional while providing the highest quality of care for my mother.”

Julie, who lives in the Twin Cities, writes that the hospital staff created a safe and comfortable environment for her mom, while making Julie feel welcome during her frequent visits to Grundy Center.

The Kliebenstein family has planted seeds of generosity through their Grateful Patients gift, and through the estate plans made by Julie’s parents, Don and Susie, during their lifetime. Their Legacy Partners gift will support an annual Health Care Career Scholarship for a deserving future caregiver from the local area, helping to sustain the health care workforce of the future.
PLANTING SEEDS FOR THE FUTURE OF RURAL HEALTH CARE

Grundy County Memorial Hospital is a convenient ‘one-stop’ shop for local health care, offering highly skilled professionals, state of the art technology, and personal care that makes you feel as if you are family. The current renovation project focuses on three key areas:

1. The convenience of Outpatient Services like lab, radiology, and Specialty Clinic under one roof will be enhanced with new private bays for patient registration.

2. A new Women’s Health Center will provide more space and increased privacy as the hospital introduces new 3D Mammography to aid in the early detection of breast cancer. The Women’s Health Center will also be home to bone density testing and ultrasound technology.

3. More patients and more visiting specialty providers will be accommodated in the expanded Specialty Clinic. Moving business and administrative offices to a newly renovated second floor is creating space for more exam rooms and an additional procedure room.

The GCMH Foundation has a $300,000 goal for 2017 to help the hospital complete its renovation and expand the Specialty Clinic.

Your financial support is needed to help maintain the high quality local health care that you, your family, and your friends depend on. A modernized hospital will create more space for visiting specialists, make care more convenient, and help maintain important health care services locally.

Will you help?

The GCMH Foundation is asking for your help to meet the hospital’s needs. Please consider how you can support the 2017 Annual Campaign, and enclose your gift in the remittance envelope provided. Funds for the project are coming from:

HOSPITAL CASH RESERVES..........................$2.5 MILLION

GCMH FOUNDATION 2016 AND 2017 ANNUAL CAMPAIGNS..............................$600,000

includes events, memorials, business sponsorships, and $83,000 in pledges from GCMH employees

HOSPITAL BONDS...............................................UP TO $5 MILLION

Your support for the 2017 Annual Campaign will help the Foundation reach its goal, which helps ensure the hospital’s future financial success. Help plant the seeds for a bright future for health care in the rural communities served by the hospital.

2017 Foundation Support

“With every deed you are planting a seed, though the harvest you may not see.”

ELLA WHEELER WILCOX
The Grundy County Memorial Hospital Foundation 2016 Annual Campaign raised $212,119 for the hospital’s current renovation and Specialty Clinic expansion.

Support from the campaign came from:
- Individuals and Businesses
- Hospital Employees
- Events
- Sponsorships

Never underestimate the power of a planted seed.

Dazzled by Diamonds... Persuaded by Purses... Captivated by Cards...

With more than 500 guests at this year’s Foundation fundraising events, $1,600 was raised for health care scholarships, $9,790 for Community Health Grants, and $56,770 for the hospital’s renovation project.

Never underestimate the power of a planted seed.

The Legacy Partners program recognizes Foundation donors who invest in the hospital’s future by establishing a gift to the GCMH Foundation in their will, trust, or estate plan. Our Partners have chosen to leave as their legacy an enduring spirit of gratitude for local health care. Their choice to provide a gift to the Foundation in their estate plan helps to ensure the future of your local hospital.

Thank you to the following Legacy Partners:
- Gertrude Craig
- Wilma and Holger Dall
- Helen Myers
- Beveridge Nickerson
- Irene R. Schmidt

If you would like information on becoming a Legacy Partner, please contact Foundation Development Manager Keely Harken, 824-4152 or keelyharken@unitypoint.org. Legacy gifts can be of any size, any amount. You need not be wealthy to consider a gift to the hospital Foundation through your will or estate – all you need is the desire to support a cause that is important to you and help ensure quality health care for our communities continues well into the future.

Thank you to the following Legacy Partners:
- John and Mary Doak
- A. Maxine Engelkes
- Don and Darlene Luchtenburg
- Mike and Pat Owen
- Steve A. Stour

If you would like information on becoming a Legacy Partner, please contact Foundation Development Manager Keely Harken, 824-4152 or keelyharken@unitypoint.org. Legacy gifts can be of any size, any amount. You need not be wealthy to consider a gift to the hospital Foundation through your will or estate – all you need is the desire to support a cause that is important to you and help ensure quality health care for our communities continues well into the future.
The GCMH Foundation has been awarding health care career scholarships to local students since 2007, thanks to the generosity of Sara Lee Yoder, Don & Susie Kliebenstein, Irene A. Stout, and other individual supporters. An aging rural population adds urgency to the need to encourage area students to pursue health care careers and the Foundation values its investment in the schooling of local health care students.

2016 Sara Lee Yoder Health Care Career Scholarships

- EMILY DINDSALIE, Nursing – Gladbrook-Reinbeck
- ERICA MARTENS, Nursing – Grundy Center
- JORDAN RICKERT, Therapy – Gladbrook-Reinbeck
- JENNA ROEDING, Dietetics – Gladbrook-Reinbeck
- JILL SCHILDROTH, Nursing – Gladbrook-Reinbeck

2016 Don Kliebenstein Memorial Health Care Scholarship

- KAYLA ANDERSON, Masters of Nursing Administration – Dike New Hartford

2016 Irene A. Stout Family Health Care Career Scholarship

- KATELYN HOGLE, Nursing – BCLUW

Community Health Grants, available through the GCMH Foundation, allow non-profit organizations, schools, and health-promoting groups to make use of funds to impact health needs in their communities. GCMH Foundation donors have raised more than $20,000 to support this grant program. Over the past year, the GCMH Foundation awarded funds to seven organizations:

- GRUNDY COUNTY PUBLIC HEALTH – Buggin’ Out and Oral Care from Youngest to Oldest
- APLINGTON PARKERSBURG SCHOOL – Sunkist Slicer for improved access to fresh fruits
- GRUNDY CENTER SCHOOL – Sunkist Slicer for improved access to fresh fruits
- GLADBROOK REINBECK SCHOOL – Healthy Choices Health Class – start up funding
- GRUNDY CENTER WELLNESS COMMITTEE – Healthy Concessions Family Events
- CITY OF REINBECK – Outdoor Fitness Equipment for community walking path

Nurse Kayla Anderson was honored with a scholarship in August 2016. She began her nursing career more than six years ago, and is now the GCMH Staff Development-Informatics and Specialty Clinic Nurse. She is working toward her Masters of Science in Nursing Administration.

Cathy Hopkins and her dog, Jax, walk Reinbeck’s Elmwood Park trail daily. Thanks to a GCMH Foundation Community Health Grant, residents using the park can now add extra fitness habits to their outdoor activity routine. A grant from the GCMH Foundation helped the City with the purchase of outdoor fitness equipment.
The Volunteers on the Foundation’s Board of Directors plant seeds of philanthropy in the communities they live and work year round. Members provide guidance and stewardship for funds given to the Foundation. They eagerly give of their time and talents to help grow the impact that local health care can make in our rural communities.

ESTHER BLYTHE
Wellsburg

JUANITA FULSTER
Gladbrook

BRIAN BUHROW
Grundy Center

JENNIFER HAVENS
Grundy Center

MARY DOAK
Grundy Center

MELODY HOY
Eldora

JAN EHRIG
Reinbeck

ANDY MCQUILLEN
Reinbeck

TONI NEDERHOFF
Steamboat Rock

MARTY PETERSEN
Parkersburg

RICK SMITH
Grundy Center

CHRIS SCHILDROTH
Reinbeck

ANGIE THOREN
Grundy Center

ARNOLD SCHULTZ
Grundy Center

MARY ZIMMERMANN
Wellsburg

Local businesses and area companies generously give to the Annual Campaign by supporting the fundraising events held throughout the year. Help us extend a thank you to these organizations, whose support for local health care helps provide an improved quality of life.

BRONZE

Avadyne Health

Dr. Robert Bartelt, Cedar Valley Medical Specialists

Community Electric, Inc.

Engelkes - Abell Funeral Home

Farmsaver Bank

GNB Real Estate

Hardin County Savings Bank

Kendom Electric Inc.

Leta Harris

Mueller & Walter

Petersen Contractors Inc.

Smoldt Seed

Speer Financial, Inc.

Wolfe Eye Clinic

SILVER

American Family Insurance, Toni Nederhoff Agency

Bluestone Engineering

Cardinal Construction

Grundy County REC

Heart of Iowa Communications Cooperative

Dennis Kruger

Lennon Industries

Meyer Agri-Air, Inc.

NuCare Pharmacy & Home Medical

Ritchie Industries Inc.

Seim Johnson, LLP

Spahn & Rose Lumber Co. Charitable Foundation

State Bank UnityPoint Clinic, Grundy Center and Eldora Family Medicine

PLATINUM

American Family Insurance, Toni Nederhoff Agency

Bluestone Engineering

Cardinal Construction

Grundy County REC

Heart of Iowa Communications Cooperative

Dennis Kruger

Lennon Industries

Meyer Agri-Air, Inc.

NuCare Pharmacy & Home Medical

Ritchie Industries Inc.

Seim Johnson, LLP

Spahn & Rose Lumber Co. Charitable Foundation

State Bank UnityPoint Clinic, Grundy Center and Eldora Family Medicine

GOLD

American Family Insurance, Toni Nederhoff Agency

Bluestone Engineering

Cardinal Construction

Grundy County REC

Heart of Iowa Communications Cooperative

Dennis Kruger

Lennon Industries

Meyer Agri-Air, Inc.

NuCare Pharmacy & Home Medical

Ritchie Industries Inc.

Seim Johnson, LLP

Spahn & Rose Lumber Co. Charitable Foundation

State Bank UnityPoint Clinic, Grundy Center and Eldora Family Medicine
Contact Foundation staff for information on gifting opportunities that help plant the seeds for the future of health care. Gifts to the Foundation from your IRA, 401(k), or pension plan can provide you with significant tax savings. Iowa tax credits are also available for gifts to the GCMH Foundation made through the Community Foundation of Northeast Iowa.

KEELY HARKEN
Foundation Development Manager
319-824-4152
keely.harken@unitypoint.org

ERIN SCHILDROTH
Community Outreach & Volunteer Coordinator
319-824-4147
erin.schildroth@unitypoint.org

www.grundycountyhospital.org

The Grateful Patients program is an opportunity for patients and families to express appreciation for exceptional care at Grundy County Memorial Hospital. A donation to the Foundation in honor of a special caregiver or department is a memorable and special way to show appreciation.

Associates honored in the past year:
Inpatient Associates
by John and Carol Freeman

Inpatient Associates
Carol Freeman, Jody Lutterman, Beth Slifer, Lacy Tripp
by Michael and Julie Farley