

## COMMUNITY MEMORIAL HOSPITAL BOARD OF DIRECTORS

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## CMH Welcomes Three New Providers

Community Memorial Hospital welcomed three new physicians to its team of primary care providers at CMH Medical Clinic in Sumner in 2023 - Lonny Miller, MD; Sunbir (Sunny) Gill, DO; and Daniel Schnadt, DO.

The recent additions rounded out a full team of family medicine providers that includes Krista Begalske, ARNP; Lucas Brinkman, DO; Shanna Elliott, DO; Spencer Kleitsch, ARNP; and wound clinic provider Ann Reid, PA-C.



**“I’m committed to helping patients live their lives as well as possible. I’ll ask them to challenge themselves to improve their life, but I’ll be there every step of the way to support them.”**

**Daniel Schnadt, DO**  
Sumner

**This is a unique field where passion intersects with science. Being a physician is both challenging and rewarding, and this cycle helps keep me motivated to continue to read and learn.”**

**Sunny Gill, DO**  
Sumner



**“I don’t follow a one-size-fits-all approach to the practice of medicine. I’ll take the time to find out what’s most important to you as we develop a plan to support and improve your health.”**

**Lonny Miller, MD**  
Sumner



Call the clinic at **(563) 578-5375** to request any of the primary care providers.

## Letter from the Administrator

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### Innovative Staffing Model Draws Three New Physicians

Did you notice we recently expanded our roster of primary care providers to seven? It's been exciting to add three physicians - Drs. Sunny Gill, Lonny Miller and Daniel Schnadt - to our team!

How did it happen so quickly? That's a story worth sharing. Facing a nationwide shortage of healthcare providers, we approached the recruitment process differently. We opted for a new staffing model that offers physicians a seven-days-on, 14-days-off rotation. With this innovative model, providers split their time between primary care in the CMH Medical Clinic and our emergency department.

The new model was received well during recruitment, as we had inquiries from seven physicians. Conversely, only one provider had interest in a traditional scheduling model.

#### A few more details:

- Each seven-day schedule runs Monday at 7 a.m. to the following Monday at 7 a.m.
- How do they manage 24-hour shifts? On average, there's a tremendous drop-off in ER volume overnight, so our providers get the opportunity to rest.
- We beat the projected timeline. We were cautioned it typically takes 18 months to get physicians signed and ready. However, within six months, all three physicians were on board and ready to work.
- All three of these primary care providers are accepting new patients in the clinic. And if they happen to be off-duty when a patient requires further care, each provides hand-off notes to the other providers. In addition, the same nurse works with all three providers to help with continuity of care.

Of course, patients may continue to see any of our existing PCPs in Sumner, which includes Dr. Shanna Elliott, Spencer Kleitsch, ARNP, and Krista Begalske, ARNP (call 563-578-5375 to schedule). Patients may also see Dr. Lucas Brinkman in Fredericksburg (call 563-237-5316 to schedule).

Better yet, the new staffing model helps our new physicians maintain full-time status, while allowing comfortable work-life balance.

Thank you for your patience with this transition. We've never been positioned better to provide care for the patients and communities we serve

**Dawn Everding**  
CFO and Administrator  
Community Memorial  
Hospital–UnityPoint Health

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## Begin your journey to a healthier You

Community Memorial Hospital's New Focus program is a therapy-based weight management program, focusing on lifestyle factors that contribute to your health and well-being.

The program is available to anyone with a BMI greater than 30 and is covered by most insurance policies.

Talk with your provider to see if a referral is right for you.

## CMH Auxiliary

The CMH Auxiliary is a nonprofit membership organization dedicated to supporting the hospital and its patients. The CMH Auxiliary hosted many fundraisers throughout the year, such as the plant sale, wreath auction, The Nutman, Rada Cutlery, fudge sale, pillow cleaning and scrub sales.



## Specialty Clinics

CMH welcomes a rotation of specialty providers each month. These include specialists in cardiology, general surgery, MRI, nephrology, orthopedics, pain clinic, podiatry, ultrasound, urology, wound care, and ear, nose and throat. To see the specialists and their dates on-site, visit [cmhsumner.org/services/specialty-clinic-calendar](http://cmhsumner.org/services/specialty-clinic-calendar).

### Specialty Clinic Highlight

CMH welcomes Rafael Serrano, MD, to our Outpatient Specialty Clinic in Orthopedics. Dr. Serrano comes to us from UnityPoint Clinic Orthopedics at the United Medical Park in Waterloo.



**Rafael Serrano, MD**

Dr. Serrano is a sports medicine surgeon with expertise in shoulder and knee conditions. Injuries and conditions treatment include:

- Sports-related injuries
- Shoulder arthroscopy
- Shoulder replacements
- Hip arthroscopy
- Knee arthroscopy
- Knee replacements
- Cartilage restorations procedures
- PRP injections and orthobiologics



## New Team Members

### January 2023

Gayle Lampe—Dietary

### February 2023

Tracy Platte—RN Clinic

### April 2023

Kimber Koch—RN Med/Surg

### May 2023

Lonny Miller, MD—Physician

John Ruehs—RN Med/Surg

### July 2023

Shelby Engelhardt—Patient Access Therapy

Michele Waite - CNA Med/Surg

### September 2023

Colleen Bast—Pharmacy Technician

Megan Slick—RN Clinic

### October 2023

Ashley Ricchio—Senior Life Solutions

Molly Heldt—Senior Life Solutions

Susie Meyer - Senior Life Solutions

### November 2023

Mark Rothmeyer—Operations

Breanna Murray—Patient Access

Sunbir Gill, DO—Physician

Daniel Schnadt, DO—Physician

## Celebrations



Bryan and **Sheila Uhlenhake** welcomed baby girl, Kathryn Ann on Jan. 6.



Nate and **McKenzie Meyer** welcomed baby girl, Caidee Jo on Jan. 24



Dalton and **Shelby Engelhardt** were married on Sept. 9.



Ben and **Kayla Guthrie** welcomed baby boy, Landon David on Nov. 5.



Dave and **Karla Walvatne** welcomed baby girl, Olivia Maeve on Nov. 13.



Will Hartke and **Dr. Shanna Elliott** welcomed baby girl, Riley Jane on Nov. 13.



Cody and **Bre Murray** welcomed baby girl, Kollyns Kathryn on Dec. 12.

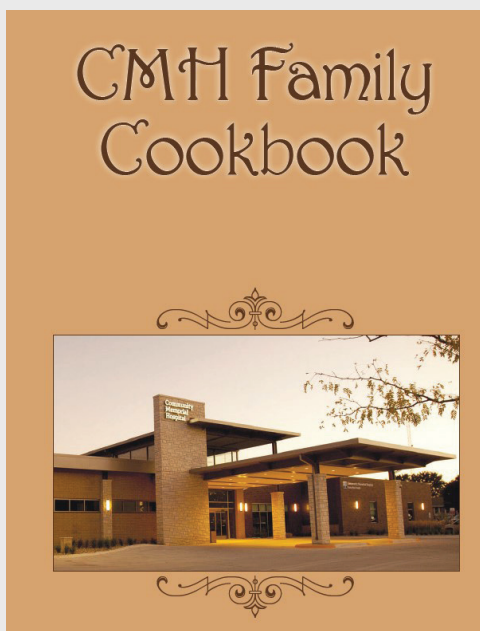
## Senior Lunches

This year we started to offer lunch to anyone **60 and older** on the **2nd Monday** of the month. These meals are **\$7** and you can dine in or carry out. Watch our Facebook page and the newspaper for the menu.

Call **(563) 578-2124** for your reservations.



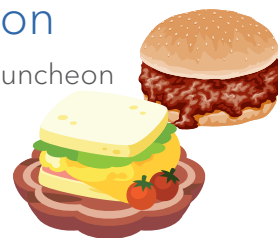
## CMH Family Cookbook



We have CMH cookbooks available to purchase for \$15.

## CMH Auxiliary Spring Luncheon

The CMH Auxiliary will be hosting their Spring Luncheon on April 18 from 11 a.m. - 1 p.m. at the Sumner American Legion. Stop in for a chicken salad sandwich or maidrite, salads and desserts.



## CMH Family Fun Fair

Please join us on May 16 from 5-8 p.m. for the CMH Family Fun Fair. You can enjoy bounce houses, tours, games, food and more. Just \$5 for a wristband for the bounce houses.

## AHA Heartsaver CPR Classes

Community Memorial Hospital is offering American Heart Association Heartsaver CPR with First Aid classes for the community.

This class is for anyone with little or no medical training who needs a course completion card for their job, regulatory (e.g., OSHA), other requirements or those who want to be prepared for an emergency in any setting. Each class contains online and in-person coursework.

- May 7, 5:30 p.m. - 9:30 p.m.
- Aug. 6, 5:30 p.m. - 9:30 p.m.
- Nov. 5, 5:30 p.m. - 9:30 p.m.

The registration fee is \$85 per person. Stop by CMH to pick up a registration form or contact McKenzie Meyer at (563) 578-2122 or [mckenzie.meyer@unitypoint.org](mailto:mckenzie.meyer@unitypoint.org).



## Community Memorial Hospital is holding a Wellness Testing event in Denver

In an effort to make lab testing available to surrounding communities at affordable prices, Community Memorial Hospital is holding a Wellness Testing event:

- Wednesday, April 24, 2024, from 6:30 to 8 a.m. at St. Peter's Church in Denver.

The basic wellness panel is \$30 and includes blood counts, blood salts, blood sugar, cholesterol, kidney function tests and liver enzymes. Additional tests are available for added cost. This event is open to anyone and no registration is required. Wellness testing is available without an appointment at CMH Monday through Friday 7 a.m. - 5 p.m.

## Senior Life Solutions

Community Memorial Hospital's Senior Life Solutions department is an intensive outpatient group therapy program designed to meet the unique needs of individuals typically 65 and older experiencing depression and/or anxiety related to life changes that are often associated with aging. Individuals may benefit from the Senior Life Solutions program if they are experiencing any of the following common indicators or triggers of depression and anxiety:



- Changes in appetite
- Depression
- Difficulty sleeping
- Feelings of sadness or grief lasting more than two weeks
- Feelings of worthlessness or hopelessness
- Lost a spouse or close family member
- Loss of energy
- Loss of interest in previously enjoyed activities
- Recently experienced a traumatic event

Following an individual assessment, participants meet up to three times per week in a supportive, encouraging group setting. The program is also offering emotional support to patients from the comfort of their homes. Teletherapy services are offered via telephone or computer, without the need to meet in person.

The program staff includes a board-certified psychiatrist, licensed therapists, a registered nurse, and other professionals dedicated to the emotional well-being of the seniors in our community.

Anyone can refer a patient to the program, including a physician, family member, the patient, or another healthcare professional.

For more information, call the CMH's Senior Life Solutions program at (563) 578-2178



# There's been a lot of change around the hospital this year

## Laboratory

A second lab draw room was added to accommodate two patients at one time. The designated space decreases interruptions in workflow, which decreases patient wait times and increases patient satisfaction.



## Med-Surg Nursing Station

The nurse's desk in the inpatient area was redesigned to allow team members to see the emergency department entrance and allow visitors and patients in. The walkways through to the nurse's station were closed to maintain privacy.



## Cardiopulmonary Rehab

Cardiopulmonary rehab and respiratory therapy have a new location. They've been moved to the front of the building with their own entrance. The entrance reduces the wait time for patients in the program, and the extra room makes it easier for people to move freely.

## Physical Therapy and Specialty Clinic Registration

A new registration desk was added to allow physical therapy and outpatient specialty clinic patients to bypass the front registration desk. This reduces congestion at the main registration desk.



## Emergency Department

To better secure the Emergency Department nurses station, a new door and ballistic glass have been installed to enhance the safety of staff.



Mark your calendar for August 9, 2024, to attend the 4th annual Corks for the Cause event.

Enjoy a night out with your friends and experience food, music and spirits while giving back to an amazing cause.

## Complimentary Estate Planning

When Was the Last Time You Reviewed Your Estate Plan? Experts say you should review planning documents every 3-5 years as changes occur. If you need assistance making changes or getting started, we can help. Friends of CMH offers complimentary estate and retirement planning assistance sessions once a month. free service ensures you reduce/eliminate estate taxes so you can leave more to your loved ones and charitable organizations. To find out more or to schedule a confidential appointment, please contact Development Director Jenny Gade by email [Jennifer.Gade@unitypoint.org](mailto:Jennifer.Gade@unitypoint.org) or phone (563) 578-2125.



**Dr. Eddie Thompson**  
Thompson & Associates





# Community Memorial Hospital

## UnityPoint Health

909 West 1st Street, Sumner, IA 50674

Nonprofit Org.  
U.S. Postage  
PAID  
Des Moines, IA  
Permit No. 813

### CMH Services

Inpatient / Skilled / Observation

Emergency Department

- 24/7 Emergency Care

Surgery

Infusion & Injections

Laboratory

- Wellness Testing

Radiology

- General
- MRI
- CT
- 3D Mammography
- Ultrasound

Therapy Services

- Physical Therapy
- Occupational Therapy
- Speech Therapy

Cardiac & Pulmonary Rehab

Sleep Lab & Respiratory Care

Anticoagulation Clinic

Diabetes Management Clinic

Weight Loss Management

Senior Life Solutions

Occupational Health

### CMH Clinics

CMH Medical Clinic

- Shanna Elliott, DO
- Sunbir Gill, DO
- Lonny Miller, MD
- Daniel Schnadt, DO
- Krista Begalske, ARNP
- Spencer Kleitsch, ARNP

Fredericksburg Medical Clinic

- Lucas Brinkman, DO

Wound Clinic

- Ann Reid PA-C

Ear, Nose & Throat

- Michael Telisak, MD

### Specialty Clinics

Audiology

- NewSound Hearing
- Tuesdays

Cardiology

- Kari Haislet, ARNP
- Tuesdays

Digestive Health (Procedures only)

- Kavan Patel, MD
- Two Thursdays every month

### Specialty Clinics

General Surgery

- David Henry, MD
- Wednesday afternoons

Nephrology

- Vinay Kantamneni, MD
- Terek Daoud, MD
- Ann Bock, ARNP
- One Friday every month

Oncology

- Julie Gleason, ARNP
- 2nd Tuesday every month

Orthopedic

- Rafael Serrano, MD
- Alexa Ginther, ARNP
- Tuesday mornings

Pain Clinic

- Scott Chastek, CRNA
- Ann Meyer-McCright, CRNA
- Mondays

Podiatry

- Philip Morreale, DPM
- Wednesday mornings

Urology

- Holly Gaede, ARNP
- Thursday mornings

For more information or questions,  
please call: CMH (563) 578-3275



The CMH Mission is to provide quality healthcare to the people of Sumner and the surrounding area, while coordinating other needed services.