



Iowa Specialty Hospitals & Clinics

# INSIDER

## **SPEECH THERAPY:**

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July 2016

# A View from the Inside



I have this picture in my office painted by Rose Marie Draheim – a very gifted Clarion artist. I look at it and feel serene and calm. A group of Iowa Specialty Hospitals & Clinics employees and friends are doing RAGBRAI this year – the whole week.

(Yeesh!) I am going for the whole week too, so I have been training on the country roads of Wright County. I haven't appreciated Iowa's beauty before like I have on a bike. Rose Marie clearly captured our awe inspiring beauty. It takes my breath away.

I was thinking about this last night... our artists and our talent in our little north central Iowa communities. This morning at the Belmond Foundation Board meeting the board members were commenting on how fortunate we are at Iowa Specialty Hospitals & Clinics to have the talent we have. Again, a moment of clarity – I don't think I appreciate the beauty we've been given. Whether it's a gifted artist, or the talented hands of a physician, our blessings are clearly evident.

The dads at the Meadows invited me to share in their Father's Day Steak

Fry. We went around from guy to guy, dad to dad, and shared our stories. I think I smiled the whole time as the sons, dads, and grandpas (great and beyond) told stories of their families, as well as stories about growing up in Wright County. As they were sharing, I was picturing the farms they were talking about and thinking about how incredibly special this place truly is.

Throughout our lives we experience change. Such is life. But how we react to that change is truly the measure of whom we are and who we become. A common saying at Iowa Specialty Hospitals & Clinics is that our only constant is change; nothing remains the same. For those who need serenity and calmness, this tends to push them beyond their comfort level. However, if we look at change as an opportunity for even better things, life can only get better.

We are so excited for our new providers. I think as you meet them, you'll see why we chose them and they chose us. Whether it's a new mental health provider, a nurse practitioner, or a doctor, rest assured that both parties saw an opportunity for change, and we – collectively – seized the day. I know in my heart of hearts that they will soon appreciate the beauty of our environment. I have no concern that their experience will match mine. Sixteen years ago I was ready to leave and find a job elsewhere, until I woke up and realized that, as the saying goes, "Is this heaven? No, it's Iowa." ■



Steve Simonin, President & CEO

## A New Adventure for Dr. Nagel

On July 1, 1987, Dr. Timothy Nagel joined our family practice team, known then as Community Family Practice Clinic. He soon became a staple to both the clinic and the local community as his patient base quickly grew. Now the Nagel family has a new adventure in store as they will move to Colorado later this summer, where Dr. Nagel will be practicing Direct Primary Care Medicine in the Longmont and Estes Park areas.\*

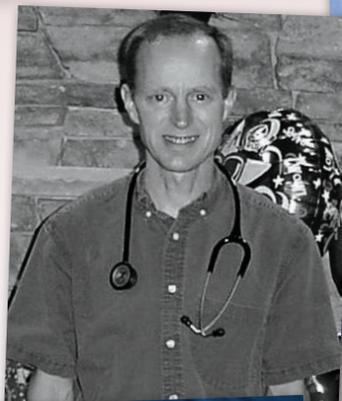
Over the years, Dr. Nagel has seen several changes, whether new names for the hospital or advancements in medicine. However, one thing has never wavered: Dr. Nagel's commitment to his patients and their overall health.

His patients range from the young to the elderly. Dr. Nagel takes the title of Family Practice Provider seriously, treating several generations of any one particular family. He has held many newborns and the hands of the aging, caring for all of his patients alike.

His care extends beyond the walls of the hospital too. Dr. Nagel has been the attending physician on Honor Flights for veterans and served the underprivileged on mission trips to Haiti, among other volunteer efforts. His quiet nature is simply to do what he always does, to serve his patients well, whoever they may be.

**So Iowa Specialty Hospitals & Clinics, the Clarion community, and beyond, wish Dr. Tim Nagel and his family the very best in their new endeavors. We thank you for the difference you have made here and hope you know that you will be missed. ■**

*\*Direct Primary Care Medicine (DPC) is a medical model that involves charging a patient a monthly fee that covers all or most of their primary care services. Not only does it typically provide a substantial savings for the patient, it allows the patient a greater degree of access to, and time with, their physician.*



# New Providers

To schedule an appointment with any of these providers, please call 844-474-4321.

## Bradney Carter, DO – Cataract Surgery

Bradney Carter, DO, comes to us from North Iowa Eye Clinic. He will be performing cataract surgeries in Belmond. He received his degree from Edward Via Virginia college of Osteopathic Medicine in Blackburg, Virginia.



## Jacob Miller, CRNA – Anesthesia

Jacob Miller joins our team as a Certified Registered Nurse Anesthetist. Jacob received his Master of Science in Nurse Anesthesia from Minneapolis School of Anesthesia. His clinical interests include surgical services.



## Dale Franks, MD – Cosmetic & Reconstructive Surgery

W. Dale Franks, Jr., MD, is a board certified plastic surgeon and Diplomate of The American Board of Plastic Surgery. Dr. Franks offers include breast augmentations, breast reductions, tummy tucks, gluteal augmentations, arm lifts, eye lifts, Botox and fillers, and medical grade skin care.



## Alexis Morgan, LISW – Counseling & Therapy Services

Alexis is a clinical social worker who has joined our Counseling and Therapy Department. She sees patients in Belmond and Clarion. Her clinical interests are social work and individual, family, and group therapy. She received her Master of Social Work from University of Northern Iowa.



## Michele Koerner, ARNP – Family Medicine

Michele Koerner, Nurse Practitioner, joined our Clarion Family Practice Clinic in March. She received her education from Briar Cliff University in Sioux City. Her clinical interests include family medicine.



## Carlos Rodriguez, MD – Obstetrics & Urogynecology

Carlos Rodriguez, MD, specializes in women's health and is available to see patients in Belmond, Clarion, and Hampton. He received his medical degree from the University of Miami. His clinical interests include obstetrics and gynecology. In addition, Dr. Rodriguez is bilingual in English and Spanish.



## Brenda Mauch, FNP – Occupational Health

Brenda Mauch, Nurse Practitioner, joined our Occupational Health team in June. She is currently seeing patients in Clarion. Brenda received her Masters of Nursing from Briar Cliff University in Sioux City.



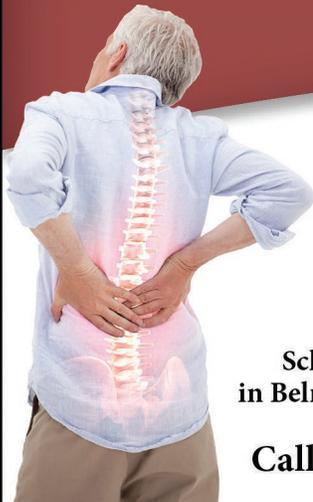
## Abbie White, ARNP-BC – Counseling & Therapy Services

Abbie White sees patients in Belmond and Clarion. Her clinical interest is psychiatry for patients 12 years old and up. She specializes in diagnosing and treating psychiatric illnesses/disorders, psychiatric medication prescribing.



## Find Relief with Interventional Pain Management

Shelley Wells, DO & Richard Bose, MD



Our Interventional Pain Management team offers many options to end the cycle of chronic pain:

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- Spinal cord stimulation
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- And more

Schedule a consultation with Dr. Wells or Dr. Bose in Belmond or Clarion and find the pain relief you desire!

Call 844-474-4321



Iowa Specialty  
Hospitals & Clinics



Schedule school and sports physicals for the 2016-2017 school year. Call our Belmond, Clarion or Hampton Clinic for an appointment.



Iowa Specialty  
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[www.IowaSpecialtyHospital.com](http://www.IowaSpecialtyHospital.com)

Belmond & Clarion Clinic  
(844) 474-4321

Hampton Clinic  
(641) 812-1094



# One Word at a Time

## One Child's Story of Found Communication with Speech Therapy

### Bristol Trask, Speech Therapy Patient

On July 8, 2011, Bristol, a beautiful baby girl, entered the world and was the answer to the prayers of her parents, Gidget and Matthew Trask. Throughout her toddler years, Bristol developed just as normally as every other child her age. However, as she turned two, her parents noticed Bristol was having trouble communicating.

"I knew Bristol was having trouble with vowel sounds, but she still comprehended everything that others would say to her," explained her mother, Gidget. "I decided to talk to Dr. Nagel, our family provider. He determined that Bristol would need speech therapy, but I held off until she was three because I felt she would be able to cooperate better with a therapist at a later age."

Shortly after Bristol turned three, she began to see Diane O'Connor, Speech Language Pathologist, at Iowa Specialty Hospital in Clarion.

### Diane O'Connor, Speech Language Pathologist, Iowa Specialty Hospital

"Bristol was referred to me by Dr. Timothy Nagel in September of 2014. During my evaluation, I assessed Bristol's speech skills, as well as her receptive language (comprehension) and expressive language (ability to use language). The results showed that her comprehension (understanding of language) skills were appropriate for her age. Her speech skills, however, were severely delayed. She was only able to produce a few vowel sounds and a few consonant sounds. Bristol was able to say a few intelligible words, but most of her attempts to verbalize were not understandable.

Through my evaluation of her skills, I determined that her speech deficits were due

to Childhood Apraxia of Speech (CAS). Due to the severity of Bristol's speech skills, her ability to use language for communication was also severely delayed. Typical 3 year-olds have an extensive vocabulary and are able to communicate using sentences of 3-5 words. Bristol was able to say only a limited number of single words, and most of them were unintelligible.

Since that evaluation and diagnosis of CAS, Bristol has come to see me two times per week for speech therapy. Therapy for CAS involves graded therapy tasks to facilitate a child's ability to form sounds. Then, therapy focuses on facilitating the child's ability to connect and sequence the sounds to form words and sentences. Bristol's therapy has also incorporated tasks to further develop her use of language due to the significance of her expressive language delay."

### Childhood Apraxia of Speech

Childhood Apraxia of Speech (CAS) is a motor speech disorder. Children with CAS have problems saying sounds, syllables, and words. This is not due to muscle weakness or paralysis. The brain has problems planning to move the body parts (e.g., lips, jaw, tongue) needed for speech. A child knows what he or she wants to say, but his/her brain has difficulty coordinating the muscle movements necessary to speak the words.

Not all children with CAS are the same. Some symptoms may include: lack of cooing or babbling as an infant; delay of first words or missing sounds; ability to pronounce only a few different consonant and vowel sounds; problems combining sounds; long pauses between sounds; simplifying words by replacing difficult sounds with easier ones; or potential problems while

eating. However, signs and symptoms vary by child, and it is important to have your child evaluated by a speech language pathologist who has knowledge of CAS to rule out other causes of speech problems.

### Meeting Diane

Bristol was scared at first, according to her mother. It was a completely new environment for a young child.

"In fact, she sat on my lap for several sessions. I was nervous too. I wondered about my daughter's future, but it didn't take long for Bristol to warm up to Diane."

Speech therapy has been both educational and entertaining for Bristol, with similarities to preschool.

"At first we had to reach out to Diane often for guidance when something happened at home. She always made herself available, and it really helped during those difficult times. Also throughout her therapy, she's learned a lot with Diane, such as numbers, letters, and colors, but in ways that were enjoyable for her."

When asked what she thinks of her visits with Diane, Bristol comments, "It's fun. I like to play 'Go Fish'. I can win."

O'Connor explains, "I use puzzles, games, and other activities to interact with a young patient. The goal is to engage them so they not only want to pay attention, but participate while working on their speech and language skills.

I use specific types of cueing (visual, auditory and gestures) to help Bristol to say the sounds and form sentences. Initially, I helped Bristol to use other means of communication, such as sign language and pictures, to help her to better communicate until she was able to effectively communicate through speech alone.

Bristol is now almost five and has made remarkable gains. Currently, she is speaking in sentences of 4-5 words, and she is intelligible to familiar listeners most of the time. She has mastered most of the sounds which are appropriate for her age. Recent testing has shown that Bristol's expressive language skills are also now at an appropriate level for her age. She continues to struggle to produce longer words which contain more complex sound sequences. However, I am very happy with her continued progress."



### Heather M. Clark, PhD, Division of Speech Pathology – Mayo Clinic

"I first evaluated Bristol's speech when she was just barely over 3 years old. Her parents were concerned because Bristol didn't start talking until she was two, and even a year later was using only a few words and just beginning to combine words. Based on the speech and language evaluation conducted by Diane O'Connor, Speech Language Pathologist at Iowa Specialty Hospital in Clarion, Bristol's understanding of language was normal for her age, but she was delayed in her ability to express herself, and she struggled to produce speech in ways that led Ms. O'Connor to diagnose Childhood Apraxia of Speech (CAS).

I focused my evaluation on Bristol's ability to select and sequence movements for producing consonants and vowels. At that first visit, in addition to making sounds incorrectly, Bristol often left off the ends of words and produced longer words with incorrect intonation. My observations confirmed the diagnosis of CAS, so I provided recommendations for Bristol's continued therapy with Ms. O'Connor.

Bristol came back to Mayo Clinic every

three months for re-evaluation and updated recommendations. Each time, Bristol showed improvements in her speech. Her vocabulary expanded, and she combined words for longer and longer sentences. She could produce more consonants and vowels correctly. Early on, Bristol used a combination of signs, picture communication, and speech to express herself. As her speech became more understandable, she relied less on signs and pictures. All the while, Bristol was also learning how to help listeners understand her better, by speaking slowly and repeating herself when necessary.

Bristol's speech therapy was different from the therapy that children without CAS receive. She had to learn to pay close attention to the movements of her mouth and tongue, not just for single sounds but also for moving from one sound to the next. This often required that she closely watch the speech language pathologist's movements and even make the movements as she watched. Sometimes she had to make the movements slower until she learned the movement pattern, and then could go faster.

I last saw Bristol when she was almost 4½ years old. She continues to struggle to be understood sometimes, but has shown tremendous progress. A year before, Bristol's parents, and even her speech language pathologist, weren't sure how long it would take for Bristol to be a talker. Now we all know that Bristol is a talker, and we can't wait to hear all she has to tell us."

### It Takes a Team

The Trasks have a lot of admiration for O'Connor. She became like family and has been a huge part of Bristol's childhood. So much so, that Bristol includes Diane in her nightly prayers.

"Diane was an answer to our prayers," further commented Gidget Trask. "I'm sure there are a lot of people who can become speech pathologists, but in my opinion, it takes a special person to work with young people. We were lucky to have early intervention and to encounter just the right people," shared Gidget before continuing with a laugh. "Be careful what you pray for. Once I wondered if my daughter would be able to talk, now Bristol loves to talk."

But O'Connor will be the first to say that a comprehensive team approach has been crucial to Bristol's therapy. Since her initial visit, she has seen O'Connor two times a week, she sees a school speech therapist once a week, and travels to Mayo every three or four months for progress assessments with Dr. Clark.

Bristol's family has been a huge part of her success. Not only does her family share in the duties of taking her to required appointments,

but they also work with Bristol at home on materials provided from her therapy sessions. That additional practice is an important piece for her continued progress. O'Connor is quick to praise the Trask family also. "Speech therapy doesn't just happen for an hour during an appointment. It takes hard work at home, too. A family wants nothing more than to communicate with their child and for their child to be able to communicate with them. Much of Bristol's progress is attributed to the efforts of her family. It takes a team."

A team is just what Bristol has now. The Trasks have started an annual tradition of participating in the Walk for Children with Apraxia of Speech in West Des Moines. The event is designed to raise funds and awareness about CAS. O'Connor is even a member of the Words 4 Bristol team, showing that her support goes beyond the walls of the hospital.

Team shirts have an imprint of a pink heart wrapped by a blue ribbon, the symbol for CAS, with the words, I Wear Blue for Bristol, on the front. On the back they read, Overcoming Apraxia One Word at a Time.

**Speech therapy is available at Iowa Specialty Hospitals & Clinics with Diane O'Connor, MA, CCC/SLP, in both Belmond and Clarion. Please consult your healthcare provider for a potential referral for speech therapy if you have concerns about your child's speech and language development. ■**

To learn more about CAS, visit: <http://www.asha.org/public/speech/disorders/ChildhoodApraxia/>

To learn more about Walk for Children with Apraxia of Speech visit: <http://casana.apraxia-kids.org/site/>

To learn more about Speech Therapy, visit: <http://www.iowaspecialtyhospital.com/services/rehabilitation--therapy/speech-therapy/>



# Awards & Recognitions

## Iowa Specialty Hospital Receives Blue Distinction® Designation

Wellmark® Blue Cross® and Blue Shield® has recognized Iowa Specialty Hospital in Belmond to receive a Blue Distinction® Center+ designation in the area of bariatric surgery by the Blue Distinction® Centers for Specialty Care program. Blue Distinction® Centers are nationally designated health care facilities shown to deliver quality specialty care based on objective measures, which were developed with input from the medical community, for patient safety and better health outcomes.

“We are incredibly proud of our bariatric surgery program,” commented Iowa Specialty Hospital President and CEO Steve Simonin. “Our program, led by Dr. Todd Eibes, draws patients from all over Central and Northern Iowa, and beyond. The over 350 patients we have served credit Dr. Eibes and his team with giving them a fresh start on life and, in many cases, likely saving their lives.”

## Meadows Assisted Living Passes Annual Inspection Deficiency Free

The Meadows Assisted Living in Clarion was recently notified that their annual inspection with the Iowa Department of Inspections & Appeals found them to be deficiency free.

“I’m so proud of our staff,” said Carla Kem, Meadows Manager, “and their diligence to make the Assisted Living not only safe for our residents, but to provide a family-like atmosphere with daily interactions, activities, and above all quality care.”

The Meadows Assisted Living opened in 2006, and is a 18 unit facility, located off of South Main in Clarion. The Meadows is conveniently attached to Iowa Specialty Hospital.

## Iowa Specialty Hospital recommits to successful, cutting-edge federal initiative

*Medicare accountable care organization initiatives to improve how the health system cares for patients*

The Centers of Medicare & Medicaid (CMS) announced that National Rural ACO 07 LLC was selected as one of nearly 150 renewing Medicare Shared Savings Program Accountable Care Organizations (ACOs). Iowa Specialty Hospital in Belmond and Clarion are members of this ACO.

Doctors, hospitals and health care providers establish ACOs in order to work together to provide higher-quality coordinated care to their patients, while helping to slow health care cost growth. Beneficiaries seeing health care providers in ACOs always have the freedom to choose doctors inside or outside of the ACO. ACOs receive a portion of the Medicare savings generated from lowering the growth in health care costs as long as they also meet standards for high quality care.

## Rosenbaum Named One of 100 Great Iowa Nurses

Linda Rosenbaum, RN and Nursing Leader at Iowa Specialty Hospital in Clarion, has been named one of the 100 Great Iowa Nurses for 2016.

Rosenbaum has been employed with Iowa Specialty Hospital since July of 2008. She spoke about being overwhelmed by the honor: “I was truly surprised when I received word of this recognition. I love my job and caring for my patients. As a nurse, you only want to serve your patients well and see their best outcomes. I am humbled and honored to be named among the 100 Great Iowa Nurses of 2016.”



## Belmond Campus Named Among the Quietest & Best Overall Patient-Rated Hospitals

Iowa Specialty Hospital – Belmond has been named among the 49 Best Overall Patient-Rated Hospitals in the nation and also among the top 53 hospitals in the nation with the quietest rooms by Becker’s Healthcare. These announcements were released through *Becker’s Infection Control & Clinical Quality* publication.

Iowa Specialty Hospital – Belmond received the best overall patient-rated distinction based on 90 percent or more of its patients rating the facility a 9 or 10 on their HCAHPS surveys from April 2014 through March 2015 (the most recent data available).

Iowa Specialty Hospital – Belmond received the quietest room distinction based on 88 percent of its patients reporting the area around their room was “always” quiet at night on their HCAHPS surveys from July 2014 through June 2015 (the most recent data available). The national average is 62 percent.

## Iowa Weight Loss Specialists First Annual Anniversary Walk

On April 23rd, Iowa Weight Loss Specialists’ patients attended our first Annual Anniversary Walk in Ames, IA to celebrate their many achievements since having weight loss surgery or starting a medically supervised weight loss program.

Thank you to everyone that was able to make it and we look forward to continuing this new tradition every year, celebrating you and your successes!



## Medical Weight Loss Success

Wendy was pre-diabetic, had high cholesterol and struggled with depression. After trying numerous diet fads that failed, she decided to try medical weight loss.

*“I tried almost everything you can think of to lose weight. All of the quick fixes, pre-packaged meal plans, fads... you name it! I really considered this my last hope – and it's working!”*

**Starting Weight:**  
199 lbs

**Current Weight:**  
159 lbs

To learn more about  
medical weight loss visit  
[IowaWeightLoss.com](http://IowaWeightLoss.com)



## Advanced Directives

Advanced Directives are documents stating your health care preferences or naming someone to make choices for you if you become unable to do so.

There are two types of Advanced Directives:

- **Living Will**
- **Durable Power of Attorney for Health Care**

A **living will** is a document directing your physician that certain life-sustaining procedures should be withheld or withdrawn if you are unable to decide for yourself.

A **durable power of attorney for healthcare** is a document through which you name another person to make health care decisions for you if you are unable to make them yourself. If your wishes are unknown, the person will make decisions in your best interest.

Advanced directives are for all adults. Unexpected end-of-life situations can happen at any time and at any age. They can be useful if you become terminally ill, are seriously injured, in a coma, in late stages of dementia, or near the end of life.

Resources to get started:

Iowa Specialty Hospital – Ask your healthcare team for additional information.

American Hospital Association

<http://www.aha.org/advocacy-issues/initiatives/piiw/index.shtml>

Aging with Dignity – Five Wishes

<https://www.agingwithdignity.org/five-wishes>

## Clarion Clinic Offering Extended Hours

Iowa Specialty Hospital's Clarion Family Practice Clinic has extended its hours of service. As of May 16, 2016, Michele Koerner, ARNP and Regina Reedy, ARNP will be covering these extended hours of 7:30am-5:30pm, Monday through Friday.

For more information or to schedule an appointment, please call 844-474-4321 or 515-532-2836.

## Specialized Counseling Services

### Cognitive Behavioral Therapy (CBT)

A form of treatment that focuses on examining the relationships between thoughts, feelings, and behaviors.

### Dialectical Behavioral Therapy (DBT)

A cognitive behavioral treatment that was originally developed to treat chronically suicidal individuals diagnosed with borderline personality disorder (BPD). In addition, research has shown that it is effective in treating a wide range of other disorders such as substance dependence, depression, post-traumatic stress disorder (PTSD), and eating disorders.

### Eye Movement Desensitization and Reprocessing (EMDR)

A one-on-one form of therapy that is designed to reduce trauma-related stress, anxiety, and depression symptoms associated with post-traumatic stress disorder (PTSD) and to improve overall mental health functioning.

### Parent Child Interaction Therapy (PCIT)

A treatment for young children with emotional and behavioral disorders that places emphasis on improving the quality of the parent-child relationship and changing parent-child interaction patterns.

### Group Therapy

A type of therapy that involves one or more therapists working with several people at the same time. It is sometimes used alone, but it is also commonly integrated into a comprehensive treatment plan that also includes individual therapy and medication, such as DBT, adult and adolescent groups, trauma groups, and addictions groups. ■

## Turning 50? It's Time for a Colonoscopy.

If you will be or just turned 50, we would like to wish you a very Happy Birthday!

Along with our birthday wishes, we would also like to remind you that starting at age 50, regular colonoscopy exams are recommended by your healthcare provider.

Among the cancers that affect both men and women, colorectal cancer is the second leading cancer killer in the United States. However, if everyone ages 50 years or older had regular colonoscopy screenings, at least 60% of deaths from this cancer could be avoided.

Precancerous polyps and early-stage colorectal cancer do not always cause symptoms. Therefore, someone could have polyps or colorectal cancer and not know it. This is why having a routine screening is so important for you and your loved ones.

Your healthcare provider may recommend that you begin routine screenings before age 50 if you have risk factors such as certain diseases of the bowel or a close relative who has had colon cancer. Speak with your provider about having earlier or more frequent exams if you think you are at a higher risk for colorectal cancer.

**Protect your health and schedule your colonoscopy exam now! To schedule with Dr. Paul Conte, general surgeon, call 641-444-5573. You may specify if you wish to have your exam in Belmond or Clarion when calling. To schedule in Clarion with Dr. Ahrendsen or Dr. Whitters, please call 515-532-2836.**

**Here's to celebrating many more birthdays! ■**

**Locations**

**Belmond**

403 1st Street Southeast  
Belmond, Iowa 50421

**Clarion**

1316 South Main Street  
Clarion, Iowa 50525

**844-ISH-4321**

[www.iowaSpecialtyHospital.com](http://www.iowaSpecialtyHospital.com)

POSTAL PATRON



# Press Ganey Roadmap

Iowa Specialty Hospitals & Clinics uses your responses on Press Ganey surveys to make improvements to our quality of care. The map below shows the journey your survey takes and the impact it makes. Please continue to complete and return your Press Ganey surveys.

**We value your opinion!**

