

## From the CEO

AUGUST 2025

As we head into August, I want to take a moment to welcome the new directors and administrative staff who've joined us over the past few months. Change is part of any healthy organization and while it can bring challenges, it also brings fresh energy, ideas and perspective. I'm grateful for the contributions of those who have moved on and excited to see where this next chapter takes us. With a new fiscal year underway, it's a great time to refocus, reset and look ahead. Let's support each other, keep the lines of communication open, and make the most of the months ahead. Thanks for all you do!



Sincerely,  
Rob Colerick, Chief Executive Officer

## August Events

- 5- Storm Lake Community Blood Drive- LifeServe Blood Center, 12:30-5:30 p.m. **St. Mark Lutheran Church**
- 6- Watch Me Grow, 10 a.m.-7 p.m. **BVRMC First Embrace Obstetrics**
- 6- La Abuela Food Truck, 11 a.m.-1:30 p.m. **BVRMC**
- 7- Young at Heart, "Essential Items to Stock Your Basic Home Repair Toolbox," Speaker: Grant Leavitt, Marcus Lumber, 10 a.m. **BVRMC Facebook**
- 8- Storm Lake Community Blood Drive- LifeServe Blood Center, 9 a.m.-1 p.m. **United Methodist Church**
- 12- Noy's Kitchen, 11 a.m.-1:30 p.m. **BVRMC**
- 13- Childbirth Class, 6-8 p.m. **BVRMC KEC**
- 20- Childbirth Class, 6-8 p.m. **BVRMC KEC**
- 20- Sunrise Coffee Mobile Drink Trailer, 7-10:30 a.m. **BVRMC**

## Birthday Lunch with the CEO!

**If it is your birth month, look for an email invitation  
for Lunch with the CEO with the time and date.**



If you have anything to submit for future Online newsletters make sure to submit **no later than the 22<sup>nd</sup> of each month.** — The Marketing Team

## BVRMC Recognizes August Observances

### Month-Long Observances

National Minority Donor Awareness Month  
 National Immunization Awareness Month  
 Psoriasis Action Month  
 Neurosurgery Awareness Month  
 Children's Eye Health and Safety Month  
 Spinal Muscular Atrophy (SMA) Awareness Month



### Week-Long Observances

10-16: National Health Center Week  
 23-29: Health Unit Coordinator Recognition Week



### Recognition Days

30: Physician Family Day  
 31: International Overdose Awareness Day



## BVRMC Summer 2025 Parades

### Walk in a Parade!

Counts Toward Growth Goal

**Saturday, August 2**  
**Newell Watermelon Days**

**Last parade!**

New parade shirts!

To sign up contact Lisa Alesch at 8619 or alesch.lisa@bvrmc.org.

Pick up a BVRMC shirt in Marketing  
 Each walker receives a movie ticket or a \$5 Bistro card.  
 Employee names will go in a drawing for a \$25 Bistro card after the last parade.



## GOLDEN TICKET JULY 2025 WINNERS

*Turn your excellence into sweet rewards!*

### Honored V.I.P. Employees

**Parking Spot** — Jess Leeds; Thank you for all you do in our department. Your hard work and dedication does not go unnoticed! Recognized by: Jenna Ramirez

**Bistro Card** — Alondra Negrete; You are always so helpful and willing to jump in whenever we need it. Thank you for helping me the other night when things got very busy! You are the BEST! :) Recognized by: Nikki Dirks

**Two Movie Tickets** — Ka Paw; Thank you for being willing to come down and help in the ER, always fun to have you around. Recognized by: Alan Lopez Hurtado

**A total of 139 V.I.P.s were honored.**

### Employees that recognized V.I.P.

**Grocery Card** — Ana Rivera; Eddie, thank you for quickly coming down and helping me out with a couple of issues I needed assistance with. Thanks! Recognizing: Eduardo Guadiana

**Bistro Card** — Coleen Imming; Thank you for your extra time with the marketing printer and my computer. Some of the new features will save me time going forward. Appreciate your teamwork. Recognizing: Nicholas Thompson

**Movie Ticket** — Sarah Naberhaus; Thank you to Sarah for showing me how to spell check an Excel document. I had soooo many typos, that would have been embarrassing. Recognizing: Sarah Thompson

*All employees honored as/recognized as V.I.P. were randomly chosen for gifts listed above.*



## EMPLOYEE ENGAGEMENT SURVEY

*We value your feedback.*

The 2025 Your Voice Matters Engagement Survey takes place **September 17 - October 3**, and we want to hear from you!

### How to participate:

- Between **Wednesday, September 17** and **Friday, October 3**, check your email from YourVoiceMatters@perceptyx.com.
- Answer the questions and click "Submit."

All individual results are confidential. Survey administered by Perceptyx and UnityPoint Health.

Thank you for taking the time to complete the survey and for your feedback.

**YOUR  
VOICE**

**MATTERS**



**Buena Vista**  
REGIONAL MEDICAL CENTER



**Buena Vista**  
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## AUGUST FOOD TRUCKS



**Wednesday, August 6**  
**11:00 a.m. - 1:30 p.m.**  
La Abuela • *Mexican food*



**Tuesday, August 12**  
**11:00 a.m. - 1:30 p.m.**  
Noy's Kitchen • *Asian food*



**Wednesday, August 20**  
**7:00 a.m. - 10:30 a.m.**  
Sunrise Coffee • *Premium coffee*



**Outside the BVRMC main entrance.**

## BACK TO SCHOOL DONATION DRIVE

**August 4 - 12**

A box will be available in the Bistro.

### Items Needed:

- |                     |                      |
|---------------------|----------------------|
| • Kleenex           | • #2 pencils         |
| • Supply box        | • Two-pocket folders |
| • Clorox wipes      | • Large eraser/      |
| • Dry erase markers | cap erasers          |
| • Crayons (24 ct)   | • Wide-ruled spiral  |
| • Markers (10 ct)   | notebook             |
| • Colored pencils   | • Wide-ruled         |
| • Highlighters      | composition          |
| • Glue sticks       | notebook             |

Items will be donated to the Storm Lake Elementary School.



**Buena Vista**  
REGIONAL MEDICAL CENTER

Sponsored by BVRMC  
Rehab Services

## BVRMC AUXILIARY EVENTS

THURSDAY & FRIDAY, SEPTEMBER 4 & 5  
7:00 A.M. - 3:00 P.M.



**Buena Vista**  
REGIONAL HEALTHCARE  
FOUNDATION

### MEMBERSHIP DRIVE & GIFT SHOP SALE

Current Auxiliary members receive 40% off one regular priced Gift Shop item.

Excludes sale items & Frasier Fir.  
Offer expires September 4, 2026.

Bring in a friend to join the Auxiliary, and they will receive 40% off one Gift Shop item.

### CY-HAWK POPCORN CHALLENGE

**\$5  
EACH!**

**Will your team win?!**

Show your team spirit by purchasing your favorite team colors of caramel popcorn!

Pick up in the BVRMC main entrance or The Bistro in advance of the Cy-Hawk game while supplies last.



Lynn Overmohle's son, Jace (age 9), is battling against Hodgkin Lymphoma. Lynn is a Patient Access Senior Coordinator at BVRMC.

An apparel fundraiser has been set up, and money from shirt purchases will go to the family and will be used toward his medical expenses.

Place your order by Thursday, August 28.



<https://jacesclanshirtfundraiser.itemorder.com/shop/home/>



**WORLD  
BREASTFEEDING  
WEEK  
1ST TO 7TH AUGUST**

### Invest in Breastfeeding, Invest in the Future

August is National Breastfeeding month and the first week is World Breastfeeding Week. Breastfeeding is championed by the World Health Organization (WHO), UNICEF, Ministries of Health, and civil society partners around the globe. It's a time to recognize breastfeeding as a powerful foundation for lifelong health.

Under the WHO's ongoing Healthy Beginnings, Hopeful Futures campaign, we shine a spotlight on the ongoing support women and babies need from the health care system through their breastfeeding journey. This means ensuring every mother has access to the support and information she needs to breastfeed, as long as she wishes to do so, by investing in skilled breastfeeding counseling, enforcing the International Code of Marketing of Breast-milk Substitutes, and creating environments, at home, in health care, and at work, that support and empower women.

Breastfeeding delivers a hopeful future not only for children, but for societies. It reduces health care costs, boosts cognitive development, strengthens economies, and sets children up with healthy beginnings.

BVRMC supports breastfeeding families and provides access to lactation services through our lactation counselors and an International Board-Certified Lactation Consultant (IBCLC). Our community also has a physician IBCLC who is a breastfeeding champion.

## New Artist on Community Art Wall

### Marilyn Tamm-Schmitt



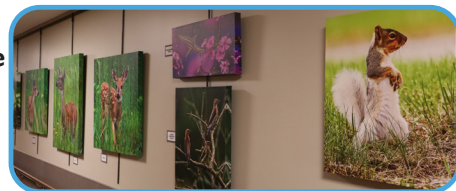
Raised in Eastern Iowa, Marilyn grew up with a love of nature and animals. Summer days were spent biking through the Iowa countryside, down dirt roads and along riverbeds, always admiring the beautiful landscape and the birds and animals that lived there. Rescuing injured animals became a regular event, whether it be an injured bird, a trapped turtle or an abandoned cat or dog. At an early age Marilyn's parents bought her a simple Kodak 126 instamatic camera. Now Marilyn's country outings included taking photos along her routes.

In college, Marilyn pursued photography, taking a few courses and learning to develop and print her own pictures in the on-campus lab. Upon graduation, Marilyn's brother bought her a 35 mm film camera and her passion for photography continued. For the next 36 years after graduating from college, Marilyn taught modern languages in area schools and even taught for a couple of years overseas.

Throughout her teaching career, the animal rescue and photography continued. Eventually Marilyn and her husband Randy established a photography studio where they created portraits for seniors, families and weddings. Meanwhile, the abandoned and injured animals continued to find their way to Marilyn and so came the establishment of an animal shelter in Fonda, currently called the "Cedar Creek Sanctuary."

Now retired from teaching, both Marilyn and Randy continue to care for the homeless animals and pursue photography, now focusing on wildlife and Iowa scenery. Together the couple has established a gallery in Fonda, the "Prairie Song Gallery," where visitors can leisurely browse through an entire building of photography and artwork, pausing in rooms to absorb the view and listen to relaxing music. Rooms at the gallery feature a wide variety of photo subjects, each room focusing on specific subjects like "Birds, Blooms and Butterflies," "Winter in Iowa," "Horses," "Wildlife" and "Animals." Visitors, individuals and groups are most welcome and are asked to call to set up a time to visit that works in their schedule. The coffee pot and refreshments are always ready to make it a truly enjoyable visit.

**For inquiries and to purchase, please contact Marilyn at 712.749.0442 or [mtstlc@iowatele.com.net](mailto:mtstlc@iowatele.com.net).**



Nayeli made a beautiful cake for the 4th of July for patients and Bistro patrons to enjoy!



Thank you to everyone who enjoyed a fun day at King's Pointe in July!



 Wellness

## SHARE YOUR PRODUCE

JULY THROUGH OCTOBER

Designated table  
located under the coat  
rack in the KEC hallway.

Produce must be  
clean and bug free.

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 Wellness

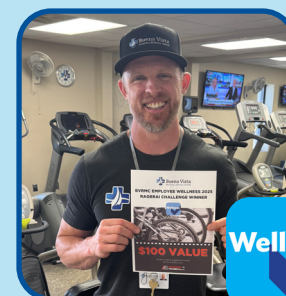
## WELLBEING ROOM OPEN HOUSE

Congratulations to Julia Phathaem in Lab  
who won the Yeti cooler and Joceliyn Negrete  
Reyes in DI who won the grocery gift card!



Thank you for everyone who  
stopped by to check out what's  
new in the Wellbeing Room!

## RAGBRAI CHALLENGE



 Wellness

Winner of the \$100 gift card  
to Lakeshore Cyclery:  
*Mike Sullivan*

Thanks to those who  
participated in the RAGBRAI  
Challenge! We had 21  
participants and 10 people  
complete the challenge,  
reaching the target of 406  
minutes of exercise. As a group,  
we completed **7,986 minutes**  
of exercise. Great job to all!





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**AWARE (Annual Walk And Run Event)** is an ongoing fundraiser benefiting patients receiving cancer treatment at BVRMC.



# SATURDAY, SEPTEMBER 20

**Buena Vista Regional Medical Center  
Race Begins at 8:00 a.m.**

**KID'S  
FUN  
RUN**

**8:45 a.m.**

**Cost:  
\$15**

**Includes  
shirt**

**Donations welcome from those  
who cannot participate.**

**Questions? Call 712.213.8683.**

**REGISTER AT  
BVRMC.ORG**

**Cost: \$30  
\$35 DAY OF**

**Payroll Deduct?**  
Use coupon code:  
**BVRMC25**  
in Registration Cart.

**\*Register by  
September 11 to  
guarantee a shirt.**



# BVRMC in the News

Read the full stories at <https://www.bvrmc.org/category/news/>

## New Ambulance Now Serving BVRMC Thanks to Joint Support from Taylor Family Farms Foundation and BVRMC Donors



A new ambulance is now in service at Buena Vista Regional Medical Center (BVRMC) thanks to a significant collaborative effort between the Taylor Family Farms Foundation and generous contributors to the Buena Vista Regional Healthcare Foundation.

The ambulance was made possible through a cornerstone \$100,000 gift from the Taylor Family Farms Foundation, along with additional funds raised through Buena Vista Regional Healthcare Foundation's annual golf event.

BVRMC operates five ambulances in Storm Lake, Sioux Rapids and Albert City. Collectively, these ambulances covered more than 70,000 miles and completed 1,048 ambulance runs in the last fiscal year alone, underscoring the essential role emergency response plays in rural health care delivery.

## BVRMC Nationally Recognized for its Commitment to Quality Care for Heart Attacks and Strokes

The American Heart Association presents the Mission: Lifeline® EMS Silver achievement award for proven dedication to ensuring access to best practices and life-saving care.

Buena Vista Regional Medical Center has received the American Heart Association's Mission: Lifeline® EMS Silver achievement award for its commitment to offering rapid and research-based care to people experiencing the most severe form of heart attacks and strokes, ultimately saving lives.

Emergency medical services staff can begin treatment when they arrive — up to an hour sooner than if someone goes to the hospital by car. EMS staff are also trained to provide resuscitation efforts to someone whose heart has stopped. People who arrive by ambulance may also receive faster treatment at the hospital.

Mission: Lifeline EMS® is the American Heart Association's national initiative to advance the system of care for patients with high-risk, time-sensitive disease states, such as severe heart attacks and strokes. The program helps reduce barriers to prompt treatment — starting from when 911 is called, to EMS transport and continuing through hospital treatment and discharge.



## Rock Steady Boxing for People With Parkinson's Comes to BVRMC Fitness & Health Center



Rock Steady Boxing, a unique exercise program, based on training used by boxing pros, and adapted to people with Parkinson's disease, will now be available in the Storm Lake community thanks to the support of donors to the Buena Vista Regional Healthcare Foundation.

A donation of \$2,500 was given by the Taylor Family Farms Foundation and another \$2,500 was given by the Stine Family Foundation to pay for initial equipment costs and specialized training to setup the program.

According to the American Parkinsons Disease Association, "Parkinson's disease (PD) is a type of movement disorder that can affect the ability to perform common, daily activities. It is a chronic and progressive disease, meaning that the symptoms become worse over time. It is characterized by its most common motor symptoms - tremors, stiffness or rigidity of the muscles, and slowness of movement. PD also manifests in non-motor symptoms including anxiety, depression, and fatigue, among others."

The program involves regular exercises, such as stretching, bicycling, running, jump-roping, push-ups, balancing, and lots of non-contact boxing, led by experienced trainers. Rock Steady Boxing serves both men and women of all ages and levels of ability.

"We are fortunate to offer this program at the BVRMC Fitness & Health Center," said Evan Franzmeier, BVRMC Fitness & Health Center Manager. "Thanks to the support of the BVRMC Healthcare Foundation, we were able to send two of our fitness specialists to get certified to offer Rock Steady Boxing training classes to individuals with Parkinson's disease."

**Classes begin September 8.**

# BVRMC in the News

Read the full stories at <https://www.bvrmc.org/category/news/>

## BVRMC Enhances CT Experience with New Siemens Healthineers Technology



Buena Vista Regional Medical Center recently installed the SOMATOM X.cite with myExam Companion, the latest CT innovation from Siemens Healthineers. This advanced system is designed to enhance both patient comfort and imaging performance.

The SOMATOM X.cite delivers high-quality images using intuitive, intelligent technology. With myExam Companion, the system guides technicians through scans—no matter their experience level—by using patient-specific data like age and gender to optimize each procedure. This leads to more efficient imaging and better outcomes.

A standout feature is the scanner's detachable tablet, allowing staff to stay close to the patient until scanning begins. This, combined with a new color-coded breathing guide, helps reduce patient anxiety and create a more personalized experience.

The technology also includes advanced safety and precision tools. A patient-monitoring camera helps staff closely observe patients inside the machine. The FAST 3D Positioning Camera automates accurate positioning based on detailed anatomy. In addition, the scanner uses a high-end X-ray tube and detector to minimize radiation and contrast exposure.

With a focus on comfort and accuracy, this new CT system helps BVRMC continue delivering exceptional, data-backed care—balancing peace of mind with precision.



Diagnostic Imaging hosted an open house for employees in July, showcasing the new CT room and educating staff about the new equipment.



## BVRMC's AWARE Fund Provides Gifts to Patients Fighting Cancer



Thanks to the generosity of donors, gifts were provided to patients fighting cancer this summer.

Patients like Ron McLaughlin of Fonda and William Todd of Storm Lake expressed gratitude for the thoughtful support and said they feel truly cared for by the BVRMC Oncology & Infusion Center team.

The AWARE, Annual Walk And Run Event, is an ongoing fundraiser benefiting patients receiving cancer treatment at BVRMC. The fund helps purchase items not covered by insurance such as hats, wigs, grocery cards, chemo shirts, mastectomy products and other comfort items.

AWARE funds are raised from community donations to the Buena Vista Regional Healthcare Foundation. All donations stay local and go directly toward supporting patients, ensuring that the impact of every gift is felt right here in our community.

Buena Vista Regional Medical Center was featured in Compendium of Rural Oral Health Best Practices 2025 in the article titled "Increasing Access to Oral Health Care: FIND & Complex Hospital Dental Care in Rural Iowa." As part of a statewide initiative aimed at expanding access to pediatric dental surgery services in rural Iowa, BVRMC received funding to equip its operating room. This allows two pediatric dentists to provide hospital-based dental care, helping reduce wait times and improve access to essential services for children and families in the region.



# 08

## August

### 2025

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

**BVRMC is committed to your overall wellbeing!**



EFR EMPLOYEE & FAMILY RESOURCES



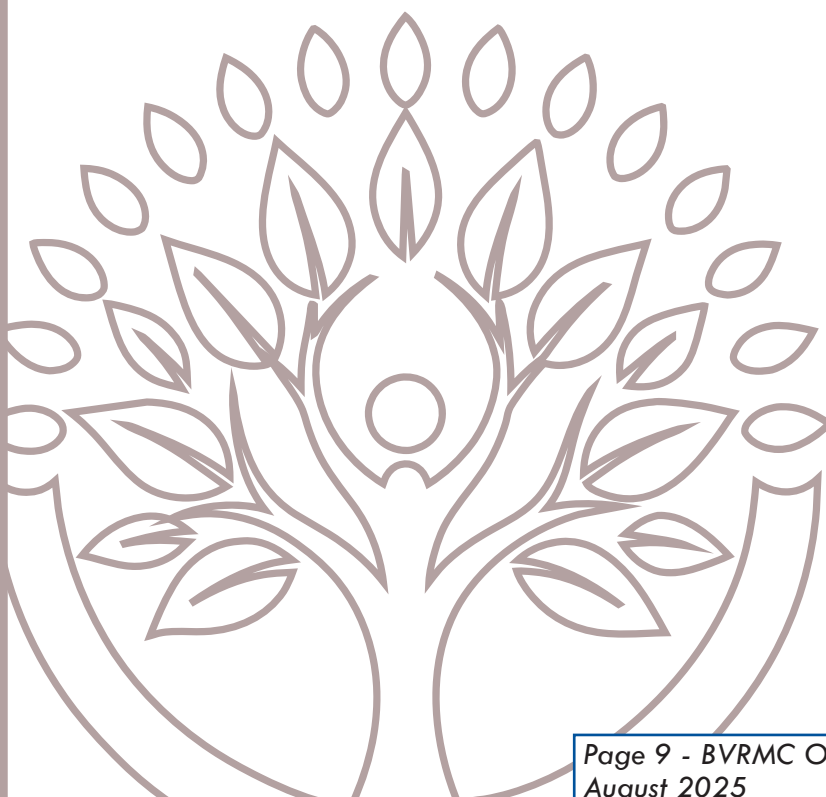
**Buena Vista**  
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## Full Circle

It's time to check in with all eight dimensions of wellbeing! See the list below and see how many you can check off!

- ☐ **Physical:** Eat breakfast every morning
- ☐ **Intellectual:** Read a book
- ☐ **Occupational:** Take a lunch break each day
- ☐ **Environmental:** Spend time outdoors
- ☐ **Spiritual:** Sign up to volunteer for a cause you support
- ☐ **Social:** Go for a walk with a friend
- ☐ **Emotional:** Journal about an important time in your life
- ☐ **Financial:** Explore your Financial Consultation EAP benefit!

**Scan the QR code or call  
800-327-4692 to learn more.**



# new EMPLOYEES

## Abigail Morley

MLT, Lab

**Hometown:** Alta

**Education:** DMACC

**Hobbies:** Camping, reading & sewing



## Emily Nothwehr

Phlebotomist, Lab

**Hometown:** Storm Lake

**Education:** Attending BVU



## Julie Sather

Chief Clinical Officer, Nursing Administration

**Hometown:** Sioux Rapids

**Spouse:** Mike

**Children:** Cole-25, Caleb-21, Noah-21, Matthew-19 & Cody-19

**Education:** University of Iowa

**Hobbies:** Gardening, spending time with family – especially my granddaughters (Charlotte & Hadley)



## Beth Schwanz

RN, Med/Surg

**Hometown:** Aurelia

**Fiance:** Ryan

**Education:** WITCC

**Children:** Cooper-6 & Colter-4

**Hobbies:** Traveling, reading & hiking



## Rebecca Slater

Patient Access Coordinator

**Hometown:** Sac City

**Spouse:** Dan

**Children:** Connor-28, Michael-25 & Carter-23

**Education:** AIB

**Hobbies:** Motorcycle rides with my husband, children and dad; spending time with my grandson & walking



## Service Anniversaries

8/29/94	Carol Maneman
8/09/95	Jill Else
8/14/96	Terry Guthridge
8/20/01	Lona Stille
8/28/06	Dora Alexander
8/13/07	Kelly Martin
8/12/09	Heather Martin
8/30/10	Lori Cherrier
8/01/11	Jo King
8/01/15	Dr. Seth Harrer
8/17/15	Julie Clark
8/01/16	Pat Boevers
8/01/16	Dr. Garrett Feddersen
8/01/16	Linda Wagener
8/15/16	Tawnya Chase
8/21/17	Tara Gonzalez
8/01/18	Austin Langel, CRNA
8/20/18	Ali Langel
8/16/19	Lindsay Brown
8/01/20	Dr. Sabrina Martinez
8/17/20	Peter Roland
8/31/20	Kenny Moen
8/09/21	Tuan Truong
8/23/21	Trisha Finzen
8/01/22	Alida Cortez
8/01/22	Jocelyn Negrete Reyes
8/01/22	Heather Santos
8/01/22	Veronica Zaragoza
8/15/22	Samantha Laine
8/16/22	Kalab Kibret
8/22/22	Brandi Kliegl
8/07/23	Selynna Butler
8/07/23	Marian Saldana
8/09/23	Carolyn Dahl
8/21/23	Gaby Rivera
8/31/23	Anacristina Castillo
8/31/23	Michael Sullivan
8/01/24	Dr. Bobby Ivey
8/05/24	Kerry Meyer
8/12/24	Hailey Diersen
8/19/24	Lucy Gunkelman
8/19/24	Samantha Munden

## Birthdays

Aug 3	Sam Maymon
Aug 4	Dave Musselman
Aug 4	Lauri Woodke
Aug 5	Jodi Johnson
Aug 5	Ashley Toscano
Aug 7	Darcy Sibenaller
Aug 9	Stephanie Flores
Aug 11	Terry Guthridge
Aug 11	Jeanette Todd
Aug 12	Lisa Alesch
Aug 12	Travis Beeck
Aug 13	April Degner
Aug 13	Deb Greene
Aug 13	Kalab Kibret
Aug 13	Kevin Olson
Aug 13	Kathy Rojo
Aug 14	Mickey Sausser
Aug 19	Emily Ellefson
Aug 19	Taylor Ripke
Aug 19	Earl Stanley
Aug 20	Gaby Garcia-Ramos
Aug 22	Jenna Ramirez
Aug 24	Laura Foster
Aug 24	Brittany Meyer
Aug 25	Brooke Appleby
Aug 25	Nereida Cortez
	Rodriguez
Aug 25	Kari Franken
Aug 27	Megan Peterson
Aug 30	Cassie Perez
Aug 31	Kysa Radke

**HAPPY WORK  
ANNIVERSARY  
& BIRTHDAY!**



**EARN A DEGREE  
FROM BVU**

**APPLY TODAY!**  
ONLINE CLASSES START  
**AUG. 25**

**DISCOUNTED TUITION  
RATES AVAILABLE\***



\*You may be eligible for partner grant funding—up to a 30 percent discount off BVU's convenient, flexible online undergraduate programs and master's in organizational leadership graduate program—to lower the overall cost of attending BVU.

For more information visit [BVU.EDU/STRATEGIC-PARTNERSHIPS](http://BVU.EDU/STRATEGIC-PARTNERSHIPS)



## Thank You

Dear BVRMC,

Thank you for the beautiful flowers and blanket for my retirement. BVRMC was a great place for me to do a variety of things during my nursing career.

Deb Carlson

Rob & A-Team,

Thank you so very much for all you did to make my departure from BVRMC so very special. The flowers, blanket, very generous gift cards as well as the wonderful party were all over the top! It was a perfect ending to my time at BVRMC. I have been so very blessed to work in such a fantastic organization and alongside amazing coworkers. I will miss you all so much. Please stay in touch! Thank you for providing me with a challenging and meaningful career and surrounding me with love and support.

Many thanks, Michele Kelly



Siouxland Regional Blood Bank is a subsidiary of LifeServe Blood Center.

### Siouxland Blood Drive

**Tuesday, August 5**

12:30 - 5:30 p.m.

**St. Mark Lutheran Church**

**Friday, August 8**

9:00 a.m. - 1:00 p.m.

**United Methodist Church**

By appointment only. Photo ID required.

Appointments at [lifeservebloodcenter.org](https://lifeservebloodcenter.org)  
Code Name: Storm Lake or call 800.287.4903.

BVRMC employees who donate blood to the Siouxland Community Blood Drive, will receive one adult movie ticket.

**Text 'LIFESERVE' to 999-777  
to make your next appointment!**

**Myth:** You can only donate blood once a year.

**Fact:** You can donate blood every 56 days.

**Kim McCleary**

Rehab Services

**8 Gallons**

**Congratulations**

On hitting your blood drive milestone!

### Monthly Updates

**73**

successful donations

**4**

BVRMC  
employee donors

**246**

potential lives  
impacted



## CONGRATULATIONS MED/SURG & OB

for reaching the 90<sup>th</sup> percentile  
for HCAHPS scores from  
July 1, 2024 - June 30, 2025



**Buena Vista**  
REGIONAL MEDICAL CENTER

## August | DRINK SPECIALS

### DOG DAYS OF SUMMER

Mango syrup, almond syrup, iced tea & ice

### BLACKBERRY LEMONADE

Blackberry syrup, lemonade & ice

### STATE FAIR CRACKERJACK

Regular or sugar-free

Caramel sauce, hazelnut syrup, espresso, milk & whipped topping

### SALTED NUT ROLL

Peanut butter syrup, toasted marshmallow syrup,  
espresso, milk & whipped topping

### KETTLE CORN COLD BREW

Kettle corn syrup, cold brew, milk, cold foam & sea salt garnish



Café Latte

# I AM BVRMC

- ✓ Integrity
- ✓ Accountability
- ✓ Making the Best Impression
- B Building Relationships
- V Vibrancy
- R Respect
- M Moving Forward
- C Communication



## Making the Best Impression

Buena Vista Regional Medical Center measures employee work performance based on the Standards of Behavior.

Our goal is clear expected behaviors from employees.

I will greet everyone by smiling and saying hello.

I will give 100% of my attention when interacting with customers.

## BVRMC EMPLOYEE ONLINE CLOTHING STORE

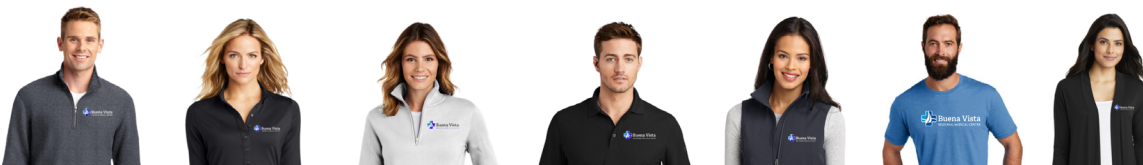


### HOW IT WORKS:

- Shop at <https://tinyurl.com/4r32sfr6>
- All items will include the BVRMC embroidered logo except full color screen print on t-shirts/long sleeve t-shirts/crew neck sweatshirts.
- All sales are final and non-refundable.
- Sorry, no samples available and descriptions are on the store site.
- One time payroll deduction from 8/29/25 paycheck option only.
- Items will be delivered 2-3 weeks after store closes.
- Talk with your department manager on your dress code policy if you plan to wear to work.



**ORDER DEADLINE: AUGUST 20, 2025**



**+ more!**

### Is Your Space Sending the Right Message?

As the Healing Environment tour moves through BVRMC, we extend a big THANK YOU to the departments already de-cluttering and refreshing their spaces! Aim for calm, clean, and clutter-free. Patients should feel welcomed, not overwhelmed. **Take a moment to sit in a patient chair. What do you see?** Let's make every space reflect the excellent care we provide.

#### It's a great time to ask:

- What's the first thing a patient sees here?
- Do our counters and decor look tidy and professional?
- Is our plexiglass clear, or blocked with papers and signs?

#### Please remember:

- No hanging items on plexiglass that block visibility.
- No taped-up or laminated signs.
- Keep decorations minimal and temporary.



What patient-facing areas should NOT look like.



## You can find the Organization Goals on the Intranet

- > Goals Tab (right hand side)
- > Org. Goal Improvement Plans
- > Organizational Goal Communication

## YTD - THROUGH June 2025

BVRMC will be the best place for patients to receive care, the best place for employees to work, and the best place for physicians to provide care.

YTD 5.0	YTD 5.0	YTD 4.0	YTD 4	YTD 1.5
<b>SERVICE</b> HCAHPS <b>5 &gt; 82.0</b> 4 = 80-81.9 3 = 78-79.9 2 = 76-77.9 1 < 76  <b>NPS</b> <b>5 &gt; 88.8</b> 4 = 86.1-88.8 3 = 83.3-86.0 2 = 80.2-83.2 1 < 80.1	<b>FINANCE</b> CASH ON HAND <b>5 &gt; 295</b> 4 = 290.0-294.9 3 = 285.0-289.9 2 = 280.0-284.9 1 ≤ 279.9  <b>OPERATING MARGIN</b> <b>5 &gt; 12%</b> 4 = 11.0-11.99% 3 = 10-10.99% 2 = 9-9.99% 1 ≤ 8.99%	<b>PEOPLE</b> TURNOVER RATE 5 = ≤ 8.0% 4 = 9.2-8.1% <b>3 = 10.4-9.3%</b> 2 = 11.6-10.5% 1 = ≥ 11.7%  <b>DECREASE EMPLOYEE INJURIES</b> <b>5 ≤ 4.7%</b> 4 = 5.4-4.8% 3 = 6.1-5.5% 2 = 6.8-6.2% 1 ≥ 6.9% <b>5 YTD</b>	<b>GROWTH</b> REPRESENTATION IN COMMUNITY EVENTS 5 > 326 <b>4 = 319-326</b> 3 = 311-318 2 = 304-310 1 < 304  <b>320 YTD</b>	<b>QUALITY</b> BEST CARE OF PATIENTS 5 > 51.4 4 = 48.1-51.3 3 = 45.1-48 2 = 42.1-45 <b>1 ≤ 42</b> <b>8 YTD</b> <b>READMISSIONS</b> 5 = < 3.1% 4 = 4.2-3.2% <b>3 = 5.3-4.3%</b> 2 = 6.9-5.4% 1 = > 7.0% <b>21 YTD</b>

Improve the health of the people and the communities we serve.

## News from Volunteer Services

See what's new  
in the Gift Shop!



BVRMC

Young  
at  
Heart

August  
Young at Heart



### Essential Items to Stock Your Basic Home Repair Toolbox

with Grant Leavitt, Marcus Lumber Company

Thursday, August 7  
10:00 a.m.  
Facebook





# PREVENTING MEASLES

## BEFORE AND AFTER TRAVEL



Measles can be dangerous, especially for babies and young children. Severe measles can lead to hospitalization and even death.

Measles is still common in many parts of the world. Anyone who is not fully vaccinated against measles and travels internationally or to a place with a measles outbreak is at risk.

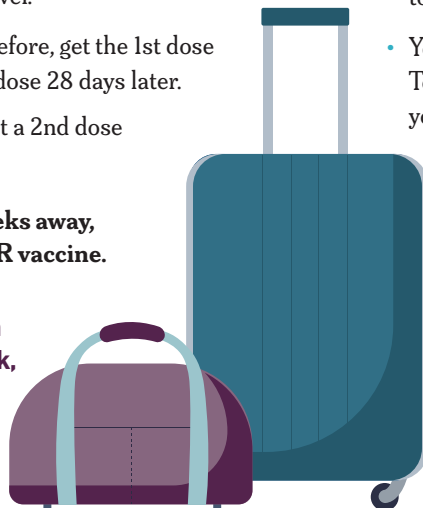


You can protect yourself and your children against measles with the measles, mumps, rubella (MMR) vaccine.

### What to do BEFORE international travel

1. **Talk to your doctor, nurse, or clinic** to make sure everyone is protected against measles.
2. **Get the vaccine at least 2 weeks before you leave.**
  - Babies 6 through 11 months old should get a dose of the MMR vaccine.
  - Everyone 12 months and older (including adults) should get 2 total doses before travel.
    - If you haven't been vaccinated before, get the 1st dose right away. You can get the 2nd dose 28 days later.
    - If you've gotten 1 dose before, get a 2nd dose before travel.
3. **Even if your trip is less than 2 weeks away, you can still get 1 dose of the MMR vaccine.**

If you plan to travel to an area in the U.S. with a measles outbreak, talk to your doctor, nurse, or clinic to make sure everyone is protected against measles.



### What to do AFTER international travel or travel to a place with a measles outbreak

1. **Watch for measles symptoms for 3 weeks** after you return. Measles is **very contagious** and can spread to others quickly.
2. **Call the doctor or clinic RIGHT AWAY if:**
  - You think you or your child have been exposed to measles.
  - You or your child gets sick with a rash and fever. Tell your doctor where you traveled, and if you and your child got the MMR vaccine.
3. **If you or your child is sick with a rash and fever stay home** until you talk to the doctor or clinic.

LEARN MORE

[cdc.gov/measles/travel](https://cdc.gov/measles/travel)





# Health & Safety

Quin Kelly,  
Health & Safety  
Coordinator

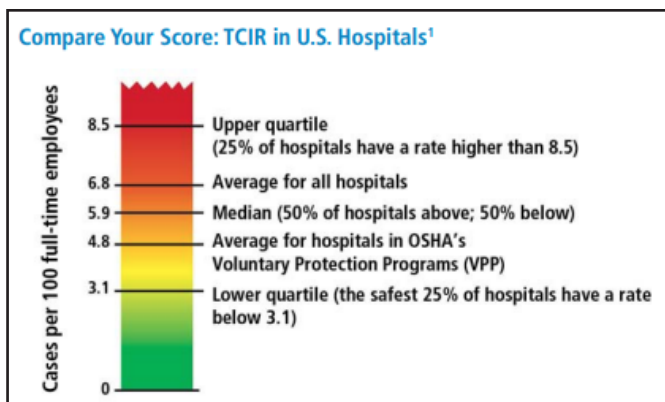


THANKS to everyone who completed the Culture of Safety Survey in June as we surpassed our goal of 77% participation with 83% of the employees taking the survey. The survey results are anticipated to be back in late August and will be shared. Thanks to everyone who submitted their crossword and/or find the difference puzzles. Congratulations to Ashley Fitch, Patient Access, and Tony Hogrefe, Security/Maintenance, for winning the \$20 gift cards from Hy-Vee and Fareway. We had 85 people participate with 168 puzzles returned.

## Fantastic year for Employee Safety!

As part of my job, I report 'recordable' injury data to the Occupational Safety and Health Administration (OSHA). When an Employee Injury/Exposure Report is received, the report is categorized as recordable or non-recordable. A recordable injury requires medical treatment. A non-recordable injury receives no treatment up to first aid only.

OSHA uses the Total Case Incidence Rate (TCIR) to see how hospitals are doing regarding safety. Last fiscal year (FY) BVRMC had 17 recordable injuries/exposures. That was a TCIR of 5.5. This FY year ending June 30, 2025, we had five recordable injuries/exposures for a 1.7 TCIR score. **We had a 70% drop in recordable injuries which is outstanding!** Tremendous work everyone! We were very close to our ultimate goal of zero recordable injuries. I challenge everyone to continue with your hard work to ensure the safety for everyone in BVRMC.



## How Safe Is Your Hospital for Workers? A Self-Assessment

[https://www.osha.gov/sites/default/files/publications/1-3\\_Self-assessment\\_508.pdf](https://www.osha.gov/sites/default/files/publications/1-3_Self-assessment_508.pdf)

Where else do you see the TCIR score? Check out the Organizational Goals under the People pillar. The 'Decreased Employee Injuries' are calculated using the TCIR.

### Five workplace safety messages to help keep you safe:

1. Always be aware of your surroundings.
2. Watch where you are walking – such as slippery floors, snow or icy sidewalks/parking lots. In addition, do not text or read your phone as you walk.
3. Always use the appropriate lifting technique when moving/lifting objects.
4. Wear proper personal protective equipment.
5. Report any unsafe conditions immediately.

**DECREASE  
EMPLOYEE  
INJURIES**

**5 ≤ 4.7%**

4 = 5.4-4.8%

3 = 6.1-5.5%

2 = 6.8-6.2%

1 ≥ 6.9%

**5 YTD**

### Management of Aggressive Behavior (MOAB) Classes

September  
**18**

8:30 am - 3 pm in the KEC

MOAB presents principles, techniques and skills for recognizing, reducing and managing violent and aggressive behavior. Open to all employees. CEUs available.

Contact Quin Kelly to register for the class.

### Upcoming Classes

#### Fire Extinguisher Training

October  
**14**

2 pm -3 pm in the maintenance building

Open to all employees. Can be used as a competency if not used before.

Contact April Degner to register or ask questions.

#### Active Shooter Tabletop Exercise

December  
**4**

2 pm - 4 pm in the KEC

Open to all employees. Can be used as a competency if not used before.

Contact Quin Kelly to register or ask questions.

## FREE SEMINAR

# Welcome to Medicare

A free seminar offered by the State of Iowa's Senior Health Insurance Information Program (SHIIP) and Buena Vista Regional Medical Center

"Welcome to Medicare" will cover:

- » Medicare Parts A & B benefits
- » Prescription Drug Benefits (Part D)
- » Medicare Advantage Plans
- » Medicare Supplement Insurance
- » Identify Medicare Fraud, Errors and Abuse

[www.shiip.iowa.gov](http://www.shiip.iowa.gov)

1-800-351-4664



**Free. Confidential. Objective.**

SHIIP / SMP is a service of the State of Iowa. It does not sell or promote any insurance companies, policies or agents.



This project was supported, in part by grant numbers 90SAPG0044-03-00 and 90MPPG0046-02-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201

**Wednesday  
September 24, 2025  
5:30 - 7:30 pm**

Buena Vista Regional  
Medical Center  
1525 W 5th St  
Storm Lake, IA 50588

**REGISTRATION REQUIRED**  
By September 16, 2025

**Call (712) 213-8683**

**Seminar will be held in the  
Kallmer Education Center**

Enter through Main  
Entrance

A light dinner will be  
provided.

