

HEALTHCARE CONNECTION

STEWART MEMORIAL COMMUNITY HOSPITAL
MCCRARY-ROST CLINICS

EXPECTING IN 2025?

WE PROUDLY OFFER STATE-OF-THE-ART TECHNOLOGY AND COMFORTABLE DELIVERY ROOMS WITH THREE EXPERIENCED OBSTETRICS PROVIDERS (PG 4)



Year in Review



3,725

Meals on Wheels Provided to Lake City and Lorhrville Residents

99%

Inpatient Satisfaction with Meals Provided



40,460

Clinic Visits



2,457

ER Visits



47,622

Outpatient Visits



2

Awards



2024 Stewart Memorial Staff

30

Providers at Stewart Memorial

260

Stewart Memorial Employees



75%

Average Improvement for Pain Clinic Patients

\$159,045

Charity Care

ZACH WINKER, RN

RECOGNIZED FOR EXCEPTIONAL PATIENT CARE

In October, Stewart Memorial Community Hospital recognized nurse Zacharina Winker with the Exceptional Experience Award for her outstanding dedication to patient care.

Winker was nominated by fellow nurse Ashley Mork for her exceptional efforts in assisting a patient with breastfeeding challenges. Despite not being assigned to the patient during their lab visit, Winker took the time to offer guidance and support, significantly improving the patient's breastfeeding success.

"Zach's dedication and compassion had a huge impact on this patient's journey," said Mork. "Her teaching was invaluable, and without her help, things could have been quite different."

The Exceptional Experience award recognizes employees who go above and beyond their job duties to provide exceptional care to patients. Winker's commitment to patient well-being exemplifies the values of Stewart Memorial and its dedication to providing the highest quality care to the community.

2024 INTERNAL AWARDS

Culture Champion
Jessica Thomas

Exceptional Experience Awards

Luke Larson
Jodi Henkenius
Zach Winker

Teamwork Awards
Lisa Wiederin, Marie Drey, Branden Roberts and Michelle Shaver

Facilities Department
Lake View Clinic
Gina Davis & Nicci Timmerman



NEW FACES AT STEWART MEMORIAL



Althea Ball
Clinic Nursing



Amber Maloney
Finance



Brad Brown
Facilities



Brandi Kliegl
Clinic Nursing



Emma Barker
Nursing



Haylee Wiederin
Nursing



Jack Grisham
Dietary



Jaide Hansen
Environmental Services



Jodi Broesder
Environmental Services



Justin Walbaum
Information Technology



Keagan King
Clinic Nursing



Kim Contreras
Environmental Services



Kyra Bruns
Nursing



Lacey Wurr
Laboratory



Laura Coon
Environmental Services



Lisa Walker
Rehab Therapy



Mackenzie Monahan
Nursing



Melissa Wallace
Administration



Michelle Heim
Emergency Department



Mikayla Blum
Clinic Nursing



Nichole Calmer Steinberg
Rockwell City Clinic



Nichole Wiggins
Quality



Rachel Walters
Marketing, AUX, and Foundation



Shane Thelen
Facilities



Steffany Janssen
Nursing



Sydnie Bauch
Emergency Department

Join Our Team



Oh, Baby!

Mothers Praise Stewart Memorial Community Hospital's High-Quality OB Care

For any mother, each pregnancy comes with its own challenges. That's why Paige Hepp was grateful to work with the obstetrics (OB) team at Stewart Memorial Community Hospital.

"I had some complications during my pregnancy with my second son," said Hepp, 29, of Rockwell City. "Anytime I felt something was off, I appreciated how my doctor listened to my concerns and ordered blood tests, ultrasounds or whatever was necessary to make me feel reassured that baby was okay."

Her doctor (Dr. Susan Hornback) was a great help in the delivery room when it was time to push, Hepp added. Hornback is one of three OB providers (along with Dr. Derek Duncan and Dr. Julia Richardson, who was born at SMCH) who deliver babies in Lake City. SMCH's healthcare providers also offer perinatal services at all four clinics that SMCH serves.

These services make SMCH somewhat of a rarity in rural health care today. More than half (55%) of rural U.S. hospitals now lack labor and delivery services, according to a recent report from the Center for Healthcare Quality & Payment Reform (CHQPR).

A 2022 study from Iowa State University and the Iowa Department of Public Health reveals that Iowa has experienced the closure of 41 birthing units since 2000. Today, a majority (62%) of rural Iowa hospitals do not have labor and delivery services, according to the non-profit March of Dimes. In addition, a third (33%) of Iowa's counties are classified as maternity-care deserts (a county where access to maternity health care services is limited or absent).

"We're fortunate to live in a community with such a resourceful hospital," said MaeLaan Magnani, 32, of Lake City, who gave birth to all five of her children (who range in age from eight years old to two months) at SMCH. "It's so convenient to not have to travel outside of town to get full care to have a baby."

Living in the same town where the local hospital is located also relieves a lot of stress, Magnani added. "Help is always very near."

Providing this level of care is important to the SMCH team, noted CEO Linn Block, RN, BSN, MHA. "At a time when many rural hospitals are facing challenges in maintaining obstetric services, meeting financial responsibilities, and maintaining high-quality levels of care, it's important to us to continue to offer exceptional services with personalized care, and continue offering the services our area residents have come to expect, including labor and delivery."

PROVIDING AWARD-WINNING CARE

Jenni Macke, a seasoned nurse in the OB department, is the hospital's latest recipient of the DAISY Award® for Extraordinary Nurses. "The birth of a baby is a really happy time for a family," said Macke, who has worked at SMCH for 36 years. "In some families, I've delivered two generations, including the mother and now her own babies."

Macke was nominated for the DAISY Award by a patient who wanted to recognize the compassion she displayed. "Jenni was my nurse at three of my four births," the patient wrote in her nomination. "She never questioned my decision to have an unmedicated birth, rather she was always so positive and helpful in finding different positions to move things along. She is so positive, knowledgeable and compassionate. That first unmedicated birth was 19 hours long, and I couldn't have done it without her!"





CLASSES, PERSONALIZED SERVICES HELP FAMILIES THRIVE

SMCH has three rooms where moms can give birth and stay before they go home. “We don’t move them unless it’s necessary,” said Susan Stevens, RN, the OB director.

The SMCH team strives to accommodate each mother’s birth plan. “Being a small hospital allows us more time to spend spoiling our mothers,” said Nurse Education Director Ashley Mork, RN.

SMCH provides parents with an array of services, including the Oh Baby Prenatal Class, which covers pregnancy, labor and delivery, pain management, medical interventions, C-sections, postpartum care and recovery, infant CPR and safety, and more.

There are so many things to know about labor, delivery, postpartum and caring for a newborn,” said Mork, a Certified Lactation Specialist. “Prenatal classes are a great way for parents to prepare for their little one’s arrival.”

In addition, SMCH offers a Breastfeeding Basics class. All these classes provide science-based, reliable information, along with the opportunity to ask questions. “I know there’s a lot of information on Tik Tok and Instagram, but it’s not always accurate,” Mork said. “I often share real-life stories throughout the class, so patients get a good look at what everything will truly look like.”

Magnani appreciates these personal touches. “My doctor (Dr. Hornback) gets to know the moms personally, instead of just as a patient. She wants each mother to have a personalized birth experience. She was a wonderful OB doctor to have.”

Hepp is grateful that her OB doctor is also her two sons’ pediatrician. “Our family has had great experiences at SMCH,” said Hepp, whose husband, James, was born at SMCH in 1990. “I would highly recommend SMCH to any of my friends to deliver there.”

Special to the Fort Dodge Messenger | Written by Darcy Maulsby



PERINATAL CLASSES

Breastfeeding Basics

Tuesday, March 18
6:00-8:00pm

Big Brother/Big Sister

Thursday, April 10
6:00-7:00pm



SCAN FOR ALL
UPCOMING
CLASSES!

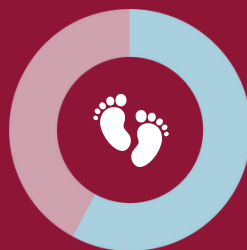


“Our care was excellent. This was our second baby we had at SMCH, and we have been more than pleased with both births. Providers and nurses were supportive of our wishes and were so helpful. We highly recommend SMCH OB services.”

NOW HIRING A LABOR & DELIVERY NURSE

Find out more at
www.stewartmemorial.org

OB 2024 YEAR IN REVIEW



48 Boys

35 Girls



Smallest Baby

5lb 11oz



Largest Baby

10lb 2oz



83

Deliveries

Most Deliveries

OCTOBER: 11

RURAL HEALTH CLINICS

Living in a rural community shouldn't mean sacrificing access to exceptional healthcare. Stewart Memorial Community Hospital understands this, which is why we're proud to offer comprehensive medical services at four convenient McCrary-Rost Clinic locations.

Jess Drees

PROVIDING FAMILY CARE AT LAKE VIEW MCCRARY-ROST CLINIC

Stewart Memorial Community Hospital and McCrary-Rost Clinics are excited to announce that Jess Drees, ARNP, FNP-C, is now providing care at the McCrary-Rost Clinic in Lake View as of January 1, 2025.

"I am eager to establish relationships while providing high-quality care to patients of all ages in the Lake View community," said Drees. "It is my hope that these relationships foster an open-door policy where patients feel welcome to express concerns while being listened to."

Jess specializes in family medicine, women's health care, and chronic care management. She is passionate about preventative health, women's health, pediatric care, and preconception counseling. Since becoming a nurse in 2010, she has gained experience in various settings, including med-surg, emergency, and obstetrics. Drees is a 2007 Wall Lake View Auburn graduate who lives near Auburn with her family.



WHAT OUR PATIENTS SAY

"I like my rural community and am grateful that the clinic is close to home with professional staff."

"We are delighted to support Jess Drees in this new chapter of her practice," said CEO Linn Block, RN, BSN, MHA. "Jess has been with Stewart Memorial since 2006 and has become a highly respected and experienced family nurse practitioner who has built strong relationships with her patients. We are thrilled to welcome her to the Lake View clinic."



Patients who saw Jess in Gowrie can transition their care seamlessly, as Jess remains committed to providing exceptional service in her new location. For patients in Gowrie, Liz Peterson, PA-C, is available for appointments and is accepting new patients at the Gowrie Clinic. Additionally, Stewart Memorial is excited to welcome Katelyn Brown, PA-C, to the Gowrie Clinic full-time this summer. Details regarding her start date and availability will be shared soon.

To schedule an appointment with Jess in Lake View, please call (712) 665-8555. To schedule an appointment in Gowrie, call (712) 464-8891.



Scan the code to meet Jess!



Mc R LAKE CITY

1351 W Main St
(712) 464-7907
8:00 am - 5:00 pm

Mc R LAKE VIEW

1160 3rd St
(712) 665-8555
8:00 am - 5:00 pm

Mc R ROCKWELL CITY

505 E Lake St
(712) 297-8989
8:00 am - 5:00 pm

Mc R GOWRIE

1800 Main St
(712) 464-8891
8:00 am - 5:00 pm

Putting People First



YOUR GENEROSITY IS KEEPING RURAL IOWA HEALTHY

At a time when rural communities face significant challenges in accessing quality healthcare, Stewart Memorial demonstrated foresight by establishing the Stewart Memorial Community Hospital Foundation in 2019. This proactive step empowered the hospital to embark on a transformative renovation and expansion project, "Putting People First," to modernize the hospital's facilities and enhance the quality of care for the community.

This \$31 million campaign aimed to improve safety, privacy, efficiency, and the breadth of services offered, while also incorporating innovative technology. This initiative was successfully completed in 2023, yielding significant improvements.

The Foundation is now in the final stages of designing and installing a beautiful, permanent donor wall at the hospital's main entrance.

"We are gracious for the many gifts that have been given and are excited to be able to recognize those contributions visually with a permanent display," shared Director of Business Development, Foundation & Outreach, Rachel Judisch. "This wall will serve as a lasting tribute to those who have made a significant impact on the health and well-being of our community."

HOW YOUR SUPPORT MAKES A DIFFERENCE

Your financial gifts to the Stewart Memorial Community Hospital Foundation make a real difference in the lives of our patients. Your contributions allow us to:

- Purchase new medical equipment and technology
- Expand our clinic services to meet the growing needs of our community
- Offer financial assistance programs to help patients afford the care they need
- Recruit and retain highly skilled physicians and other healthcare professionals

CAPITAL CAMPAIGN DONORS

\$500,000 or greater
Gus & Nancy Macke Family
Ruby Allison Estate

\$250,000 to \$499,000
SMCH Auxiliary

\$150,000 to \$249,000
Dr. Craig S. Rock

\$90,000 to \$149,999
Jimmy Ferguson
Sunderland Foundation
United Bank of Iowa

\$50,000 to \$89,999
Calhoun County Soil & Water Conservation District
David & Marilyn Willis
City of Lake City
Dr. Dale & Arlene Christensen
Graham Construction

\$20,000 to \$49,999
Change Happens Foundation
Cindy and Alan Carstens
Chet & Angi Johnson Family
Tyler Holm Family
Iowa Savings Bank Charitable Foundation

\$10,000 to \$19,999
Jerry & Joyce Schleisman
Roger & Marlene Glasnapp
Brock & Dannielle Anderson Family
Jo & Rodney Grodahl
Carol Eichorn,
in memory of Phillip
Dr. Derek & Ashley Duncan
Dwight Dial Family,
in memory of Jane
Jim and Jodi Henkenius
Mid-Iowa Insurance of Lake City & Lake View

Nick & Linn Block Family
Vetter Health Services
Webster-Calhoun Cooperative Telephone Association

\$5,000 to \$9,999
Marion Gordon
Dr. Susan Hornback
SMCH Employees
Mike & Deb Daniel
Eileen Miller
Aureon Network Services
Barney & Pam Dial
Daryl & Dorothy Bean Family

2025 FUNDING PRIORITIES

- Lake View McCrary-Rost Clinic renovation
- Healthcare career education and scholarships
- Growth and expansion of mental health services
- Surgery equipment

HOW TO GIVE

There are many ways to support the Stewart Memorial Community Hospital Foundation. You can make a one-time gift, pledge your support over time, or give in honor or memory of a loved one. We also accept gifts of stock, securities, and real estate.

"There is still time to donate to be included on the wall, as we will be holding a ribbon cutting for the expansion this Spring," shared Judisch. "If anyone wishes to have their donation included, please return the enclosed envelope as soon as possible or reach out to discuss other ways to give. Be on the look out for more information as installation is completed."

\$5,000 to \$9,999 cont.

Dr. Jon & Rachel Judisch Family
Kevin & Joanne Bean
Kriss & Deb Lightner Family
Lake City Hardware, Inc
Luke & Lydia Larson
Marjorie Burley
Steve & Renee Stauter
New Cooperative
Patricia Schmitt
Dr. Paul & Marlene Armbrecht
Robert & Kathy Baker
Toni Kerns
TrueNorth Companies

\$2,500 to \$4,999

Holly & Adam Espenhover
Deb & Scott Trost
Hauge Associates, Inc
Jason & Michelle Shaver
Rob & Ann Riat Family
Steven Croghan
Phyllis Remsburg
Shelia & Joe Berger
Rusty & Faye Huster
Steve & Renae Lane Family
Steve & Kari Jones Family
Bob & Carol Dickkut
Kevin Hejzmanek Family
Earl & Carmen Ludwig Family
Colin & Gina Davis
James & Judith Zimmerman Family
Allen & Janice Kretlow
Matt & Jenni King Family
Security Savings Bank
Farnhamville
Tony & Jenni Macke
Land O'Lakes

\$1,000 to \$2,499

Lara Cornelius
Jon & Maurine Thiesen
Dave & Jill Birks
Baird Holm
Capital Group
Carene Folden Estate

Nancy Flink PA-C
Rudy & Naomi Engstrom
Scott & Janelle Nesbitt
Larry & Lisa Findley
Daryl & Susie Reiling
In memory of Jan Block
Terry & Carmen Schamel
Matt & Ashley Mork
In Memory of Harry Clow
Justin & Jess Drees Family
Shannon & Katie Kozal
Linda Rath
Darlene Nicholson
James & Janet Frisbie
Paige & Mary Reiter
Branden & Laura Roberts
Patricia Beck
Roger Daiker
Ed & Shirley Naughton
Brent & Marie Drey
Sharon & Denny Miller
Jessica Heinrichs
Kelly Hays
Brooke Minnehan
Aaron & Holly Wuebker
Alice Corry Trust
Kevin & Amy Schumacher
Chuck & Linda Schmitt
Dennis & Barb Tucker
Grace Hucka
Jeff & Marcie Boerner
Kathy Collins Family,
in memory of Mike
Kathy Holm
Mary Helmbrecht,
in memory of Bob
Phyllis Snyder Ringgenberg
Memorial
Rockwell City Rotary
Keith & Sherry Lampe
Tracy Wetter State Farm
Jonathan Eichhorn
Elmer L. Smith Scholarship Trust
Bill & Rita Hicks

Ways to Give

CASH GIFTS

A cash gift is the quickest way to invest in local healthcare. You can make a cash gift using the enclosed envelope, through the online donation portal, or with monthly giving.

BEQUESTS

Leaving a percentage of your estate to Stewart Memorial through your will ensures the hospital's continued success in providing quality healthcare.

GIFTS OF RETIREMENT ASSETS

Name Stewart Memorial as a beneficiary of your IRA and significantly reduce your tax burden while still providing for your loved ones.

GIFT ANNUITIES

These provide a steady stream of income for you or a designated individual while also supporting the hospital. They offer tax benefits and a guaranteed return.

SET UP A TRUST

Trusts offer various options for charitable giving, allowing for personalized and potentially more advantageous arrangements.

DONOR ADVISED FUNDS

Donor-advised funds are funds that are set up at a financial institution to make charitable donations. Donor advised funds are a way for people to make charitable donations while also receiving tax benefits.



Make a Gift Online



RACHEL JUDISCH

SMCH FOUNDATION DIRECTOR

rjudisch@stewartmemorial.org

(712) 464-4247

Disclaimer: This information is for general guidance only and does not constitute legal or financial advice. Please consult with your own professional advisors for personalized guidance.

No Place Like *Home*

As the number of area nursing homes continues to dwindle, Stewart Memorial invites the community to learn more about its comprehensive resources designed to support seniors who prefer to remain in their homes as they age.

"We understand that many seniors prioritize the comfort and familiarity of their own homes," said Director of Business Development, Foundation, and Outreach, Rachel Judisch. "Our goal is to provide the necessary tools and services to help them maintain their independence and quality of life."

The decision to age in place can be influenced by a variety of factors, including physical and cognitive changes, financial considerations, and emotional ties to a familiar environment. For children of aging parents, this decision can be equally challenging, often involving difficult conversations about safety and well-being.

Stewart Memorial partners with a range of community-based resources to support seniors in their aging in place journey. These include:

Meals on Wheels & Senior Meals

Providing nutritious meals to seniors in Lake City and Lohrville.



Physical Therapy

Improving balance, strength, and mobility to reduce the risk of falls.



Occupational Therapy

Assisting with daily tasks and making home safety recommendations.



Senior Strong Class

A PT-led fitness class focused on strength and balance.



Driving Safety Assessment & Rehab

Evaluating driving safety and providing recommendations.



Speech-Language Therapy

Addressing memory, thinking, and communication challenges.



Social Work

Connecting seniors with needed services and financial resources.



Chronic Care Management Services

Offering support for managing chronic health conditions.



Pain Solutions Clinic

Providing state-of-the-art pain treatments.



Mental Health Services

SMCH offers therapy and medication management virtually and at all four of its McCrary-Rost Clinic locations in Lake City, Rockwell City, Lake View, and Gowrie.



Seasonal Affective Disorder

With shorter days and colder temperatures, many people tend to experience a noticeable shift in their mood and energy levels. Post-holidays and separation from loved ones can make for a sad and stressful time, particularly for those living with mental health conditions.

Seasonal Affective Disorder (SAD), a type of depression linked to the changing seasons, can also significantly impact mental health in the winter —especially during the holiday season. Symptoms of SAD typically occur when daylight hours reduce and can include fatigue, sadness, difficulty concentrating, changes in sleep or appetite, and a loss of interest in activities.

Treatment for SAD can include light therapy, medication, and/or individual therapy sessions.

“This time of year can be particularly challenging,” said Stephanie Bellcock, ARNP, certified mental health nurse practitioner at McCrary-Rost Clinics of Lake City and Lake View. “It’s important to remember that seeking support is a sign of strength, and help is available.”

Stewart Memorial Community Hospital and McCrary-Rost Clinics offer support for those experiencing feelings of depression at all locations. Services include individual counseling and medication support to help individuals navigate difficult times. For more information or to schedule an appointment, visit our website or call the following numbers for each location:

Gowrie: 712-464-8891
Lake City: 712-464-7907
Lake View: 712-665-8555
Rockwell City: 712-297-8989

COPING STRATEGIES FOR MENTAL HEALTH

- **Pay attention to your feelings:** Recognizing how you feel is the first step to addressing your feelings. It is okay to feel down.
- **Have a plan for when you feel stressed, sad, or lonely:** Identify activities that help you feel better to make difficult times more manageable. Call a friend or family member, go for a walk, or watch a favorite movie.
- **Stay active:** Regular physical activity can boost mood and energy levels. Exposure to sunlight also helps reduce SAD symptoms.
- **Set realistic expectations:** Simplify your plans to reduce stress and focus on meaningful moments.
- **Avoid alcohol and drugs:** Have a plan of how to navigate social events. For family and friends, it is important to support and check in on loved ones who might be struggling.
- **Stay connected:** Maintain relationships with loved ones to combat feelings of isolation. Providing support to others who are feeling down can help them and improve your own well-being.
- **Know when to seek professional help:** If symptoms persist, consult a healthcare provider for therapy, counseling, or medication options.

“This time of year can be tough, but you don’t have to go through it alone. We’re here to help our community thrive, no matter the season.”

Mental Health Providers



ANNE SOUDER, MA, LMHC
Lake View & Rockwell City



STEPH BELLCOCK, FNP-C, PMHNP
Lake View & Lake City



KATE DEWALL, LISW
Lake City



CARRIE GOODWIN, DNP, PMHNP
Gowrie & Rockwell City



GLENNA NOCKELS, LISW
Lake City

OUTPATIENT SPECIALTY CENTER

CALL TO SCHEDULE

















**Stewart Memorial
Community Hospital**

1301 W Main St
Lake City, IA 51449

 Audiology Ken Stallons, MS, FAAA	(712) 464-7907
 Cardiology Andrea Larson, ARNP	(712) 464-4137
 Cardiology: Telehealth Kyle Ulveling, MD	(712) 464-4137
 Dermatology Abigail Behrens, MSN, ARNP, FNP-C	(712) 220-7069
 Ear, Nose & Throat Kyle Stansifer, MD	(712) 464-7907
 Wound Care Josh Smith, DO	(712) 464-7299
 Infusions, Injections, and Chemotherapy	(712) 464-4137

Lake City

1351 W Main St Lake City | (712) 464-7907 | 8:00 am - 5:00 pm

 DANNI ANDERSON, PA-C Family Medicine	 LEXIE SNYDER, PA-C Family Medicine
 STEPH BELLCOCK, FNP-C, PMHNP Family Medicine, Mental Health	 KATELYN BROWN, PA-C Family Medicine
 RON CHENEY, DO General Surgery	 KATE DEWALL, LISW Mental Health (Telehealth)
 DEREK DUNCAN, DO Family Medicine, Obstetrics	 NANCY FLINK, PA-C Family Medicine, Gerontology
 MEGAN GRODAHL, PA-C Family Medicine	 SUSAN HORNBACK, DO Family Medicine, Obstetrics
 GLENNA NOCKELS, LISW Mental Health	 JIM LEWIS, CRNA Anesthesia, Pain Solutions
 JULIA RICHARDSON, MD Family Medicine, Obstetrics	 JOSH SMITH, DO General Surgery

Rockwell City

505 E Lake St Rockwell City | (712) 297-8989 | 8:00 am - 5:00 pm

 CARRIE GOODWIN, DNP, PMHNP Mental Health	 JULIA RICHARDSON, MD Family Medicine, Obstetrics
 BARB WEBER, ARNP, FNP-C Family Medicine	 TONJA PETERSEN-ANDERSON, ARNP, FNP-C Family Medicine
 ANNE SOUDER, MA, LMHC Mental Health	

Stewart Memorial Community Hospital complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sexual orientation, gender identity, or sex.

This publication does not constitute professional medical advice. Although it is intended to be accurate, neither the publisher nor any other party assumed liability for loss or damage due to reliance on this material. If you have a medical question, consult your medical professional. Websites not belonging to this organization are provided for information only. No endorsement is implied.



Scan for all upcoming
classes and events.

Gowrie

1800 Main St Gowrie | (712) 464-8891
8:00 am - 5:00 pm

 CARRIE GOODWIN, DNP, PMHNP Mental Health
 MELINDA ENGELMANN, LISW Mental Health
 LIZ PETERSON, PA-C Family Medicine

Lake View

1160 3rd St Lake View | (712) 665-8555
8:00 am - 5:00 pm

 STEPH BELLCOCK, FNP-C, PMHNP Family Medicine, Mental Health
 ANNE SOUDER, MA, LMHC Mental Health
 JESS DREES, ARNP Family Medicine, Women's Health

UPCOMING EVENTS

PREDIABETES AWARENESS AND PREVENTION

February 12, 4:00pm - 5:30pm
Willis Conference Center

AUXILIARY TRIVIA NIGHT

February 22, 5:15pm

LUNCH CONNECTION: NO PLACE LIKE HOME SERIES: STRONG AT HOME

February 25

DONOR WALL RIBBON CUTTING

This Spring - Date TBD

LUNCH CONNECTION: NO PLACE LIKE HOME SERIES: KEEPING MEMORY SHARP

May 13