



2022
Annual Report

Board of Directors

The Cherokee Regional Medical Center Board of Directors represents the communities served by Cherokee Regional Medical Center. These board members volunteer their time to manage and direct the organization's affairs, properties, and funds, to ensure the longevity of our Critical Access Hospital.



Clay Leavitt
Chair



Brandon Henke
Vice Chair



Kellen Ludvigson
Secretary/Treasurer



Sarah Cook
Board Member



Kerry Hurd
Board Member



Les Todd
Board Member



Sheila Trapp
Board Member

Message From Gary Jordan, CEO



Gary Jordan, FACHE
CEO/President

Despite a challenging year for the healthcare sector in Iowa, which saw its first hospital closure in 23 years, and eleven nursing homes also closed their doors, I can assure you that 2022 was another good year for Cherokee Regional Medical Center. We continue to remain financially strong. We are also more focused than ever on the services we will provide to you and your family well into the future. For this, we owe much thanks to the staff and providers who work for and with Cherokee Regional.

It was also a year that saw many changes, opportunities and improvements. Cherokee Regional was presented with the opportunity to add Cherokee Main Street Pharmacy and Holstein Community Pharmacy to our family of services. The driving force for this decision was to ensure these retail pharmacies remained locally owned with community interests in mind.

Additionally, Cherokee Regional's strategy focused on services and improved access to our facilities. Our goal has been to make the hospital easy to access by upgrading our parking around the hospital. With the addition of 59 more parking spots and level, ADA (Americans with Disability Act) parking close to the Main Entrance, we believe we now have one of the more easily accessible hospitals in the region. We want to thank you for your patience, and hope that you feel the new parking and Main Entrance was worth the challenge of construction.

We are not done either! Beginning in 2023, the Board of Directors approved the start of our master site plan to renew the hospital over the next five years.

Some of the early phases will focus on updating our infrastructure, such as heating and cooling, and other utilities systems, portions of which date back to 1964. The beginning phases will also focus attention to the complete remodel of the patient floor to bring the patient rooms up to modern standards. The increased technology and improved functions in these areas will bring an enhanced level of service to those needing inpatient care.

As you read the many accomplishments our organization achieved in 2022, we want to again thank you for your trust in us as your locally owned healthcare system. We have people tell us every day how happy they are to be able to get their health care locally. We love to share our story. If you have an organization that would like for Cherokee Regional to provide a program on our services, please feel free to contact us!

Sincerely,

Gary W. Jordan, FACHE
Chief Executive Officer

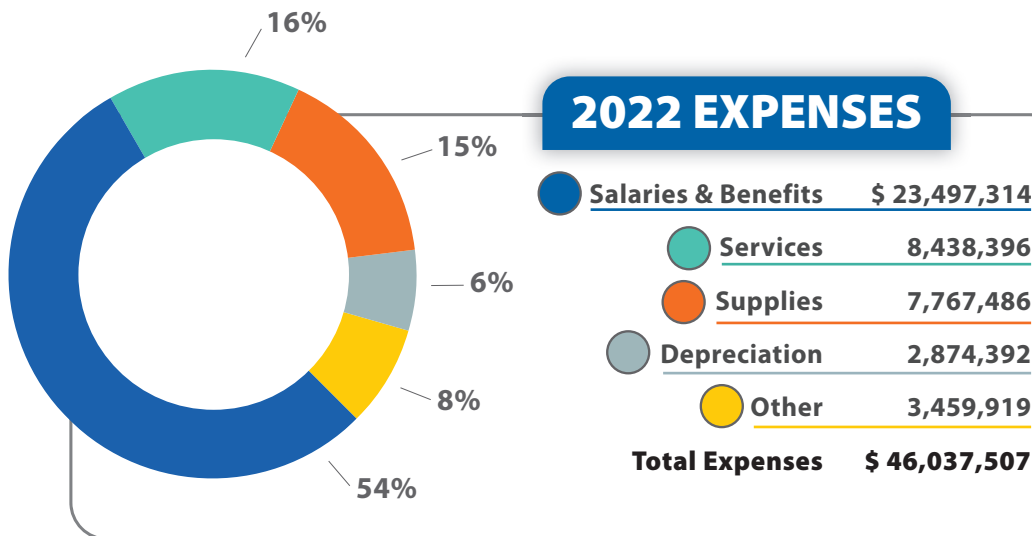
Finance

Economic Impact

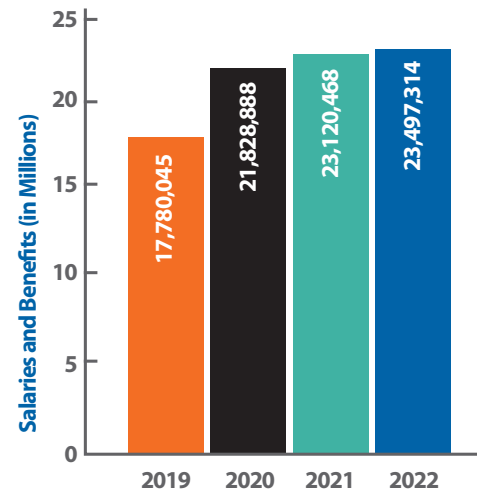
In addition to providing essential health care services to Cherokee County and the surrounding area, Cherokee Regional continues to provide a significant boost to the local economy. Between Cherokee Regional Medical Center & Clinics, Cherokee Fitness Center, Cherokee Main Street Pharmacy, Holstein Community Pharmacy, and The Beck, the organization employs a total of 325 staff members.

Based on the latest Economic Impact Report issued by the Iowa Hospital Association, besides being irreplaceable as health care providers, hospitals are economic engines that are among the largest employers in their communities and for the state as a whole. According to the report, Cherokee Regional Medical Center (hospital alone) creates over \$27.7 million in total wages which is roughly 12.95% of all wages in Cherokee County. This does not take into consideration the added economic impact of the organization's other entities. In addition, the total impact of Cherokee Regional on the state of Iowa's economy is nearly \$56.6 million.

Also, many community benefit services would not exist without hospital resources and leadership. According to the report, Cherokee Regional accounts for over \$1.3 million in total community benefits annually.



SALARIES AND BENEFITS



2022 OPERATING STATISTICS

Admissions	1,001
Ambulance Runs	1,428
Births	93
Medical Clinic Visits	29,563
Emergency Room Visits	5,042
Fitness Center Visits	54,914
Hospice/Home Health Visits	10,762
Laboratory Procedures	87,337
Meals Served	60,951
Radiology Procedures	12,696
Rehabilitation Modalities	46,359
Senior Life Solutions Visits	1,103
Specialty Clinic Visits	7,354
Surgical Procedures	1,903
Wound Care Visits	1,970

Medical Staff



Nick Loughlin, DO
Family Medicine



Sean Nelson, MD
Family Medicine



Wesley Parker, MD
Family Medicine



Timothy Rice, DO
Family Medicine



Shelby Wigginton, MD
Family Medicine



Patricia Harrison, MD
Emergency Medicine



Scott Murray, MD
Emergency Medicine



Timothy Taylor, MD
Emergency Medicine



John Greaves, DPM
Foot & Ankle Clinic



Adel Abdalla, MD
Radiology



John Armstrong, MD
General Surgery



Jason Dierking, MD, FACS
General Surgery



Seth Harrer, MD
Orthopedic Surgery



Kristin Cedar
ARNP-C



Lisa Ducommun
ARNP-C



Traci Hagen
ARNP-C



Doyle Kruger
ARNP-C



Rebecca Mogensen-Kruger
ARNP-C



Abby Tentinger
ARNP-C



Linda Grauer
CRNA



Carmelle McHarg
CRNA

Specialty Services & Providers

CARDIOLOGY

Dr. Jon Peacock,
Michelle Hardie, PA-C (Sioux City)

CATARACT EYE SURGERY

Dr. Stephen Fox (Spencer)

DERMATOLOGY

Dr. Raymond Kuwahara,
Wilmar Garcia, ARNP (Sioux City)

EAR, NOSE & THROAT

Dr. Daniel Jorgensen (Spencer)

GENERAL SURGERY

Dr. John Armstrong,
Dr. Jason Dierking (Storm Lake)

HEARING AID

Paulo Nascimento (Spencer)

MATERNAL FETAL MEDICINE/PERINATOLOGY

Dr. Al Fleming (Sioux City)

NEPHROLOGY

Dr. Jerold Erlandson,
Dr. Ashar Luqman (Sioux City)

NEUROLOGY

Dr. C. Robert Adams (Sioux City)

NEUROSURGERY

Dr. Matthew Johnson,
Scott Feese, PA (Dakota Dunes, SD)

OB/GYN

Dr. Paul Eastman (Sioux City)

ONCOLOGY

Dr. Chandana Javvaji (Sioux City)

ORTHOPEDICS

Dr. Seth Harrer, Steffany Hinkeldey, ARNP,
Rachele Randall, ARNP, (Storm Lake),
Dr. Daniel Nelson (Dakota Dunes, SD)

PAIN CLINIC

Christopher Hanson, CRNA, NSPM-C
(Boone)

PODIATRY

Dr. John Greaves
Dr. Sara Oelke (Sioux City)

PULMONOLOGY

Dr. Jitendrakumar Gupta,
Dr. Sandeep Gupta (Sioux City)

RADIOLOGY

Dr. Adel Abdalla (Cherokee)

UROLOGY

Dr. David Christ,
Dr. Charlotte Caligiuri (Spencer)

VASCULAR SURGERY

Dr. Chad Laurich,
Amanda Anderson, CNP
(Dakota Dunes, SD)

WOUND CARE/SKIN/OSTOMY

Viola Lias, RN, BSN, ET/WOCN, FCN
(Cherokee)

Additional Services Provided by Cherokee Regional

Acute / Skilled / Inn Care

Ambulance

Anesthesia Services

The Beck - Senior Living

Cardiac Rehab

Chemotherapy

Critical Care

Diabetes Education

Dietary Services

24 HR. Emergency Care

Home Choice Home Health

Hospice Services

IV Infusions / Blood Transfusions

Laboratory

Obstetrics

Occupational Therapy

Pharmacy

Physical Therapy

Pre-Employment Screenings

Public Health Services

Pulmonary Rehab

Radiology

Respiratory Therapy

Registered Dietitian Services

Senior Life Solutions

Sleep Studies (in-house & home)

Speech Therapy

*For a complete list of the services provided
at Cherokee Regional Medical Center, visit
cherokeermc.org or contact us at 712.225.5101.*

John Greaves Joins Cherokee Regional Foot & Ankle Clinic

Cherokee Regional is pleased that John Greaves, DPM, joined their medical staff. He started seeing patients in the Cherokee Regional Foot & Ankle Clinic on August 4, 2022.

Dr. Greaves received his Bachelor's degree in Biology from the Simpson College in Indianola, Iowa. He attended Medical School at Des Moines University College of Podiatric Medicine and Surgery where he received his Doctor of Podiatric Medicine (DPM) degree. Dr. Greaves went on to complete his residency in podiatric medicine and surgery at Northwest Medical Center in Margate, Florida, serving as Chief Resident in 2020-2021.



Dr. John Greaves and his wife, Teona, along with their two children, Edyn and John.

In the summer of 2022, Dr. Greaves completed his South Central Pennsylvania Foot and Ankle fellowship in Lancaster, Pennsylvania. The fellowship focused on foot and ankle reconstructive surgery with an emphasis on revisional cases, sports medicine and nerve surgery.

Dr. Greaves offers a full array of foot and ankle services. His particular areas of interest include but are not limited to... reconstructive foot and ankle surgery; nerve surgery and nerve pathology of the lower leg, ankle and foot; total ankle replacement; diabetic care; and bunion surgery.

"I offer both surgical and non-surgical care," says Dr. Greaves. "My goal is to treat my patients conservatively while offering my knowledge and expertise as a fellowship trained surgeon if they do need next level surgical care. I want to alleviate their pain and get them back to their normal lives as quickly as possible."

Dr. Greaves and his wife Teona moved to Cherokee along with their children Edyn and John. He has enjoyed practicing and getting to know the residents of Cherokee and the surrounding communities.



John Greaves, DPM

"My wife and I are both from Iowa and we want to raise our children in a rural community with good, Midwest values," states Dr. Greaves. "Upon visiting Cherokee, we knew this was supposed to be home. We were impressed with the modern facilities, diagnostic imaging capabilities, and the welcoming staff Cherokee Regional has to offer. I look forward to continuing to provide my services to local area patients so they don't need to travel to receive a higher level of foot and ankle care."

In his free time, Dr. Greaves enjoys spending time with his family and friends. He is also an avid hunter and fisherman, and enjoys attending live auto racing ranging from local dirt tracks to national venues.

Gary Jordan, CEO/ President of Cherokee Regional Medical Center is excited for the Cherokee Regional Foot & Ankle Clinic to be under Dr. Greaves' care.

"Dr. Greaves has been a great complement to the rest of our medical staff and a tremendous asset to our organization. We look forward to helping Dr. Greaves continue to build his practice at the Cherokee Regional Foot & Ankle Clinic, and watching him and Teona become well established within the community while providing high quality foot and ankle care to the patients we serve."

Dr. Greaves holds clinic four days a week on Monday, Wednesday, Thursday and Friday. He schedules surgeries on Tuesdays.

Anyone interested in learning more about Dr. Greaves, or the services available through the Cherokee Regional Foot & Ankle Clinic, is encouraged to call 712.225.1513.

In November 2022, Dr. Greaves gave Jim Meister a new ankle. Meister was the first patient to get a total ankle replacement with Dr. Greaves at Cherokee Regional and wanted to share his experience.



Everyone at the hospital from the very beginning, through my surgery, and my recovery has bent over backwards for me.

Your Place. For Exceptional Foot & Ankle Care.

Dr. Adams Joined Cherokee Regional in 2022

Dr. C. Robert Adams, MD is a Board Certified Neurologist with almost 45 years of experience in the medical field. Dr. Adams joined Cherokee Regional's provider-based clinic in April 2022. He focuses on adult and pediatric neurology. Dr. Adams takes time with his patients to do full examinations and explain conditions and treatments.



To learn more or schedule an appointment with Dr. Adams, please call 712.255.1513.

Your Place. For Neurology.

Construction Update

2022 marked many changes to the exterior of the Cherokee Regional Campus. The transformation started with the tearing down of the former Roosevelt School building in the winter months of 2022 and concluded in the spring just in time to begin work on the exterior parking and access project.



Designed by local engineering firm, Beck Engineering, Inc., the multiphase project included the addition of ADA compliant parking spaces, security features, and improved access to the hospital's Main Entrance; the addition of parking directly in front of the Cherokee Regional Foot & Ankle Clinic; additional parking on the east and west sides of the Cherokee Fitness Center; and more designated auto and pedestrian traffic areas.

In addition, the project features a boulevard entrance from Roosevelt Avenue on to Sioux Valley Drive designed to reduce traffic speeds through the Cherokee Regional campus. Improved lighting, updated way finding signage, landscaping features, and additional sidewalk areas were also incorporated into the multi-million dollar project.

"The main goal of this project was to improve access for our patients, visitors, and their families," stated Gary Jordan, CEO/ President of Cherokee Regional Medical Center. "After seeing the completed project, and the multitude of positive comments from our patients and public in general thus far, we are confident that we accomplished our goal, while also creating a welcoming entrance to our campus."



Jordan also wishes to express his thanks and gratitude to the patients, visitors, area residents, and staff of Cherokee Regional for their patience throughout the duration of the construction project. "We know that projects of this magnitude can cause some short term inconvenience," empathized Jordan. "But the end result was all worth it!"

Cherokee Regional Receives Grant to Study County's Child Care Needs

Cherokee Regional, on behalf of Cherokee County, was one of four entities awarded a \$10,000 Rural Child Care Market Study Grant as announced by Governor Kim Reynolds and the Iowa Economic Development Authority. This grant is part of the total of more than \$450,000 in grants awarded through six Empower Rural Iowa Grant Programs.

Gary Jordan, CEO/President of Cherokee Regional stated, "Cherokee Regional is much more than a hospital. We are a community partner, an economic driver, and leader of innovation and development within our service area. We feel it is our responsibility to assess the needs within our region to help improve quality of life and improve the overall health of the communities we serve." As part of the application process, Kent Lundquist, VP of Development and Support Services at Cherokee Regional, reached out

to many area businesses, school districts, as well as city and county leaders. "Their pledge of support for this project was overwhelming," he said.

"Even though there have been some great child care developments in Cherokee County recently, there was definitely a consensus among those I talked to of the need to conduct a formal study that can be used to further the efforts to address any shortfalls within the county's child care system."

First Children's Finance (Iowa Division) will serve as the third party partner to complete the comprehensive child care market analysis and strategic plan for Cherokee County and help address the needs identified through the study. They have played an integral role in the first phase of the Rural Child Care Market Study Grant Program and have a proven history of helping their partner communities achieve success.

While the grant period is now open, the bulk of the research initiatives will more than likely kick off in August 2023, according to Lundquist.

More information about the Rural Child Care Market Study and other Empower Rural Iowa Grant programs is available at iowaeda.com/empower-rural-iowa.

Cherokee Regional Medical Center's Senior Life Solutions Program Receives Program Finalist of the Year Award

Cherokee Regional's Senior Life Solutions program received the 2021 Program Finalist of the Year award. Cherokee Regional's Senior Life Solutions (SLS) program staff members Tonya Draper, RN, Jessica Goodlaxson, LISM, and Lisa Russell accepted the award on March 3, 2022.

Cherokee Regional's Senior Life Solutions program is managed by Psychiatric Medical Care (PMC), which partners with more than 100 facilities nationwide to provide behavioral healthcare management services. Top performing employees and Senior Life Solutions programs from around the country are recognized annually based on their excellence in demonstrating the program's values of care, compliance, and community. Award recipients demonstrate outstanding patient care, excellent comprehension and execution of compliance regulations, and strong community engagement.

"We have been so blessed with the support of the Senior Life Solutions program in our area and our partnership with Cherokee Regional Medical Center," said Tonya Draper, RN, SLS Program Director. "We genuinely believe in the services we provide to older adults struggling with symptoms of depression and anxiety, stress from age-related health concerns, or difficult life transitions such as the loss of a loved one. To be recognized as one of the top programs in the company is so gratifying. This award elevates our drive and passion to continue providing these services to our community members."

Cherokee Regional's Senior Life Solutions is a 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. Cherokee Regional's Senior Life Solutions program staff includes a board-certified psychiatrist, a nurse practitioner, a licensed therapist, a registered nurse, and other trained professionals to ensure each patient receives the best possible care.

Families, friends, community members, physicians, self-referrals, or other health professionals can refer people to the program.

For more information, education, or if you would like to discuss support, please call 712.225.1509.

Cherokee Regional Medical Center Ambulance Station Construction Plays Major Role in Helping the Community Secure \$360,000 for Future Projects



In October 2022, Cherokee Regional and CML Telephone closed a USDA Rural Economic Development loan totaling \$360,000. This is a unique loan program designed to grant rural communities

The USDA program also required that a local utility provider sponsor the loan application process. CML Telephone volunteered staff time and effort to be the sponsoring utility, ensuring that the \$360,000 was made possible for the Ambulance Station and other projects. Additionally, the granted funds from the program were added to an existing RLF that is administered by Cherokee Area Economic Development.

revolving loan fund (RLF) money after the completion of a local project. CRMC agreed to use the new Cherokee Regional Ambulance Station as the initial project, receiving the funding in the form of a loan to finance a portion of the construction. Selecting a catalyst project such as the Ambulance Station is a requirement by the USDA for the program. When the loan for the Ambulance Station was paid off by Cherokee Regional last fall, rather than funds going back to the USDA, the funds remained in the community for future projects!

Local involvement does not stop there. The USDA requires a 20% cash match from local partners to complete the program. To fulfill this requirement, the following organizations pitched in to meet the \$60,000 match: Central Bank (\$10,000), Cherokee State Bank (\$10,000), State Savings Bank (\$2,500), United Bank of Iowa (\$5,000), Farmers State Bank (\$2,500), and the Cherokee Industrial Corp (\$30,000). In 2018, CML Telephone and their telecommunications partner, Aureon contributed \$30,000 each to help establish the original RLF for the community using the same USDA program and a similar project with CRMC when they built their new medical clinic on the CRMC campus.

Pictured l-r: Jennifer Ryen (CRMC), Gary Jordan (CRMC), Bruce Johnson (CML Telephone), Rick Mongan (Cherokee Area Economic Development and Cherokee Industrial Corporation), Jana Utesch (Cherokee Area Economic Development), Ethan Pitt (Iowa Area Development Group), Steven Gardfrey (CRMC), JD Siebert (Aureon).

Ambulance Station Opened September 2022

The new state of the art ambulance station opened for service in September 2022 and houses Cherokee Regional's Emergency Medical Services 911 crew. This location allows for quicker response times during 911 calls due to immediate access to Highway 59. In addition, the location south of the Little Sioux River will allow for much faster response times to the southern portions of Cherokee County during times of flooding.

“Cherokee Regional is proud to take a progressive approach to the way we deliver emergency medical services. During an emergency, a few minutes can have a huge impact on patient outcomes. We feel the location of the new ambulance station is well suited for more rapid response times throughout our entire service area,” said Kent Lundquist, Vice President of Development and Support Services for Cherokee Regional.



Cherokee Regional Takes Lead Role in New Program Aimed at Optimizing Pain Management

Attorney General-backed Billion Pill Pledge (BPP) program designed to support patients through surgery and recovery by implementing and delivering advanced, opioid-minimizing surgery. Cherokee Regional is proud to announce participation in The BPP program, launched in conjunction with Goldfinch Health.



In October, then Iowa Attorney General Tom Miller announced the initiative designed to prevent opioid addiction before it begins. Cherokee Regional was the first hospital in the state of Iowa to sign on with this groundbreaking pain management program.

crisis, including by preventing future addiction,” Miller said. “We are grateful to have Cherokee Regional join us in this important work.”

As a part of this program, patients will have access to a Goldfinch Nurse Navigator who are experts in surgery and recovery. Goldfinch Nurses will support patients perioperatively to help accelerate the adoption of opioid-minimizing surgery protocols. Patients will also receive a “Prepared for Surgery” care package including a number of items key to optimizing a patient’s surgery

experience “The support provided by Goldfinch Health is critical to our success in optimizing patient care, especially when our resources are stretched,” said Dondee Halverson, Surgery Manager at Cherokee Regional “This program means our patients have access to the resources they need in confidently preparing for and successfully recovering from surgery.”

“Our office has worked hard to secure settlements from companies that contributed to the opioid crisis. Now it’s time for state and local governments to use those funds to abate the

The mission of the BPP is to reduce leftover opioids after surgery in the United States by 1 billion pills each year, thereby avoiding those pills being possibly diverted to unauthorized use by others. For more information about the Billion Pill Pledge program, please visit billionpillpledge.com.

A Heartfelt THANK YOU for Your Caring Support

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Farm Bureau - Ashley Galvin
Farmer's State Bank – Marcus
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Headlines
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Henke Farms
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Holly Graham
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Home Anthology
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Hy-Vee Distribution Center
Ivan Wiersema
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Jim & Nancy Davenport
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Joyce McCabe
Juanita Lovejoy
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Mary Jo Ruppert
Matt Huth
Megan Schuck
Mel Rodgers
Melanie & Kenny Petersen
Melanie Benson
Melissa Rohel-Sund

Merle Mack
Mike & Ann Letsche
Mike & Jennifer Nixon
Mitch & Jessica Knippel
Mongan Painting Company
Monica Nedved
NAI Electric
Nancy Ackerman
Nancy Young
New Reflections
Nick & Nyla Bertram
Noggin Water
North Star Community Credit Union
Northwest Iowa Bone, Joint –
Dr. Seth Harrer
Patricia Hartley
Patti Carlson
Paul & Karen Mugge
Paul & Laura Huth
Paula Benson
Peggy & Rich Hinkhouse
Penne Cedar
Perspective Insurance –
Ron Halverson & Terri Brown
Phyllis Sund
Pizza Hut
Precision Towing
Randy & Karin Cedar Family
Randy & Kay Jipp
Rehab Services
Renae Weise
Rhonda Glienke
Rhonda Johnson
Rhonda Smith
Riverside Technologies Inc. (RTI)
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Robert & Jo Ellen Hayes
Robert & Marcia Auerbach
Robert & Michelle Smith
Robert & Patricia Graziano
Robert & Theresa Kimmes
Roberta Schuey
Robin Shelledy
Ron & Dondee Halverson
Ronald & Deborah McCabe
Rose Visser
Sandra Ehrig
Sandra Frank
Sandy Kounkel
Sara Puffer
Schmillen Construction
Screen Builders

See the Trainer
Sermons A La Carte
Shelly Simm
Shirley Friedrichsen
Sioux Valley Family Health
Sizzlin J
Spirit, Stogies and Stuff
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Sweet Sensations
Sweetbomb-Shells
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TC Boutique
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Construction
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WHS Class of 1993
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WITCC
Women of the ELCA,
St. John Lutheran Church

Cherokee Regional Benefactor 2022 Contributions

Huxford Trust	\$310,000.00
Patterson Trust	\$131,729.60
Barlow Trust	\$1,250.00

Total	\$442,979.60
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Cherokee Regional is proud to recognize our donors for their gifts in 2022. We strive to make this list complete and accurate. If you notice an error or omission, please contact us at 712.225.1505 to bring it to our attention, and please accept our apologies.

2022 Cherokee Regional Foundation Golf Tournaments

Another Record-Setting Year.

A heartfelt "Thanks" to those who made contributions, participated, promoted and assisted with both the 18th Annual Cherokee Regional Foundation and the 6th Annual Ladies Foundation Golf events. Because of your help and support, we were able to enjoy two record-setting days.

18th Annual Foundation Golf Tournament

- 128 golfers participated ... **NEW RECORD!**
- We raised \$58,380 ... **NEW RECORD!**

6th Annual Ladies Foundation Golf Tournament

- 124 golfers participated ... **NEW RECORD!**
- We raised \$16,008 ... **NEW RECORD!**



Sponsored by Dr. Wes & Sue Parker (pictured left to right):
Colin Mitchell, Matt Pitts, Cory Ege, Shane Bellefy



Cherokee State Bank (pictured left to right):
Annika Patton, Ashley Galvin, Jill Byers, Andrea Tuttle

Cherokee Regional Foundation

Since being established in 2007, the Cherokee Regional Foundation has raised thousands of dollars to help support the mission and service offerings of Cherokee Regional Medical Center.

The original Cherokee Regional Foundation Board consisted of a mix of retired Cherokee Regional Board of Directors and community business leaders. These individuals laid the groundwork for the Foundation, and developed it into a formal non-profit mechanism to receive charitable donations in support of Cherokee Regional.

To keep the vision of the original foundation board alive, a new Cherokee Regional Foundation board was recruited and put into action in May of 2021. We are excited to have a revitalized new board in place to begin the next chapter of the Foundation.

2022 Fundraising Initiative

This past year we actively raised funds for upgrades to the Cherokee Regional Obstetrics Department through the purchase of a central monitoring system. This technology enhancement allows our providers to monitor their obstetrics patients from any location during the labor process.

MORE WAYS YOU CAN MAKE A DIFFERENCE

Year-End Gifts

Many of our donations coincide with the financial year's end. Please keep Cherokee Regional Foundation in mind when planning your family's year-end giving.

Planned Giving

You can do something extraordinary for future generations with a planned gift to the Cherokee Regional Foundation. Whether you prefer to name the Foundation in your will, through a gift of real estate, a stock gift, or other planned methods, your gift will make a tremendous impact on the health care needs of your community for years to come.

Gifts of Grain

The Cherokee Regional Foundation has an account with AgState. Farm families may see significant tax savings by donating grain, as opposed to cash.

Donate Online

You can donate online using a debit card, credit card, or PayPal account. To begin, scan the QR code, or visit cherokeermc.org/donate/.



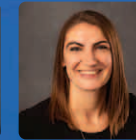
CHEROKEE REGIONAL FOUNDATION BOARD OF DIRECTORS



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To learn more about the Cherokee Regional Foundation, or how you can support this great cause, please feel free to contact Kent Lundquist at 712.225.3368, ext. 2202.

Congratulations to Cherokee Regional's 2022 Daisy Award recipient, Kristina Buss!



Kristina is a nurse in our Cherokee Regional Home Health department, and it is clear why she is this year's recipient after you read some of the comments from the patient who nominated her this year:

"She is very knowledgeable medically and if she doesn't have an answer, she will find out. She helps get my prescriptions filled at the VA and she always goes over and above."

"Kristina is not just a nurse to me, but an advisor, consultant, giving mental support, and just sincere concern about me and my health."

"She is always so respectful. She always brings joy when she comes. You can't see her smile behind her mask, but her eyes are not able to hide it."

Congratulations Kristina and thank you for being an extraordinary nurse!

Summer Nursing Internship



The Cherokee Regional Nurse Internship program is designed to facilitate a successful transition and exposure to the role of nursing. This Internship program provides an enhanced learning experience that promotes the knowledge and skills critical to administering quality patient care in multiple care settings. Lizzie Lenhart participated in the program in 2022.

This program gives realistic experiences to support the early stages of transitioning into nursing practices. After completion, interns may choose to continue scheduling shifts within Cherokee Regional that are flexible with school and allow for continued exposures. This will also permit interns to enjoy the perks and benefits of employment at Cherokee Regional.

"My time at Cherokee Regional was amazing and allowed me to grow and expand my knowledge in all different fields of healthcare! The staff was so welcoming and supportive with each and every person I worked with taking me under their wing. I learned so much about what it means to be a part of a critical access hospital and how everyone works together to provide the best care for the patients!"

"I would highly recommend this summer internship experience to any nursing student who wants to gain knowledge about all the different opportunities Cherokee Regional has to offer!"

Hospice Vet-to-Vet Volunteer



Elizabeth Johnson, Vet-to-Vet volunteer

Elizabeth Johnson is a veteran serving as Cherokee Regional Hospice's only current Vet-to-Vet volunteer. Elizabeth was recognized for her dedication to our hospice program at the Hospice and Palliative Care Association of Iowa fall conference.

She has taken the initiative to make homemade cards for Veterans Day and will assist in delivering these to our veterans. Elizabeth is in charge of our weekly "tuck-in calls" contacting patients, family members, and nursing facilities to ensure our patients are all "tucked in" for the weekend. Elizabeth is

extremely reliable and always presents herself in a professional, ethical, compassionate manner. She brings a wealth of knowledge and skill at the bedside to include farm talk, military service, and nursing experience (a retired military RN).

Cherokee Regional Hospice is extremely lucky to have Elizabeth on our team. Thank you, Elizabeth, for choosing to volunteer with our agency and for serving this great nation!

Cherokee Regional Supports Local Food Pantries Through Celebrity Scrooge Matching Donation

In an effort to assist with the issue of food disparity identified in the 2022 Community Health Needs Assessment (CHNA), Cherokee Regional helped support the Cherokee Celebrity Scrooge competition with a match of up to \$500 for each of the three Scrooge candidates.

All three contestants raised record totals this year - each receiving a generous \$500 match from Cherokee Regional Medical Center! Together, Dr. Carrie Stoelting, Bruce Dagel, and Cory Turner raised an incredible \$6,362.57 to be split equally between Mid-Sioux Opportunity Center, Trinity Food Pantry, and Christian Action Pantry.



Pictured from left to right: Tim Hoffman (Cherokee Chamber Board Member), Gary Jordan, Melinda Brown (Cherokee Chamber Director), and Kent Lundquist

In 2022, Cherokee Regional celebrated 32 staff service anniversaries representing a total of 390 years served.

40 Years

Joanne Tapper
Diane Mann

25 Years

Julie A Berglund
Charles Westcott

20 Years

Sharen Borchers

15 Years

Kimberly Hayes
Eni Yeoh
Stephanie Hill
Tammy Conover
Luann Wittrock
Jill Carver
Jean Walker

10 Years

Donna Jensen
Craig Blankers
Kelsey Landhuis
Christie Kamphoff
Krystal Peterson
Michael Letsche
Casandra Kranig

5 Years

Jill Simonsen
Rebecca Schossow
Jasey Stowater
Stephanie Dasilva
Krista Cosgrove
Elizabeth Ter Horst
Rozanne Gross
Meagan Foresman
Kaysie Vauble
Emma Jensen
Tara Kintigh
Kolbie Mattson
Ashley Moser

2022 Retirements

Teresa Schimmer
Janice Carlson

Strides Against Breast Cancer



Vollmar Motors in Holstein and Total Motors in Le Mars continue Making Strides Against Breast Cancer for the sixth consecutive year. For the year 2022, they surpassed \$64,000 in local donations which were generated by Total and Vollmar Motors' commitment to donate \$100 for each sold vehicle during October.

In 2022, they raised \$12,000 by the number of vehicles sold during the entire month. A portion of the money raised goes to locally nominated individuals who either previously had or currently have breast cancer. To help other individuals beyond October, Vollmar Motors also donates a portion of the funds to area hospitals. Vollmar Motors donated \$750 to Cherokee Regional Medical Center. Cherokee Regional used those funds for breast molds that can be used to educate the public about what to look for during self breast examinations.



Join area community members who have battled or are currently fighting cancer to support one another.

Groups discussions may include story sharing, advocating for yourself, questions for your doctors, dealing with side effects of chemotherapy, advance care planning, guest speakers, local resources, understanding you lab results, and more.

Join us at 6:00pm on the second Tuesday of each month in the Cherokee Regional Medical Center Board Room. Contact Kayla at Cherokee County Public Health at 712.225.2129 for more information.



Peggy Hinkhouse (far left) presents a \$1,500 check to the staff of the Cherokee Regional Medical Center Oncology/Infusion center housed within the Cherokee Regional Specialty Clinic. Hinkhouse, a cancer survivor, hosted a Survivor Party at the Brightside Lounge, owned by her and her husband Rich, in the fall of 2022. The proceeds of the event were donated to help in the fight against cancer and in support of those fighting the disease. In addition to the check, the Hinkhouse's provided many items to be included in the cancer support kits distributed to patients undergoing treatment through the Cherokee Regional Specialty Clinic.

The experience of a support group is an amazing and healing feeling. Thank you Cherokee Regional for making it available to us!

Your Place. For Cancer Support Services.

2022 Cherokee Regional Scholarship Recipients



2022 Scholarship Recipients included (alphabetically): Kenna Bauer, Sara Cargin, Brody Deitering, Brayden Dirks*, Riley Draper*, Sarah Mesler, Anais Najera, Alexis Pingel, Molly Pitts, Sami Schaefer*, Alison Shever*, Willa SICKelka, Abbigayle VandeLune, Emma Vohs, Kimberly Weflen, and Camille Zweifel. *Unable to attend the scholarship presentation

Each spring Cherokee Regional awards local graduating high school students interested in a health care career with scholarships.

These scholarships are available each year:

- Cherokee Regional Auxiliary
- Cherokee Regional Foundation
- Kenneth Hobson Memorial
- John M. Comstock

All four scholarships require students to be a resident of the Cherokee Regional service area, a senior in good standing, and entering a health care field to qualify.

Congratulations to all of the 2022 Cherokee Regional scholarship recipients!



Representatives from Cherokee Regional presented a donation check in the amount of \$4,260.44 to members of the Cherokee Police Department for the Cherokee Area Toys for Tots program. This is the fifteenth consecutive year that Cherokee Regional employees have supported this great cause. The funds help provide toys and clothing to area children in need during the Christmas season.

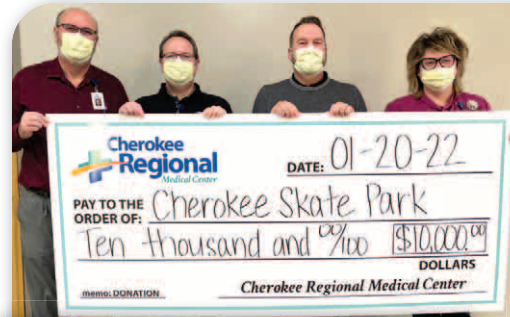
IHERF Scholarship



Cherokee Regional CEO/President, Gary Jordan, presents staff member, Taryn Reichter, with her \$3,500 IHERF Scholarship. Also joining in the presentation are Cherokee Regional Physical Medicine and Rehabilitation Manager, Kayla Koch (far left), and Angela Friedrich (far right), VP of Clinical Services and Chief Nursing Officer at Cherokee Regional.

Taryn Reichter of Alta, Iowa, an employee of Cherokee Regional studying Occupational Therapy at Concordia University (Wisconsin), has been awarded a \$3,500 scholarship from the Iowa Hospital Education and Research Foundation (IHERF), which is supported by the Iowa Hospital Association. Reichter is among 60 students from Iowa receiving assistance this year from the IHERF Health Care Careers Scholarship Program.

“Last year, Cherokee Regional’s Lauren Rohwer was awarded an IHERF Scholarship and now we are thrilled that Taryn Reichter is being recognized for her hard work and commitment to her education as well,” states Angela Friedrich, Cherokee Regional’s VP of Clinical Services and Chief Nursing Officer, “Having two IHERF Scholarship recipients in back-to-back years says a lot about the quality of our staff at Cherokee Regional and our commitment to support personal growth within their healthcare careers.”



Cherokee Skate Park

In January 2022, the Cherokee Parks and Recreation Department announced the tentative Cherokee Skate Park site and great strides in fundraising. Cherokee Regional pledged \$10,000 to the Skate Park at that time.



Mid Sioux

Cherokee County and Ida County Mid-Sioux Opportunity, Inc. received Blessing Baskets made by Cherokee Regional employees and departments. Each basket had a special theme and will help make memories for area families. Themes included: Taco Night, Pasta Night, Family Fun Night, Snuggle Up, Bath & Body, and Activities.

Marcus Trail Project Donation



Stressing the importance of promoting active lifestyles and preventative health initiatives, Cherokee Regional donated \$40,000 to the Marcus Trail Project.

The \$40,000 donation helped wrap up phase one of the Marcus Trail Project. Graciously accepting the donation from the Cherokee Regional Board of Directors and Administration were various members of the Marcus Trail Committee, including spokesperson Anna Erdman. “We are extremely pleased that Cherokee Regional has taken a lead role with a donation of this magnitude”, says Erdman. “Their commitment allowed us to reach the critical fundraising mark of \$100,000 and has opened the door for us to pursue grants and other substantial funding initiatives more quickly than we ever expected.” Cherokee Regional officials stated that the main objectives of the Marcus Trail Program to promote safety, wellness, and community enhancement, as well as addressing the needs recognized during previous Community Health Needs Assessments (CHNA), served as major factors in choosing to support the project through this funding.

Pictured from left to right include: Olivia Wester – Marcus Trail Committee Member, Kayla Holmes – Marcus Trail Committee Member, Kerry Hurd – Cherokee Regional Board, Kaitlin Letsche – Marcus Trail Committee Member, Clay Leavitt – Cherokee Regional Board, Anna Erdman Marcus Trail Committee Member and Cherokee Regional Physical Therapist, Abby Tentinger, ARNP-C Marcus Medical Clinic, Kayla Koch Cherokee Regional Physical Medicine and Rehabilitation Manager, and Gary Jordan- CEO/ President of Cherokee Regional.

Gary Jordon, CEO/President of Cherokee Regional states, “Besides being a leading provider of quality rural healthcare, one of the main priorities of Cherokee Regional is to support the communities in which we serve, live and enjoy. This is especially true when it comes to backing projects to address issues identified through our periodic Community Health Needs Assessment process.”

As evidenced by previous donations within numerous communities they serve, Cherokee Regional has a history of supporting projects that promote health and wellness, education, and community betterment.

This donation serves as a testament to the Cherokee Regional Board of Directors’ commitment to contribute to worthwhile endeavors as they fall within the scope of Cherokee Regional’s mission.

To learn more about the Marcus Trail project, or for information on how to donate to this cause, contact Marcus City Hall at 712.376.4715 or email marcuscommunitytrail@gmail.com. Check out the Marcus Trail Facebook Page to get updates on the project.

988 Suicide and Crisis Lifeline

Providing confidential and free support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the U.S. Reach the Lifeline by phone or text at 988; chat available online: suicidepreventionlifeline.org/chat



Andrea Penning, an MMRU junior, spent part of her holiday season donating gifts to area hospitals for the second year in a row.

Andrea’s Stuff A Stocking Fundraiser was a success last year and she had her goal set even higher in 2022 to reach more area hospitals and the patients spending the holidays in the hospital.

Thanks to Andrea’s project and her donors, the spirits of many were lifted this past holiday season.

Thanks Andrea!

After Decades of Support, Cherokee Regional Quilters Finish Their Final Projects



Long-standing Cherokee Regional Quilter Annamarie Lickiss proudly presents the final handmade quilt of their time to Dr. Nick Loughlin. He was the winning bidder for this quilt that was auctioned off during Auxiliary events in October and November 2022.

With mixed emotions, the Cherokee Regional Quilters laid down their needles and thread for the last time. The talented group of ladies finished their final projects in November 2022 after decades of hard work in support of Cherokee Regional Medical Center.

Over the years, the Cherokee Regional Quilters selflessly contributed countless volunteer hours and tens of thousands of dollars to Cherokee Regional for various projects. Some of their donations have included the purchase of a new exercise bike for the Physical Medicine and Rehabilitation Department; the Cherokee Fitness Center construction project; the soft-serve ice cream machine in the cafeteria; flat screen televisions in the patient rooms and the ER; and new patient transport chairs.

In November they auctioned off their final quilt and made two final donations by splitting their remaining funds between the Cherokee Regional Auxiliary and the Cherokee Regional Foundation.

"We cannot thank the Quilters enough for their generous donations of time and fundraising efforts over the years," says Kent Lundquist, Vice President of Development and Support Services at Cherokee Regional. "Their dedication to support our mission while providing some extra comforts to our patients and visitors is greatly appreciated and their efforts will not be forgotten."

Start the Conversation

In April 2022, Cherokee Regional Hospice began the "Start the Conversation" educational and inspirational event series about the importance of advance care planning. These interactive events have helped get the conversation started on goals and preferences for end of life care.



We began with a session called "Begin at the Kitchen Table" in April at Mud on Main in Cherokee.

This explained the concept and importance of advance care planning, described specific advance directives, and gave examples of how to initiate an advance care plan conversation.

The June session at Danny's called "Talk with the Experts" brought in local experts (pictured below to the left) covering topics from preparing for when we are no longer able to speak for ourselves, preparing for death, pre-paying for funerals,

naming beneficiaries and what that means after someone dies, how we can help those left behind to navigate all those things after we die, and more.



Pictured left to right: Dr. Wesley Parker, Dr. Patricia Harrison, and Rebecca Mogensen-Kruger, ARPN-C

We concluded our series in September with "When the Time Comes" in September with Dr. Wesley Parker, Dr. Patricia Harrison, and Rebecca Mogensen-Kruger, ARPN-C.



Pictured left to right: George Wittgraf (George Wittgraf Law Firm, Attorney), Nicky Sleezer (Farm Bureau Financial), Julie Dhabalt (Central Bank), Jennifer Boothby-Nixon (Boothby Funeral Home), Kellen Ludvigson (Angell Insurance), and Matt Schubert (Greenwood-Schubert Funeral Home)

The discussion covered topics about communicating preferences for key life-sustaining treatments including resuscitation, scope of treatment, nutrition, and more.

For more information about Advance Care Planning, contact Cherokee Regional Hospice at 712.225.6459.



Community Health Needs Assessment

Local Ownership

Keeping Cherokee Main Street & Holstein Community Pharmacy's ownership local was a top priority for former owner, Tony Puffett. Cherokee Regional's role as owner keeps decision-making and buying power local, and stresses the importance of staying true to the priorities of our residents and their needs.

New & Familiar Faces

- **Pharmacists:** Chelsea Schott, Dawn Fokken, Darcy Fritz, Kyle Mallory, and Ammon Mitchell
- **Pharmacy Technicians:** Amber Zoch, Liz White, Erin Mathers-Hansen, Samantha Anderson, Cindy Thorpe, and Dana Albers
- **Pharmacy Support Staff:** Suzy Puffett, Kristi Phipps, Hannah Westra, and Eric Passmore
- Occasionally, familiar faces from the Holstein Community Pharmacy team – including Kyle Mallory (Pharmacy Manager), Tammi Hewitt, and Linda Hamann – may assist our customers in Cherokee as well.

Updated Look

Their names haven't changed, but Cherokee Main Street & Holstein Community Pharmacy both have a new look. The new look is similar to Cherokee Regional's recent brand update, while keeping the pharmacy focus with the mortar and pestle icon to differentiate from the medical symbol used for the hospital and clinics.

Same Great Service

- **Durable Medical Equipment** (including, but not limited to)
 - › Diabetic shoes with custom-molded shoe inserts; nebulizer machines and supplies; CPAP machines and supplies; walkers and canes; and a variety of ostomy supplies.
- **Nutrition and Supplements**
 - › Pharmacist Dawn Fokken is well-trained and can provide recommendations in vitamin and mineral supplements regimens tailored directly to your therapy needs.
- **Diabetes Care**
 - › Managing diabetes is challenging, especially when considering all of the necessary supplies. We carry a wide range of diabetes products including testing supplies, glucose monitors, test strips, insulin pumps, and more. Talk with our team about the variety of diabetes care products we offer.

Last summer Cherokee Regional Medical Center, completed work to update its Community Health Needs Assessment (CHNA). Community members had the opportunity to provide input through a survey and town hall events regarding the healthcare needs in order to complete the 2022 CHNA.

VVW Consultants LLC, an independent research firm from Olathe, KS was been retained to conduct this countywide research. The goal of this assessment update is to understand progress in addressing community health needs cited in the both the 2016 and 2019 CHNA reports, while collecting up-to-date community health perceptions and ideas.

"This process plays an important role in driving health care for our county," said Gary Jordan, CEO/ President of Cherokee Regional Medical Center. "We appreciate the input that various community stakeholders provided to help determine future healthcare initiatives within the communities we serve."

To access this and the past few Community Health Needs Assessments, visit cherokeermc.org or scan this QR code.



Bomgaars Donates Ladies Night Proceeds to Cherokee Regional Medical Center

Jim Nelson, manager of the Cherokee Bomgaars, presented a check in the amount of \$1,157.69 Cherokee Regional Medical Center. The funds were raised during the 2022 Bomgaars Ladies Night promotion and will be earmarked for women's health initiatives at Cherokee Regional.

This marks the fifth consecutive year that the Cherokee Bomgaars store has supported Cherokee Regional through their Ladies Night initiative. Overall, Bomgaars Supply, Inc. raised a total of \$113,035.71 during Ladies Night this year to be donated within the service areas of their 107 participating stores.



Pictured (Left to Right) are: Gary Jordan- CEO/President at Cherokee Regional, Jim Nelson- Manager of the Cherokee Bomgaars, and Kent Lundquist- VP of Development & Support Services at Cherokee Regional



Donation to Kee Live Music Festival

In December, Gary Jordan, Cherokee Regional CEO/ President (center) presented a \$2,500 check to the Rich Hinkhouse and Tim Anderson of the Kee Live Committee. As a strong community partner in support of health and wellness, as well as quality of life initiatives, Cherokee Regional was proudly the Platinum Event Sponsor of the Kee Live Music Festival this past year.



Your Place. For Exceptional Care.

Cherokee Regional Medical Center

300 Sioux Valley Dr

Cherokee, IA 51012

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2022 was a busy and exciting year for Cherokee Regional and 2023 will be no different!

We look forward to finishing up the landscaping along Sioux Valley Drive as well as the installation of the new boulevard entrance to Sioux Valley Drive from North 1st Street.

In addition, we will be kicking off our long-anticipated master site plan facilities improvement and remodeling project. The first phases will focus initially on the construction of new dedicated sleep rooms and utilities/infrastructure upgrades starting this summer. Later on this fall, we anticipate getting started on our Inpatient Services (Med Surg) remodel that will feature state of the art patient rooms and other upgrades to our current care model.

Be sure to watch for additional updates in the weeks to come.



300 Sioux Valley Drive • Cherokee, IA 51012

(712) 225-5101

cherokeermc.org