



**CHEROKEE REGIONAL  
MEDICAL CENTER**  
*Professional Care... Made Personal!*



# CRMC *Health Link*

A publication of Cherokee Regional Medical Center for our partners and patrons Vol. 2 Issue 3 • Fall 2012



## ***Paving the Way to the Future...***

### ***Work Continues on CRMC Expansion and Remodeling Project***

During the late summer months, construction crews took advantage of the uncharacteristically dry weather to make significant progress toward the completion of the first phase of the nearly 4 million dollar expansion and remodeling project currently underway at Cherokee Regional Medical Center. By the beginning of September, the massive block wall and drive (pictured above) from North First Street leading to the west side of the hospital had taken shape. In addition, the footings for the expansion of the Emergency Room and Admitting areas were poured and the remodeling of the interior of the existing ambulance garage was underway. The framework for the building expansion will be erected starting in early October.

## ***In this issue >>>***

- ***Hospital Services***
- ***CRMC Foundation has a Record Setting Day***
- ***Wellness Center Celebrates 10 Years of Fun and Fitness***
- ***Healthy Tailgating Tips***
- ***CRMC Auxiliary...  
A Busy Fall of Fundraising***
- ***Upcoming Events***



**CHEROKEE REGIONAL  
MEDICAL CENTER**

300 Sioux Valley Drive • Cherokee, Iowa 51012  
With clinics in Cherokee, Marcus and Holstein

**712.225.5101**

*Or visit us online at...*

**[www.cherokeermc.org](http://www.cherokeermc.org)**

## October is Breast Cancer Awareness Month

### CRMC Offers Digital Mammograms... Schedule Yours Today!

According to the American Cancer Society, a new case of breast cancer is diagnosed approximately every three minutes. The good news is that with early detection, it can be cured.

"It is recommended that all women have a baseline screening by the time they reach age 40. The best defense against breast cancer is early detection," said Jeanna Bergendahl, CRMC Radiology Manager. "With that in mind, we encourage all women to stay current with their mammogram screenings."

Cherokee Regional Medical Center offers digital mammograms Monday-Friday from 8:00 a.m. to 4:00 p.m. All mammograms at CRMC are read by our in-house board certified Radiologist, Dr. Jeffrey Powers. If you have any questions regarding digital mammography or if you would like to schedule an annual screening, please contact the Cherokee Regional Medical Center Radiology Department at 712.225.1501.



**CHEROKEE REGIONAL**  
MEDICAL CENTER  
*Professional Care... Made Personal!*

### Flu Shot Clinics

**Wednesday, October 3rd**

**CRC Marcus: 4 - 5:30 p.m.**

**Thursday, October 4th**

**CRMC Wellness Center: 4 - 5:30 p.m.**

**Friday, October 5th**

**Cherokee Main Street Pharmacy-  
Downtown Cherokee: 4 - 5:30 p.m.**

Cost for the regular flu vaccine is \$23. High dose flu shots (recommended for age 65+) are available for \$40 and Intradermal shots (ages 18-64) are available for \$36. Medicare covered- MUST bring Medicare and Social Security cards; we will bill.

Community flu shots available for ages 3 and up.

## Flu Season is Approaching

### Protect Yourself! Get Your Flu Vaccination.

Influenza is an unpredictable and contagious disease that can lead to hospitalization and even death, especially for people at high risk of serious complications. It is caused by a virus and generally spreads across the U.S. in late fall or winter and tapers off in the spring.

Getting a yearly flu vaccine is the first and most important step in protecting against flu viruses. Everyone 6 months of age and older should be vaccinated against the flu after consulting with their family physician, according to the Centers for Disease Control (CDC).

In addition to getting a flu shot, several basic good health habits can help prevent the spread of the flu:

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them.
- Wash your hands often.
- Avoid touching your eyes, nose or mouth. Germs are spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth. Studies have shown that influenza viruses generally can survive on surfaces such as telephones and doorknobs for between two and eight hours.
- If possible, stay home from work, school and errands when you are sick. You will help prevent others from catching your illness.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

## November is National Diabetes Month



To learn more about our Diabetes Center please contact one of our educators. Nicole Weathers, RN, BSN at 225.3368 ext. 336 or Lindsey Currie, RD, LD at 225.3368 ext. 138.

### Did You Know?

- Of the Americans born in 2000, 1 in 3 will have diabetes over the course of their lives.
- Diabetes is ranked as the 7th leading cause of death in the U.S.
- Diabetes is the leading cause of kidney failure, non-traumatic lower-limb amputations, and new cases of blindness among adults in the United States.
- Medical expenses can more than double for those with diabetes compared to those without diabetes.
- \$174 billion was spent on diabetes care in the United States over one year.
- Overall, the risk for death among people with diabetes is about twice that of people of similar age but without diabetes.

Cherokee Regional Medical Center offers a variety of educational programs related to diabetes. To find out more about what CRMC has to offer talk to your doctor or diabetes educator today!

Sources: [http://diabetes.niddk.nih.gov/dm/pubs/statistics/DM\\_Statistics\\_508.pdf](http://diabetes.niddk.nih.gov/dm/pubs/statistics/DM_Statistics_508.pdf)  
<http://www.diabetes.org/diabetes-basics/diabetes-statistics/>

# ER Parking Assistance Now Available

With the ongoing construction and remodeling project underway, Cherokee Regional Medical Center is now offering parking assistance for patients seeking Emergency Room services. Anyone visiting the ER and needing assistance is encouraged to pull up underneath the canopy in front of the existing ER entrance on the west side of the hospital. There, someone will meet you at your vehicle to provide assistance and help in parking your vehicle if necessary.

For those Emergency Room visitors not requiring parking assistance, it is requested that you park in the spots along the east side of the helicopter pad, or in the hospital patient parking spots along the north side of the hospital. Signage will be posted for these areas but CRMC is asking for everyone's cooperation to keep these spots open for ER and patient parking only.

To avoid congestion at the ER entrance, it is requested that all Surgery patients and Physical Medicine and Rehab patients please park in the hospital patient parking area or in the Wellness Center parking lot and use the entrance on the north side of the hospital directly across from the Wellness Center.

If you have any questions regarding ER parking assistance at Cherokee Regional Medical Center, please feel free to contact Admitting at 712.225.5101.



**Work is now being conducted just west of the current Emergency entrance. To help alleviate the congestion in that area, CRMC is now offering ER parking assistance.**

## *It's in the Hole!*

*Chuck Wulfesen of Central Bank practiced his putting stroke as his teammates (left to right) Mark Rawlings, Chris Jenness, and Scott Weber looked on. The practice paid off as the foursome fired a blistering -15 under par 57 to claim the 8th Annual CRMC Foundation Golf Tournament. A Big Bertha Sponsor every year since the inception of the event, Central Bank claimed its third tournament championship in eight years.*



# 8th Annual CRMC Foundation Golf Outing Shatters Records

## Over \$34,000 Raised During the Event

It was a record setting day for the 8th Annual CRMC Foundation Golf Tournament which was held at the Cherokee Golf and Country Club on August 13, 2012. An all time high of 79 golfers hit the links in support of the event which brought in a record amount of \$34,586 for the CRMC Foundation.

"It was a beautiful day on the golf course and the fundraising effort was tremendous," said John Comstock, CEO of Cherokee Regional Medical Center. "We are blessed to have the support of many great sponsors and donors who have made this such a successful event year after year. Because of their generosity, each year we continue to get closer to our ultimate goal of \$50,000 for the event," Comstock added.

CRMC would like to recognize all of the following sponsors and donors and thank them again for making the 2012 CRMC Foundation Golf Outing Fundraiser a huge success!

### **BIG BERTHA \$1,500 SPONSORS**

**Davis Design, Jester Insurance, Central Bank, St. Luke's, Haselhoff Construction, Care Initiatives, John & Rita Comstock, Dr. Tim & Melanie Rice**

### **DRIVER \$1,000 SPONSORS**

Cherokee State Bank, IHA/ ServiShare, CNOS-Dr. Ryan Meis

### **PLAYER \$750 SPONSOR**

Air Methods/ Life Net, VT Industries

### **PUTTER \$500 SPONSORS**

**Holzhauser Motors/ Subway, Mongan Painting, Farmer's State Bank**– Marcus, Joan Bierman, CRMC Anesthesia, The Daryl Ducommun Family, Gronewold, Bell, Kyhnn & Co., Wetherell Manufacturing, White Transfer & Storage

### **HOLE \$250 SPONSORS**

**Baird Holm, Brown's Medical Imaging, Burkhardt & Dawson- CPA's, Cardiovascular Associates, P.C., UMB, Healthland, Rasmussen Ford, Holstein Good Samaritan, Hy-Vee, North Star Credit Union, Siouxland Women's Health, NW IA Bone Joint & Sports Surgeons, Jim & Connie Mohn, Cherokee Main St. Pharmacy, Darren's Clothing, Dr. Wes & Sue Parker, Delta Physician Placement, Office Systems Co., Doyle Kruger- ARNP-C, Farm Bureau Financial Services- Bruce Jones, Denison Drywall, P.J. Harrison, MD, PC, Steve and Denise Dunnick, Wellmark, Inc., Zoll Medical Corporation, Karen Rupp- ARNP-C, Midwestern Mechanical, See the Trainer, American Natural Soy, Sanford Health Pathology Clinic, Advanced Systems, Inc.**

### **OTHER DONATIONS**

**Blaine's Culligan, Taco, L.C., Pioneer Hi-Bred International, Inc., Chesterman Company, Fareway, Avadyne Health, Foster Coach, MMIC, Kent & Nicci Lundquist, CAEDC, Martin Bothers, KCHE, Schoon Construction, Joyce Lundsgaard**

# A Decade of Fun and Fitness

## CRMC Wellness Center Celebrates 10th Year Anniversary

It is hard to believe that ten years have passed since the doors first opened to the public at the CRMC Wellness Center. On October 7, 2012, Cherokee Regional Medical Center will hold a 10 year Anniversary Open House to commemorate the efforts of those that helped to make the project a reality as well as those that have been loyal members from the very beginning.



“Over the years we have received so many compliments from various people who have used the facility,” boasted Denny Taylor, CRMC Wellness Center Manager from 2002-2012. “Most people are amazed that a community our size can sustain a facility of this caliber,” Taylor added.

“When you consider the amount of effort that went into the fundraising and planning to make the Wellness Center a reality, it does not surprise me that our staff and members have maintained a tremendous amount of pride in the facility,” said John Comstock, CEO of Cherokee Regional Medical Center. “Don’t get me wrong, it has taken some hard work, but you walk in and it looks almost as nice as it did the day we opened.”

The 32,000 square foot facility boasts a full gymnasium, zero entry pool, racquetball courts, 1/8 mile walking/jogging track, cardiovascular/weight equipment plus much more. It is obvious that many people throughout the Cherokee area are seeing the benefits the CRMC Wellness Center provides in helping them to lead healthier lifestyles as it has been put to good use. In fact, 66,428 visits were recorded last year alone.

“We have something for virtually every age group and fitness level,” said Matt Hoskinson, who took over for Taylor as the CRMC Wellness Center Manager earlier this year. “We are proud of what we have been able to offer the area over the past ten years, but we will continually update the equipment within the facility and offer new programs to change with the times. Fitness should be for a lifetime, and trust me, the CRMC Wellness Center is here for the long haul.”

Anyone interested in learning more about what the CRMC Wellness Center has to offer is encouraged to attend the Open House on Sunday, October 7 from 1:00-3:00 p.m. Or, if you prefer, feel free to contact us at 712.225.6858.



# JOIN US!

IN CELEBRATING 10 YEARS OF FUN AND FITNESS AT THE CRMC WELLNESS CENTER!

## 10 YEAR ANNIVERSARY OPEN HOUSE

Sunday, October 7, 2012

CRMC Wellness Center

1:00 - 3:00 p.m.

Program at 1:30 p.m.

Kids activities, door prizes, snacks, entertainment and more!



*The highly trained, friendly CRMC Physical Medicine & Rehab staff is always ready to help with a smile.*

## Partnering to Provide Positive Results

The ultimate goal of the CRMC Physical Medicine and Rehab Department is to help our clients attain positive results through our vast array of therapy and rehabilitation services in a friendly, encouraging environment.

We feel that the best way to keep your body performing to the fullest is to maintain the gains you see through therapy and rehab by implementing a routine exercise regimen.

At CRMC Physical Medicine and Rehab, we are proud to be able to offer our patients the ability to easily transition from a therapeutic atmosphere to one of fitness and preventative maintenance through the CRMC Wellness Center. Our staff members will work together to help develop a fitness routine that is appropriate for you.

Call us today at 712.225.1502 to learn how our services can help you on your road to recovery and physical maintenance.

### CHEROKEE REGIONAL MEDICAL CENTER 2ND ANNUAL PHYSICAL MEDICINE & REHAB

## Fun Run 5K Run/Walk

**Date and Time:**  
Saturday, October 13, 2012 at 9:00AM. Registration will start at 8:00AM

**Place:**  
The run/walk will begin at CRMC Physical Medicine & Rehab and finish at the CRMC Wellness Center- located next to Cherokee Regional Medical Center  
300 Sioux Valley Drive, Cherokee, Iowa.

**For More Information:**  
Go to [www.cherokeermc.org](http://www.cherokeermc.org) to download a brochure and registration form or contact CRMC Physical Medicine & Rehab Department at 712.225.1502.

**October is National Physical Therapy Month!**



Photos- (counter clockwise from the top) #1- Ground breaking ceremony for the CRMC Wellness Center in May 2001. #2- Building in progress, late October 2001. #3- Red Ribbon cutting for the CRMC Wellness Center in October 2002. #4- Denny Taylor with the 250,000th visitor to the Wellness Center, Veldene Lindell, on August 12, 2005. #5- Matt Hoskinson became the new CRMC Wellness Center Manager in April 2012.

# October is Tailgating Time!

## Choose Healthy Options for Your Pre-game Festivities

Contributed by CRMC Registered Dietitian, Lindsey Currie- MS, RD, LD



**Lindsey Currie- MS, RD, LD**  
Lindsey is the Registered Dietitian and a Diabetes Educator at Cherokee Regional Medical Center. If you are interested in learning more about weight management, general nutrition, or diabetes education at CRMC, give her a call at 712.225.3368 Ext. 138.

Get ready for all of those football games! One of the best aspects of football is food! Often times, sitting around with family, friends, and the big screen TV can really pack on the pounds since many of those foods are high in calories, fat, and sodium. However, you can still enjoy traditional tailgating foods by choosing healthier options and not feeling guilty!

What can you choose for healthy, hearty tailgating foods? Try these!

### Instead of this...

- Chicken Wings
- Bratwurst or Hotdogs
- Nachos and Cheese Sauce
- Takeout Pizza

### Choose this Healthier Option!

- Barbecued or Marinated Grilled Chicken Breast
- Turkey Burgers or Lean Hamburgers (93% lean)
- Baked Chips and Salsa
- Margherita Pizza or Vegetable Pizza

For a fun twist, offer fruits and vegetables in the colors of the two football teams! For example, black/blue and gold can be pineapple and blackberries/blueberries; green and white can be green grapes or kiwi, and honeydew melon; yellow and red can be peaches or papaya, and red grapes or strawberries. Enjoy!



## Margherita Pizza

- 1 (10 oz.) can Refrigerated Pizza Crust Dough
- 1 tsp Extra-virgin Olive Oil, divided
- 1 Garlic Clove, halved
- 5 Plum Tomatoes, thinly sliced (about 3/4 pound)
- 1 cup (4 oz.) shredded Fresh Mozzarella Cheese
- 1 tsp Balsamic Vinegar
- 1/2 cup thinly sliced Fresh Basil
- 1/8 tsp Salt
- 1/8 tsp Black Pepper
- Cooking Spray

**Preparation:** Preheat oven to 400°. Unroll crust dough onto a baking sheet coated with cooking spray; pat into a 13 x 11-inch rectangle. Bake at 400° for 8 minutes. Remove crust from oven, and brush with 1/2 teaspoon oil. Rub crust with cut sides of garlic. Arrange tomato slices on crust, leaving a 1/2-inch border; sprinkle evenly with cheese. Bake at 400° for 12 minutes or until cheese melts and crust is golden. Combine 1/2 teaspoon oil and vinegar, stirring with a whisk. Sprinkle pizza evenly with sliced basil, salt, and pepper. Drizzle the vinegar mixture evenly over the pizza. Cut pizza into 8 pieces.

Source: *Cooking Light*- <http://www.myrecipes.com/recipe/quick-pizza-margherita-1000000399172/>



## Visit us Online!

CRMC now has an updated website that will make it easier to obtain information about our facilities, medical staff, services, upcoming events and more! Also, we have online bill pay and e-greeting cards for your added convenience. Check us out today!

[www.cherokee-mc.org](http://www.cherokee-mc.org)

# Working to Provide the Extras

CRMC Auxiliary >>>

## The CRMC Auxiliary Kicks off a Busy Fall of Fundraising

Members of the CRMC Auxiliary have rolled up their sleeves and are working hard this fall to raise funds for the many great projects they undertake to support CRMC. For over 50 years, they have provided some of the extra conveniences for the patients at CRMC and their families. During that time, the Auxiliary leadership has been charged with developing new and different fundraising techniques to appeal to the changing times.

“We have definitely shifted gears over the past 18 months or so,” said Melanie Rice, CRMC Auxiliary President. “Some of the fundraisers that used to be very successful have diminished in popularity in recent years. We have sought out fresh, new ideas that we feel will serve our efforts well.”

### IOWA vs. ISU COOKIE CHALLENGE

Sue Parker, CRMC Auxiliary member and a past president of the organization agrees. “Four years ago we decided to try the Iowa vs. Iowa State Cookie Challenge. The first year we sold around 100 dozen team decorated cookies and raised a nice amount for our cause. Thanks to the support of those rabid Hawkeye and Cyclone fans, this year we surpassed 200 dozen in cookie sales.” She added, “It takes a lot of work from all of those involved to bake, decorate, and sell that many cookies, but it is fun to play a part in this friendly rivalry leading up to the big game.”



*CRMC Auxiliary members decorated and sold over 200 dozen Iowa and Iowa State themed cookies for the 2012 challenge!*

### MASQUERADE \$5.00 JEWELRY SALE

**Wednesday, October 3rd, 11:00 a.m. to 5:30 p.m.**

Another new fundraiser sponsored by the CRMC Auxiliary is the Masquerade \$5.00 Jewelry Sale. “The first sale this past March was such a hit that we immediately decided to host another one this fall,” said Kathy Simonsen, CRMC Auxiliary Treasurer. “We were amazed by the wide variety of items (jewelry, purses, bags, scarves, etc.) that were available. For only \$5.00 per item, it is hard to go wrong.”

The Auxiliary will host another Masquerade \$5.00 Jewelry Sale on Wednesday, October 3, from 11:00 a.m. to 5:30 p.m. The event is free to attend and open to the public.



*Many people took advantage of the vast selection of \$5.00 items at the CRMC Auxiliary Masquerade Jewelry sale last spring. The event raised over \$1,700 for the Auxiliary. They will be hosting another \$5.00 Jewelry Sale on Wednesday, October 3rd, from 11:00 a.m. to 5:30 p.m. in the CRMC 1st Floor Conference Room.*

### SWEET AFFAIR HOLIDAY COOKIE SALE

**Wednesday, December 5th, 10:00 a.m. to 12:00 p.m.**

One of the longstanding traditions of the CRMC Auxiliary has been the Sweet Affair Holiday Cookie Sale every December. This event has provided the community the opportunity to purchase homemade cookies and candies for the upcoming holiday season.

“We will continue with the Sweet Affair again this year,” said Rice. “In this day and age it is harder for young families to take the time to make these traditional holiday goodies. By selling the cookie platters, we are able to help them put a little more cheer in the holiday season, while they are also helping our organization in return.”

As in years past, it is anticipated that the cookie trays will go rather quickly, so it is a good idea to pre-order your trays. To place a pre-order, you may contact Peggy Jaminet at 712.225.4094.

### AUXILIARY MEMBERSHIP

As you can imagine, it is not an easy undertaking to sponsor all of these events. The CRMC Auxiliary is always looking for new members who are willing to share their ideas and help the organization continue to provide valuable support to Cherokee Regional Medical Center. If you are interested in joining or would like to learn more about the CRMC Auxiliary in general, please feel free to contact Melanie Rice at 712.225.4347.

# CRMC Hospice Trees of Light

Memorial Service and Tree Lighting to be held Tuesday, November 27, at 6:30 p.m. on the CRMC Grounds

Cherokee Regional Medical Center Hospice will have lighted Christmas trees in Cherokee, Marcus, Aurelia and Holstein during the holiday season again this year. These trees are a special way of remembering loved ones. You may help light the trees through a tax-deductible donation of any size. The money raised through this holiday tradition will help CRMC Hospice continue to serve and provide end-of-life and bereavement care in the area. The trees will glow throughout December.

A tree lighting and memorial service will be held at Cherokee Regional Medical Center in Cherokee on Tuesday, November 27, at 6:30 p.m. on the lawn in front of the Beck (east of the hospital). The evening will include the tree lighting, music, readings, and a message of hope for the holiday season. A reception will follow in the CRMC Conference Room. The public is invited to attend.

The program's highlight is the reading of the names, beginning with the names of deceased Hospice patients served since last year's ceremony. In addition, the community is offered the opportunity to honor loved ones by making a donation of any size to the CRMC Hospice program. Last year, nearly 200 names were read followed by the lighting of the tree. The service provides a special time of healing for those in attendance by being able to see that others have walked a similar path.

To make a donation you may use the attached form or call 712.225.6459 for more information. As a local, non-profit provider of hospice services, CRMC Hospice appreciates your support.

Cherokee Regional Medical Center

## Hospice Trees of Light

*Your donation is sincerely appreciated and will be used to serve Hospice patients in our area.*

Please send your donation to:

CRMC Hospice  
300 Sioux Valley Drive  
Cherokee, Iowa 51012

This gift is in loving memory of  
(deceased):

Your Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

## Dates to remember...

**Vascular Screenings-** November 1 & 15, December 6 & 20, 2012 1:00 - 4:30 p.m.



### CAROTID ULTRASOUND SCREENING

This test is for everyone who is at any increased risk for stroke to look for abnormal plaque buildup on the artery wall.

Stroke is the third leading cause of death in America and the number one cause of adult disability.

**80% of strokes are preventable;** you can prevent a stroke!

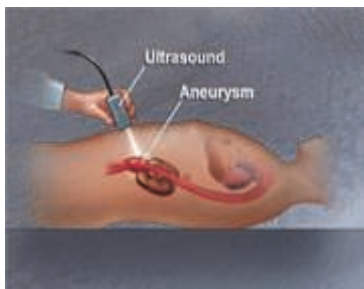
### ABDOMINAL AORTIC ANEURYSM (AAA) SCREENING

Ultrasound imaging is an accurate and reliable test for detecting AAAs before rupture. The majority of people with AAA have no symptoms.

Especially recommended for men aged 65 to 75 years who have ever smoked.

**Cost for each screening test is \$35.00.**

Pre-registration for these non-invasive tests is required. Call the CRMC Radiology Department at 712.225.1501 to schedule your screenings.



## Diabetes Connect Meetings-

**November 8, 2012- Wellness Fair from 5:00 - 7:00 p.m. followed by a healthy living program entitled "Not Quite Julia" presented by Chef Margo & The Chefettes at 7:00 p.m.**

Both events are free and open to the public. They will be held at the CRMC Wellness Center. Call 225.3368 Ext. 138 for more information.

**December 3, 2012- Surviving the Holidays-** with Nicole Weathers, RN, BSN and CRMC Diabetes Educator  
All **Diabetes Connect** meetings are free and open to the public. Call 225.3368 Ext. 138 for more information.

## Prenatal Classes for Expectant Mothers- November 13 & 20, 2012 6:30 - 9:00 p.m.

There is no charge for prenatal classes. Call 712.225.5101 and ask for the OB Department to pre-register.

## CRMC Specialty Clinics- Calendars available online!

Go to [www.cherokeermc.org](http://www.cherokeermc.org) for Specialty Clinic dates or call us at 712.225.1506 for more information.