



An Affiliate of  UnityPoint Health

ALWAYS CARING

Community Newsletter / Fall 2024

Diabetes Awareness Month
November 2024

Taking Control of a Diabetes Diagnosis



The World Health Organization reports the prevalence and number of diabetes cases have steadily increased over the past several decades. The latest numbers include more than 11.5% of the U.S. population with 29.7 million who have been diagnosed and 8.7 million who have not. In adults, between five and 10% are diagnosed with type 1, while type 2 accounts for 90 to 95% of all cases.

Laura Walker, RN and a Certified Diabetes Care and Education Specialist at Greene County Medical Center, urges patients to follow through when referred for diabetes education and monitoring.

“Medicare and Medicaid have expanded coverage for Continuous Glucose Monitoring (CGM) over the past year to help patients improve glucose control,” she explained. “Many people are wearing them, but many more would qualify. These are a great alternative to poking your finger.”

Walker works directly with patients, assisting them in selecting the glucose monitoring device appropriate for their needs and insurance coverage. She can also help with set-up and training on the equipment, provide suggestions on lifestyle adjustments to improve glucose control and assist providers with modifying medications or insulin.

“With the growing prevalence of diabetes around the globe, it is becoming more important than ever to know what tools are available and to utilize them to ensure better health,” said Walker. “Whether the tool is technological or comes from the guidance of a healthcare professional, we are here to support you in gaining control and working toward reaching your goals.”

November is National Diabetes Awareness Month and a great time to learn your numbers or get help with a diabetes diagnosis. For more information on Continuous Glucose Monitoring or the Diabetes Education services at Greene County Medical Center, contact Diabetes Management at 515-386-2488.



TAKING PRIDE IN YESTERDAY, TODAY AND TOMORROW

In looking back over the past fiscal year, there is one word that stands out to me. Pride. I am very proud of our Team. But when I say Team, it goes beyond our staff. Our Team encompasses those who are Trustees, Foundation members, Greene Backers, Auxiliary members, patients who choose us for their healthcare and anybody that supports Greene County Medical Center.

With our continued goal of sustainability in mind, we have worked throughout this year to adopt some changes. I am proud of how that entire Team has embraced them, pulling together toward the goal of being *Always Here, Always Caring* for the next 10, 15, 25 years and beyond.

This focus has resulted in enhanced patient-centered services and programs, like the Walk-In Clinic, Walk-In Mammo Mondays and two new Behavioral Health providers. We have also seen tremendous growth in the utilization of our Pain and Urology Clinics as well as in Surgical, Podiatric and Orthopedic appointments and procedures.

As a not-for-profit organization, the great news is that our growth brings even more far-reaching benefits. Benefits realized beyond the 200-plus employees. The medical center's impact on Greene County has generated more than 500 jobs, \$23 million in wages and over \$57 million in expenditures, all while lowering the tax asking of our residents.

However, our sustainability goals rely on the greatest of all our assets, those Team Members

mentioned above. I am proud of the hard work our staff does to provide care, education and outreach to so many. I am proud of the hard work and dedication shown by our board members and volunteers. Most importantly, I am proud and humbled you have chosen us for any part of your healthcare journey.

Thank you for supporting Greene County Medical Center through a successful fiscal year. I speak for our entire Team when I say we look forward to partnering with you in ways that add value, quality of life and peace of mind to you and your loved ones in the year to come.



PROVIDERS & SERVICES



Dr. Thomas Fagg
Family Medicine



Diana Smith, DNP
Family Medicine



Sara Fleecs, ARNP
Family Medicine



Julie Nielsen, ARNP
Family Medicine



Mary Pedersen, ARNP
Family Medicine



Kaitlyn Bravek, PA-C
Family Medicine



**Heather Wilson, DNP,
PMHNP-BC**
Behavioral Health



**Bonnie Riphagen,
LMSW**
Behavioral Health



**Mary Jo Koch, MS,
LMHC, NCC, CCTP**
Behavioral Health



**Madisyn Behrens,
LMSW**
Behavioral Health



Dr. Jeffrey Wahl
Orthopedics



Dr. Kelsey Sukovaty
Podiatry



Dr. Josh Smith
General Surgery



A complete listing of providers and services is available at **GCMCHealth.com** or by scanning the QR code.

Audiology
Dr. Jeffrey Shymanski
515-499-8622

Behavioral Health
515-386-2488

Cardiac Services
515-386-2114

Cardiology
Dr. Craig Stark
515-386-2488

Chronic Care Management
515-386-0526

Cosmetic Clinic
Diana Smith, DNP
515-386-2488

Dermatology
Savannah Lanpher, ARNP
515-965-6839

Diabetes Management
515-386-2488

Electrodiagnostic Medicine
Dr. Todd Troll
515-386-2488

Ever Greene Ridge - Senior Independent Living
515-370-5186

Extended Care
515-386-0638

Family Medicine Clinic
515-386-0500

Gastroenterology
Dr. Thomas Martin
Referral Only

General Surgery
712-464-7909

Imaging
515-386-0443

Laboratory
515-386-0184

Nursing Services
515-386-2114

Nutritional Services
515-386-2114

Occupational Medicine
Diana Smith, DNP
515-386-2488

Orthopedics
515-386-2488

Pain Clinic
Referral Only

Podiatry
515-386-2488

Public Health
515-386-3228

Rehabilitation Services
515-386-4284

Respiratory Care
515-386-0469

Sleep Studies
515-386-0469

Telehealth
515-386-0500

Urology
Dr. Trevor Wild
515-386-2114

Vascular Surgery
Dr. Nicholas Southard
515-875-9090

Walk-In Clinic
515-386-0500
M-F | 7 AM - 4:30 PM
Located in the Family Medicine Clinic

GREENE COUNTY MEDICAL CENTER'S BEHAVIORAL HEALTH TEAM WELCOMES MADISYN BEHRENS

The recent community needs survey conducted by Greene County Public Health identified the need for more mental healthcare providers in our region. Greene County Medical Center responded with the addition of two new providers in Behavioral Health Services.

Mary Jo Koch joined the Team at the end of January and Licensed Master of Social Work, Madisyn Behrens began seeing patients in mid-May.

Behrens, the Paton native, said the calling to pursue a career where she could help others came at a young age. However, it was while studying for her master's degree that she elected to concentrate on mental health.

"I chose to narrow my focus on behavioral health during my practicum as I learned more, with the assistance of Bonnie Riphagen, LMSW, about

the depths and how empowering doing therapy can be," Behrens said.

She added that behavioral health is nothing new, but is becoming more recognized as a greater number of individuals reach out for services.

Behrens received an associate's degree from Des Moines Area Community College, a bachelor's in social work from the University of Northern Iowa (UNI) and a master's of social work from Campbellsville University.

She provides therapy/counseling services for patients 12 years and older. For more information or to schedule an appointment, call **515-386-2488**.



A pickleball injury to his calf and knee kept Steve Bosshart from being able to participate in many work and recreational activities. He sought out treatment at 21st Century Rehab in Greene County Medical Center and has been thrilled with the results. Bosshart was able to quickly recover, thanks to the massage, exercises, and dry needling. "I am grateful for the help and treatments from the

great staff at 21st Century Rehab. They are well educated and trained, courteous, helpful, friendly, thorough and use progressive treatments. Their equipment is modern and relevant. Our community is lucky to have 21st Century available."

For more information on how 21st Century Rehab can help you, call 515-386-4284.

FRIENDS & FAMILY CARING FOR OTHERS AT GREENE COUNTY MEDICAL CENTER'S EXTENDED CARE

After a lifetime of providing care, Connie Neese is thriving because of the great care she now receives

Connie Neese is a caregiver. First to her family and then as a nurse; and after everything she has seen and done, she points to the many ways the Holy Spirit is at work in their lives.

A recent example accompanied the anticipation of a new great grandchild. The father, Max, found a family-friendly vehicle online and arranged to look at it. The owner recognized the name and asked if he knew Connie. Tears formed in the man's eyes when he learned it was Max's grandmother. "She saved my life," he said. The gentleman was a nurse with a past and Connie took a chance, hiring him at Woodward State Hospital.

Daughter-in-law, Kate Neese, said Connie now sees the Holy Spirit at work through the care she receives as a patient in the Extended Care program at Greene County Medical Center. "It's full circle because she was always the caregiver. Now she gets good care because she gave good care. What she was putting out, she is getting back."

A vibrant, active woman. Connie worked her way up to head the nursing department at Woodward State Hospital while also covering shifts at Greene County Medical Center. Her big heart and strong work ethic were evident as she raised five kids, worked on the farm and raised her stepsiblings; all while studying to be or working as a nurse.

Connie retired from nursing about 20 years ago following a motorcycle accident in which she and her late husband, Dale, sustained serious injuries resulting in a couple months in skilled care at Greene County Medical Center. Dale later passed away and Connie's health changed during COVID and she opted to reside with Greene County Medical Center's long-term care. "When long-term closed, we were fortunate enough to keep her in the medical center's Extended Care program," Kate said.

The entire family has peace of mind knowing Connie is extremely well cared for and they are grateful to the dedicated Team who make Extended Care her home. "She just gets wonderful care," Kate said. "One day they called and said Connie was feeling a little down. I came out and



we ate in the beautiful windowed room and visited. I took her back to her room, and as I was walking away, I wasn't listening, but I just heard them ask if she was feeling better. When people don't know they're being listened to and they're having a private conversation, you find out they are a truly caring person."

Kate added it is the little things making a huge difference in defining quality of care. "It's hard on families to see parents fail," Kate said. "But if you are in this situation, this is a great place to be and you don't have to worry. Because of you, she is thriving."

For more information on Greene County Medical Center's Extended Care program, call 515-386-0638.

Photo-Standing: Colton, Molly, Haley, Alan (Connie's son), Kate, Max and Joshua. Kneeling: Emily and Connie.



EXTENDED CARE

At Greene County Medical Center

Caring Like Family

SEMI-PRIVATE ROOMS AVAILABLE!

515-386-0638

GIVE THE GIFT OF GOOD HEALTH BY BECOMING A

QUESTIONS?

Contact Nancy Houska,
Foundation Director
515-386-0108

GREENE BACKER

In partnership with a Grow Greene County grant, the Foundation helped purchase a new C-Arm, which can be used laterally, vertically and at angles to assist providers in surgeries and Pain Clinic procedures.

It is hard to believe we are in the final three months of 2024 and entering the giving season. For many, this is a time to take stock and look back gratefully over good fortune. Good health often tops that list. For others, however, their health is something that needs improving.

“Thanks to you, loved ones, friends and neighbors save time and money by having testing, diagnoses and procedures performed right here at home,” said Nancy Houska, Foundation Director. This is accomplished through your generosity and your gifts to the Greene County Medical Center Foundation’s annual Greene Backer campaign. “By becoming a Greene Backer, you too are supporting those needs and ensuring rural healthcare is available and affordable for all.”

Donations made to the 2024 Greene Backer campaign have been earmarked for the purchase of **new scopes and associated technological updates.**

“These life-saving procedures help identify health issues and assist providers during the performance of preventive and diagnostic procedures,” explained Houska. “Whether it is a colonoscopy for the early detection of cancer or a scope of the upper gastrointestinal tract to determine what is causing pain or other problems, these scopes are vital to patient care.”

Over the past few years, the Foundation has aided in the purchase of a bone density scanner, an EDG (esophagogastroduodenoscopy) scope and a multi-use ultrasound machine for urological, cardiac, pain, emergency, acute and orthopedic



uses. The Foundation has also covered leasing costs of radiofrequency ablation equipment used for Pain Clinic treatments.

The Foundation is the fundraising arm of Greene County Medical Center, a not-for-profit, public organization. Every dollar gifted is used to support high quality, patient-centered services.

Thank you for supporting rural healthcare by becoming a Greene Backer! Giving is as easy as following the instructions below or contacting Houska at 515-386-0108.

SUPPORT GREENE COUNTY MEDICAL CENTER BY BEING A GREENE BACKER

Your Name: _____

Address: _____

City/State/Zip: _____ Phone: _____

Email Address: _____

Direct Contribution: \$500 \$250 \$100 Other \$ _____

Name(s) to be recognized as a **GREENE BACKER** _____

Please direct my gift to the following:

- Area of Greatest Need
- Healthcare scholarships for local high school seniors
- In Memory of: _____

Thank you for your gift! Please return this form with your check (if applicable) to:

Greene County Medical Center Foundation
1000 West Lincoln Way, Jefferson, IA 50129

QUESTIONS?
Call 515-386-0108



SCAN TO DONATE ONLINE
OR TEXT GREENEBACKER TO 41444



PATIENTS & RESIDENTS BENEFIT FROM COMMUNITY PARTNERSHIPS

Grow Greene County Gaming Corporation held its annual grant awards ceremony at Wild Rose Casino & Resort this spring, distributing over \$2 million to nonprofits in Greene and surrounding counties. Greene County Medical Center's Pain Clinic received \$42,000 for radiofrequency ablation equipment. With the phenomenal growth of the Pain Clinic over the last two years more patients than ever will find relief through this outpatient treatment.

During the procedure, the provider uses the equipment to apply radiofrequency

waves directly to the nerve causing pain. A lesion results, blocking pain signals and providing relief for six months to a year or even more for some patients.

The Greene County Community Foundation announced they were awarding more than \$245,000 this past April. Ever Greene Ridge received \$5,500 to purchase and install handicap-accessible doors at the main entrance. Residents are thrilled that one of their major wish-list items became a reality due to this partnership between the Greene County Community Foundation and the Greene County Medical Center Foundation.

Please join us in thanking the Grow Greene County Gaming Corporation and the Greene County Community Foundation for supporting rural healthcare.

Foundation Donations

Through Sept. 2024

Greene Backer Donations

Amanda Lass
Amy Cosentino
Amy Lewman
Beth Peterson
Chad & Tammy Butterfield
Chantelle Grove
David & Carol John
Greene County Community Foundation
Greene County Medical Center
Auxiliary
Grow Greene County
John & Kathy Milligan
Jolene Wiley
Laurie Bruck
Maddeline Smith
Mark Wall
Marlene Larson
Nancy Houska

Employee Casual for a Cause Donations Supporting Healthcare Scholarships

Lonnie Carter
Roxanne McCollom

Memorials

In Memory of Janice Welker
Kim & Sherry Bates
Kim & Sherry Bates
Nancy Hebner
Neal & Caroline Hoyt

In Memory of Janine Birch
Community State Bank Paton
Doug & Becky Tourte

In Memory of John Milligan
Bill & Martha Monroe
Bob & Bridgett
Bob & Marilyn Schwarzkopf
C & J Hertel
Carol Zwicky
Connie Allensworth
Daniel & Patsy Benitz
Darrell & Rita Meinecke
David R. Luther
Dick & Lynda Pawlowski
Donald & Alice Etler
Ellen Crayne
Gary E. & Linda Hall
Gerald & Betty MaGee
James & Patricia Jaskoviak
Jim & Jeane Daubendiek
Jim & Karen North
Joan E. Lang
John & Nancy Gerken
John D. Lewis & Denise O. Vandusseldorp
Kent & Danille Curtis
Lynn & Kathy Marshall
Michael & Alice Lewellen
Michael & Ann Ostendorf
Mike & Margaret Mumma
Nicholas & Sue Richardson
Patricia Ruhnke
Paul Bratton

Philip E. Gose
Sandy Ehrig
Shirley Stapelton
Sid & Linda Jones
T.J. & J.E. Heun
Teresa Green
Wade & Janie Weiss

In Memory of Lana Miller
Clifford & Donna Smith
Mike & Carol Christensen

In Memory of Lois McAtee
Alan & Kate Neese
Ann Menzel
D.K. Bravard
D.V.N. LTD
DeeAnn Valles
Doug & Karen Carman
Gary & Linda Hall
Jacquelyn J Fie
Jean McAtee-Feldmann
Joan Wahl
Keith W. Feldmann
Kenneth & Victoria Feldmann
Laurie Wahl
Lois J. Clark
Loretta K DeBok
Lynn & Kathy Marshall
Mark or Mavis Sawhill
Mary A. Dayton
Nicholas & Sue Richardson
Randy & Ruth Freeman
Sid & Linda Jones

Susie Kenkel
Tim & Linda Tipton
Vernon & Rose Foje
William & Kathleen Steussy
William & Martha Monroe
William & Peg Raney

In Memory of Monte Larson
Marlene Larson

In Memory of Peggy Eason
Greene County Medical Center
Auxiliary
Kim & Sherry Bates

In Memory of Skeeter Wilber
Tim & Linda Tipton

In Memory of Velma Martin
Ada L Snyder
Connie Allensworth
Ever Greene Ridge Residents
Jeff & Kim Roeder

In Memory of Vera Talcott
Bill & Martha Monroe

In Memory of William Heater
William Heater Family

Betty Jo Callaway Memorial Fund
A Donor Advised Fund of
Renaissance Charitable Foundation

THE MEANING OF THE SEASON

WITH THE GREENE COUNTY MEDICAL CENTER AUXILIARY



The holidays are a time to celebrate good fortune and make cherished memories with family and friends. As we immerse ourselves in the joy of the season, we find fulfillment by giving back and spreading joy. Join us in our Auxiliary activities this holiday season. We thank the Auxiliary for their hard work this holiday season and for giving their time and talents all year long. Proceeds from their efforts support patients and Team Members at the medical center.

Consider the ways you can share the joy this holiday season:

Auxiliary Holiday of Lights

- Bid on holiday decorative items, trees, wreaths, displays & more November 14 - December 4.
- Money raised supports patient, Team Member, equipment and program needs

Auxiliary Candy Sale

- 7 AM Tuesday, December 17 in the Main Lobby

Become an Auxiliary Member

Log on to gcmhealth.com/volunteer-opportunities or call **515-386-0108** to find out how.

REMEMBER LOVED ONES THIS HOLIDAY SEASON

The Greene County Medical Center Foundation invites you to join us in celebrating your loved ones at their annual Tree of Life ceremony, **Thursday, December 12 at 12:30 p.m. in the main lobby of the medical center.** There will be a program that includes the reading of names from the special ornaments that adorn the Tree of Life throughout the season. Everyone is then invited to stay for refreshments.

An ornament and dessert ticket are \$25 each and can be purchased through Monday, December 9 at the Gift Garden Gift Shop in the medical center lobby, online by scanning the QR code or by filling out the order form below.



AN ORNAMENT IS BEING PURCHASED IN MEMORY/HONOR OF:

In Memory In Honor \$ is enclosed for

ornament(s) (dessert included) at \$25 each.

Checks payable to:
Greene County Medical Center Foundation
 1000 West Lincoln Way, Jefferson, Iowa 50129

For record keeping, please complete the following:

Your Name: _____

Address: _____

City/State/Zip: _____

Nancy Houska , Foundation Director | 515-386-0108



WORKING AS A TEAM

FOR CHRONIC CARE MANAGEMENT AT GREENE COUNTY MEDICAL CENTER

A combination of health problems brought Sharon Carey to a specialized department at the medical center.

Over 25 years ago, Sharon Carey was diagnosed with Type 2 diabetes. She said genetics and environmental factors both played a role in its development. "This is in my family, it is kind of a hereditary thing," Carey explained. "Now, my son has it and my daughter has it."

Carey lived in Churdan for more than 50 years. However, about three years after the death of her husband in 2015, she made a move to Jefferson. This also brought her to Greene County Medical Center for her ongoing healthcare needs.

For many years, Carey managed her Type 2 diabetes with oral medications, but as time passed, it progressed, leading to the daily injection of insulin. She started at once per day but was frightened by the prospect of having that increase to as much as three or four times per day.

The diabetes coupled with stomach issues she was battling made Carey a candidate for the Chronic Care Management program at Greene County Medical Center. She works closely with nurse coordinator, Katie Nelson, RN. "We talk about every 10 days or two weeks," she said. "She tries to keep me on the straight and narrow."

During their sessions, Nelson will check Carey's glucose monitor and discuss what has happened since they last met. She provides advice on lifestyle adjustments for

lowering her blood sugar numbers while maintaining quality of life. "Katie is really good, very knowledgeable and able to help me find solutions," Carey said.

She also works with Greene County Medical Center Dietitian, Erica Vandenberg, who has helped her design a personalized nutrition plan that factors in her healthcare and exercise history, goals and food preferences.

Carey admits this has not been easy, especially since she is often tripped up by a love of ice cream. "They have made suggestions for ice creams with lower carbs, and that has been helping," she said.

Although there is a lot of hard work involved, Carey is grateful for the Chronic Care Management Team at Greene County Medical Center. She said the more she learns about how to manage her chronic conditions, the more she feels in control of her life and less frightened about what her future holds.



Interested in Chronic Care Management?

The Chronic Care Management program provides patients with two or more chronic conditions access to round-the-clock care to help keep treatments on track while achieving their health goals. Referrals are required. Visit with your primary care provider to see if you qualify, or call 515-386-0526 for more information.

Barbie

MOVES FROM THE BELLS TO BREAST CANCER AWARENESS

October is Breast Cancer Awareness Month, and Greene County Medical Center's Imaging Department is partnering with a well-known celebrity to help spread their message. Director, Heather Booth, said as soon as she saw the popular Barbie by the Bells display earlier this year in downtown Jefferson, she knew she had to send out an invitation.

"It is through the graciousness and generosity of so many that we are able to bring Barbie in to showcase the importance of mammography, particularly the baseline mammogram for women turning 40. A special thank you to Roger Aegerter and Jan Rosdail-Aegerter who allowed the fantastic Barbie car to be on display for our Jefferson Matters Java & Juice, Deb McGinn and Diane Piepel at the Greene County Historical Society for providing access to the displays and decorations. You are living examples of what Barbie is meant to teach us about inclusivity, creativity, achievement and empowerment."



It is now recommended that women who are at average risk for breast cancers should begin annual screening mammograms at age 40. These can be scheduled through your primary care provider or the Imaging Department at Greene County Medical Center.

As an added convenience, patients who had their last mammogram at least one year prior and whose images are on file at the medical center can participate in **WALK-IN MAMMO MONDAYS** from 8 a.m. to 4 p.m. If you have questions about this service, please call the Imaging Department at 515-386-0443.

WARNING SIGNS OF A HEART ATTACK

LISTEN TO YOUR BODY

Most people think of chest pain when they think of heart attack symptoms, but signs vary greatly. Some symptoms are severe and come on quickly. Others may begin with mild discomfort or pain. The most important thing is to listen to your body and call 911 or contact your primary provider for any of the following:

CHEST DISCOMFORT OR PAIN

The majority of heart attacks include some

form of chest pain or discomfort.

PAIN OR DISCOMFORT IN UPPER BODY

Arms, back and neck or jaw and stomach

SHORTNESS OF BREATH

Can occur with or without chest pain/discomfort

OTHER SIGNS

- » Cold sweat
- » Shortness of breath
- » Nausea or vomiting
- » Light headed

BE AWARE THAT SYMPTOMS VARY BETWEEN MEN & WOMEN

Women may experience symptoms less typically associated with a heart attack and often attributed to other conditions:

- » Shortness of breath
- » Nausea or vomiting
- » Back pain
- » Jaw pain



NOVEMBER IS LUNG CANCER AWARENESS MONTH

Lung cancer remains the second most common cancer in the United States and is, by far, the leading cause of cancer death for both men and women.

RISKS FOR DEVELOPING LUNG CANCER:

1. Smoking is the number one risk factor
2. Radon
3. Other Substances
 - Asbestos
 - Arsenic
 - Diesel exhaust
 - Silica
 - Chromium
4. Personal or Family History
5. Radiation Therapy to the Chest

REDUCING RISKS

1. Do not start smoking or quit and avoid secondhand smoke
2. Get your home tested for radon
3. Follow health and safety guidelines at work

LUNG CANCER SCREENINGS FOR QUALIFIED INDIVIDUALS

- 50-80 years of age
- 20+ pack-year history of tobacco use
- Currently smoker or quit in the past 15 years

Those meeting this criteria may be eligible for the screening at no cost.

For more information, contact your primary care provider at 515-386-0500.



LUNG CANCER AWARENESS MONTH

WARNING SIGNS OF A STROKE

QUICK ACTION SAVES LIVES

Every minute counts during a stroke as a rapid response reduces the amount of brain damage. Know the signs and symptoms and what to do so you can act **FAST**

CALL 911 IMMEDIATELY IF YOU OR SOMEONE ELSE EXPERIENCE ANY OF THESE SYMPTOMS

SUDDEN NUMBNESS OR WEAKNESS

Especially on one side of the body

SUDDEN COGNITIVE & COMMUNICATION ISSUES

Confusion, trouble talking or understanding others

SUDDEN TROUBLE SEEING

From one or both eyes

SUDDEN MOBILITY PROBLEMS

Dizziness, loss of balance and/or coordination, trouble walking

SUDDEN SEVERE HEADACHE WITH NO KNOWN CAUSE

ACT FAST TO IDENTIFY A STROKE

- F** **FACE:** Ask them to smile. Is there a droop on one side?
- A** **ARMS:** Ask them to raise both arms. Does one arm drop?
- S** **SPEECH:** Ask them to repeat something. Does their speech sound odd?
- T** **TIME:** If any of these signs are present, call 911 immediately

- Note the time of first symptoms and relay to healthcare team
- DO NOT drive to the hospital or let someone else drive you. Call 911 as soon as possible
- If stroke symptoms resolve quickly, it may be a transient ischemic attack (TIA), or “mini-stroke.” Contact your healthcare provider about this serious condition



An Affiliate of  UnityPoint Health

1000 West Lincoln Way | Jefferson, IA 50129

WE'RE HIRING!

APPLY ONLINE!



Scan the QR Code or visit GCMCHHealth.com/Careers



The DAISY Award

FOR EXTRAORDINARY NURSES

IN MEMORY OF J. PATRICK BARNES

Nominate a Nurse for the DAISY Award at Greene County Medical Center!

Help us recognize Greene County Medical Center and Family Medicine Clinic nurses who go above and beyond to make a difference in the lives of patients and families!



SCAN HERE to open the form!



EVER GREENE RIDGE

SENIOR INDEPENDENT LIVING

MOVE IN BEFORE THE SNOW FLIES!

CALL TODAY FOR A TOUR!

515-370-5186

1001 W WASHINGTON | JEFFERSON