

From the CEO

MAY 2025


I want to take a moment to thank you for your dedication this past month, especially in response to the recent wind damage. Mother Nature can be unpredictable, but time and again, you rise to meet every challenge with resilience and compassion. I am especially mindful that some of you have faced damage to your own homes and property. Please know that you have my heartfelt sympathy as you navigate those personal challenges while continuing to serve our community.

On a brighter note, I'm excited to celebrate **Hospital Week** with all of you! This is a special time for us to recognize and honor the incredible contributions you make every day. Your commitment to our patients, families and each other is what makes our hospital such a vital part of this community. *Thank you for everything you do—it does not go unnoticed.*



Sincerely,
Rob Colerick, Chief Executive Officer

May Events

- 
- 1- Young at Heart, "Healthy Feet, Healthy You," Speaker: Dr. Bobby Ivey, 10 a.m. **Facebook**
 - 6- Storm Lake Community Blood Drive-LifeServe Blood Center, 12:30-5:30 p.m. **St. Mark Lutheran Church**
 - 7- Watch Me Grow, 10 a.m.-7 p.m. **BVRMC First Embrace Obstetrics**
 - 12-17- Hospital Week Celebration
 - 13- BLS for Healthcare Providers Skills Evaluation, 1-2 p.m. **BVRMC Kallmer Education Center**
 - 13- Heartsaver CPR/First Aid Skills Evaluation, 3-4 p.m. **BVRMC Kallmer Education Center**
 - 16- Storm Lake Community Blood Drive-LifeServe Blood Center, 9 a.m.-1 p.m. **United Methodist Church**

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 22nd of each month.** — The Marketing Team

BVRMC Recognizes May Observances

Month-Long Observances

Global Employee Health and Fitness Month	Neurofibromatosis Awareness Month
Skin Cancer Awareness Month	National Physical Fitness and Sports Month
Osteoporosis Awareness & Prevention Month	Hepatitis Awareness Month
National Bike Month	Huntington's Disease Awareness Month
Run A Mile Days	National Teen Pregnancy Prevention Month
National Critical Care Awareness and Recognition Month	Healthy Vision Month
Motorcycle Safety Awareness Month	National Arthritis Awareness Month
Better Sleep Month	Better Hearing and Speech Month
National Trauma Awareness Month	Oncology Nursing Month
National High Blood Pressure Education Month	Psoriatic Arthritis Action Month
National Nurses Month	National Stroke Awareness Month
National Mental Health Month	Lupus Awareness Month

Recognition Days

5: Melanoma Monday	7: National School Nurse Day	20: World Autoimmune & Autoinflammatory Arthritis Day
6: World Asthma Day	7: World Lupus Day	22: National Gout Awareness Day
7: World Maternal Mental Health Day	12: Fibromyalgia Awareness Day	28: National Senior Health & Fitness Day
7: Trauma Registry Professionals Day	19: National Hepatitis Testing Day	

Week-Long Observances

1-7: National Physical Education and Sport Week
4-11: Medical Fitness Week
6-12: National Nurses Week
11-17: Maternal Sepsis Week
11-17: National Women's Health Week
11-17: National Hospital Week
11-17: Neuroscience Nurses Week
11-17: Food Allergy Awareness Week
11-17: National Skilled Nursing Care Week
18-24: Healthcare Documentation Integrity Week

New Artist on Community Art Wall

Lisette Yamase

Biography:



Lisette Yamase is a self-taught artist from Chuuk and Pohnpei in the Federated States of Micronesia (FSM). Although she is from the FSM, she spent parts of her childhood in Saipan and was born in the

Republic of Palau. Lisette creates artwork in the hopes of preserving and celebrating the profound stories, cultures, and values of the islands that she calls home.



GOLDEN TICKET MAY 2025 WINNERS

Turn your excellence into sweet rewards!

Honored V.I.P. Employees

Parking Spot – Deb Mongan; Deb was on her lunch break when a large group of customers came into the Bistro. She left her table and went up to open a second register and remained there until the line was cleared. Recognized by: Lexanne Clapp

Bistro Card – Richard Foster; Thank you for thinking of me. Thanks for the word search book. Recognized by: Carla Schubert

Two Movie Tickets – Jenna Ramirez; Thank you for staying for the case that 'almost' happened. I appreciate you!! Recognized by: Rebecca McGee

A total of 98 V.I.P.s were honored.

Employees that recognized V.I.P.

Grocery Card – April Kaufman; Julie met with one of our cardiac rehab patients and the patient felt Julie really helped her out. The patient felt very appreciative of their time together. She felt less overwhelmed with counting carbs and Julie really took the time to answer her questions. Recognizing: Julie Clark

Bistro Card – Laurie Gaffney; Thank you for keeping your out of office message up to date. That helps depts know when you are working. Great job!!! Recognizing: Tara Kron

Movie Ticket – Charlie Flickinger; Helping out in the ER when we were busy. Thank you! Recognizing: Bethany Hubrich

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



**Monday
May 12**

*BVRMC Eggs
and Ham*

6:30 - 9:30 a.m.

Breakfast in
The Bistro

11:00 a.m. - 3:00 p.m.

Thirsty Onyx:
Mobile drink oasis
outside of the
Main Entrance

Accepts cash,
cards & Venmo

**Tuesday
May 13**

*The Very Hungry
Health Care
Workers*

11:00 a.m. - 1:30 p.m.

5:30 - 6:30 p.m.

Walking tacos
in The Bistro

SLHS Mariachi
band performance
during lunch

**Wednesday
May 14**

*If You Give a
Health Care
Worker a Snack*

9:00 - 11:00 a.m.

Wellness Wheel will
visit departments



2:30 - 4:00 p.m.

7:00 p.m. - midnight

Ice cream sundae
bar in The Bistro

**Thursday
May 15**

*Where the Wild
Jeans Are*

**FREE
Jeans Day!**

11:00 a.m. - 1:30 p.m.

5:30 - 6:30 p.m.

10:00 p.m.

Employee
cookout in
The Bistro

**Friday
May 16**

*Harry Potter & the
Goblet of Popcorn*

2:30 - 4:00 p.m.

Flavored popcorn
& mocktails in
The Bistro

Flavored popcorn
& mocktails
delivered to night
shift staff

**Saturday
May 17**

*Pizza Pizza
Boom Boom*

11:30 a.m. - 1:30 p.m.

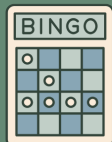
5:30 - 6:30 p.m.

Pizza delivered
to The Bistro

10:00 p.m.

Pizza delivered
to Med Surg &
ER employee
break rooms.

**Week-
Long
Events**



BINGO
Get cards from
your director
on Monday



Gift Shop Sale
30% off your total
purchase on Tuesday &
Wednesday (13 & 14)



**Department
Decorating
Contest**
In The Bistro



**Blind Date
with a Book**
In The Bistro



**Bookmark &
Appreciation
Station**
In The Bistro

BVRMC Recognizes National EMS Week



The Power of Nurses

BVRMC Celebrates National Nurses Week

May 6-12, 2025



BVRMC Celebrates School Nurse Day

Wednesday, May 7, 2025

Since 1972, National School Nurse Day has been set aside to recognize school nurses.

It was established to foster a better understanding of the role of school nurses in the educational setting.

National School Nurse Day is celebrated on the Wednesday within National Nurses Week.



Lily Broeg



Anacristina Castillo



Chris Jungers



Tami Laursen



Heather Santos

The HIM department celebrated HIM Week in April. Thank you for playing a critical role in the success at BVRMC!



High Five Friday!

May 16 | 8:00 – 8:15 a.m. | Alta Elementary

Email Gina at muckey.gina@bvrmc.org to participate.



Patient Access celebrated Access Week last month! Thank you for all you do for our patients!



Lab Week Hospital Contest Winners

Lab held a contest in The Bistro on April 21-25. Employees could take their guess of how many lab items were in the jar.

Winners, **Ashley Hogrefe & Dave Wilhelm**, tied with their guess of 200 lab items in the jar. Actual count was 198. Congratulations!



05 May 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
REGIONAL MEDICAL CENTER

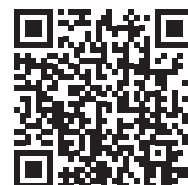
Boundaries, Please!

If you are seeking less stress, more opportunities for self-care, and feelings of comfort and safety, look no further than setting boundaries! Boundaries are meant to keep people safe, not meant to keep people out, and they can exist in all areas of life. Here are five ways to explore boundary setting this month:

- ☐ Set app limits on your digital devices! Having boundaries around what you're doing and how often you're on your devices can be a game changer and open up other opportunities.
- ☐ Identify 15 minutes each day that you can devote to self-care. This could be taking a walk, getting extra rest, or making a healthy meal.
- ☐ Establish a nighttime routine by implementing a bedtime. Being well rested can reduce stress and help you think clearer.
- ☐ List all your commitments. This allows you to evaluate how you are spending your time.
- ☐ Ask yourself three questions:
 1. Does this need to be done?
 2. Does this need to be done by me?
 3. Does this need to be done now?

**Unsure of how to set boundaries?
Connect with EFR to learn more about
how our counseling services can be of
service to you!**

**Call 800-327-4692
or scan here to learn more!**



**The InBody scale has
been moved from the KEC
to the Relaxation Room.
Stay tuned for exciting
changes-coming soon!**



News from Volunteer Services

BVRMC

Young
at
Heart

May
Young at Heart



HEALTHY FEET, HEALTHY YOU

with Bobby Ivey, DPM, Podiatric Surgeon

Thursday, May 1
10:00 a.m.
Facebook



Save the Date!

Nutman Sale

June 26 & June 27

More details to come.



The Nutman
Company USA, Inc.
Hubertus, Wisconsin

BVRMC Summer 2025 Parades

Walk in a Parade!

Counts Toward Growth Goal

Saturday, June 21 – Albert City Meat Days Summerfest

Friday, July 4 – Storm Lake Star Spangled Spectacular

Saturday, July 12 – Schaller Popcorn Days

Saturday, July 19 – Early Crossroads Days

Saturday, July 26 – Sioux Rapids Tall Corn Days

Saturday, August 2 – Newell Watermelon Days

New
parade
shirts!

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

Pick up a BVRMC shirt in Marketing (within a month of the parade).

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.



THANK YOU, VOLUNTEERS!

BVRMC hosted a Volunteer
Appreciation Dessert Bar in April to
thank them for all they do for BVRMC.



See what's new in the Gift Shop!



new EMPLOYEES

Beverly Khaoorn

Pharmacy Tech, Pharmacy

Hometown: Alta

Children: Leah-15 & Clyde-13

Education: BVU



Skyler Stevenson

Housekeeper, EVS

Hometown: Storm Lake

Hobbies: Our dog: Skai, travel & concerts/festivals



New Director of Retail Pharmacy

We are excited to announce Jeff Jorgensen as our newly hired Director of Retail Pharmacy!



As part of this announcement the leadership of the Retail Pharmacy will be separated from the leadership of the Hospital Pharmacy. This change took effect on March 31, 2025.

When we started BVRMC Retail Pharmacy, it made sense to have it under the same leadership but now with Jon's impending retirement and a new retail pharmacy build/location underway, we felt it was the right time to make this change.

Jeff has been part of the Retail Pharmacy since its inception. We have complete faith in his ability to lead the retail pharmacy as we look to the future in a new location.

A special thank you to our peer interview team members: Laurie Gaffney, Sonya Nash, Steve Spurlock and Lona Stille.

Please welcome Jeff in his new role!

OR Director

We are pleased to announce that Nikki Ockerman has accepted the position of Nurse Director of the OR!



Nikki has been serving in the role of interim OR Director since January of this year.

We have been very grateful for her leadership during this interim time, and are very happy that she has accepted the position.

She continues to cover Nurse Director responsibilities for Hope Harbor at this time as well.

Please welcome Nikki to this leadership position!

Celebrate!

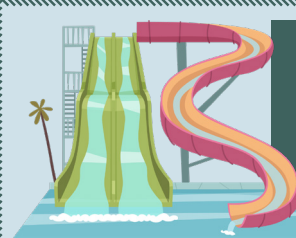
Service Anniversaries

5/18/81 Joni Boese
5/31/94 Kari Franken
5/31/94 Melissa Thies
5/07/01 Carrie Turnquist
5/20/02 Sharon Arndt-Nelson
5/28/02 Linda Hinkeldey
5/27/03 Lexanne Clapp
5/17/04 Stephanie McClellan
5/24/07 Emily Bodholdt
5/05/08 Tony Hogrefe
5/24/10 Christine Bennigsdorf
5/24/10 Joy Phelps
5/14/12 Anne Iehl
5/29/12 Lexi Moon
5/06/13 Jeanette Todd
5/26/15 Eric Hennings
5/16/16 Heather Boggs
5/23/16 Craig Engelke
5/31/16 Susan Buckendahl
5/08/17 Leah Dimas
5/08/17 Saira Flores
5/07/18 Russ Hinkeldey
5/04/20 Deb Hinkeldey
5/03/21 Gina Muckey
5/11/21 Stephanie Piddington
5/17/21 Lisa Kraft
5/17/21 Wendy Leyva Gardea
5/24/21 Cynthia Leyva
5/16/22 Amy Schumann
5/16/22 Julie Wood
5/19/22 Caroline Homan
5/01/23 Brianna Aspleaf
5/15/23 Alli Magnussen
5/22/23 Kolesa Abbas
5/22/23 Neal Eisenbacher
5/22/23 Shawn Nagel
5/30/23 Alondra Negrete
5/01/24 Angel Dykes
5/01/24 Briana Foulk
5/06/24 Stefanie Williamson
5/13/24 Jess Leeds
5/20/24 Laura Abbott
5/20/24 Karen Pantoja
5/20/24 Megan Schuck

Birthdays

May 1 Jeremy Breyfogle
May 1 Blanca Tuel
May 3 Caroline Homan
May 4 Matt Brostad
May 4 Mike Brostad
May 4 Dave Patton
May 4 Mindy Pyle
May 5 Evelin Garcia
May 6 Amelia Stark
May 7 Estrella Flores
May 8 Steven Bailey
May 9 Trisha Finzen
May 10 Kari Pickhinke
May 10 Claudia Villegas-Rosales
May 11 April Johnson
May 12 Chris Knecht
May 12 Steve Spurlock
May 14 Amanda Caboth
May 15 Rachel Bernhardt
May 16 Alan Lopez Hurtado
May 16 Rebecca McGee
May 17 Dr. Roy Grant
May 18 Chelsea Brown
May 18 Lindsay Brown
May 18 Dave Reed
May 18 Jenny Thongviseth
May 19 Sam Munden
May 20 Olivia Grote
May 21 Anna Khamphavong
May 21 Stacey Tiefenthaler
May 22 Kelly Degner
May 22 Angel Dykes
May 22 Emily Wright
May 23 Tara Kron
May 27 Dr. John Armstrong
May 28 Chris Beck
May 28 Lisa Kraft
May 28 Alex Quintanilla
May 29 Amber Chrischilles
May 30 Keith Stoeber

**HAPPY WORK
ANNIVERSARY & BIRTHDAY!**



King's Pointe passes will no longer be available for purchase in Cafe Latte.

Buena Vista County residents can show ID at King's Pointe for the best available rate, currently \$9.00.



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

Siouxland Blood Drive

Tuesday, May 6
12:30 - 5:30 p.m.
St. Mark Lutheran Church

Friday, May 16
9:00 a.m. - 1:00 p.m.
United Methodist Church

By appointment only. Photo ID required.

Appointments at 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!**

Lisa Alesch
Volunteer Services
1 Gallon

Congratulations
On hitting your blood drive milestone!

Monthly Updates

Only one blood drive was held in April due to the storm.

43
products collected

7
BVRMC employee donors

129
potential lives saved



Fun Fact

Red blood cells have a short shelf life.
They only last for 42 days.

Thank You

BVRMC Employees, Administration & Board,
Asking God to bless you in return for the thoughtfulness you've shown.
Thank you so much for the plant you sent for my mother's funeral. It was so kind and so appreciated. I can't thank you enough for thinking of us at this time.
April Holm & Elsie Schafer Family

MAY Drink Specials

Killer Bee Latte
Cinnamon syrup, honey, espresso, cayenne pepper, milk & whipped topping

Cherry Blossom Blooms Iced Latte
Cherry syrup, amaretto syrup, espresso, milk, ice & whipped topping

Butter Rum Cold Brew
Butter rum syrup, cold brew, milk, ice & cold foam

Blooming Bouquet
Chai tea, vanilla syrup, lavender syrup & ice

Mama Deserves a Vacation Tea
Peach syrup, mango syrup, iced tea, lemonade & ice

Café Latte

Thank You

AWARE Committee,

Thank you for all the kindness you bring to the world. Thank you for helping us financially with gift cards. We appreciate your kindness.
Much love, Satisfied Patient

Thank you to all who participated in the 2025 March Madness FUNdraiser! The social worker fund helps our patients who are uninsured or underinsured purchase much-needed items such as; antibiotics and insulin to treat their illness. BVRMC employees have been continually supportive of this effort. Thank you to Dr. Feddersen who organizes and encourages others to participate in this annual fundraiser. Your generosity warms our hearts!

Maggie & Melissa

Administration Team,

BVRMC is the best place to work. I always felt respected and valued. Thank you for all you did to make my retirement so special with flowers, personalized blanket and the parties. Thanks for making my last 30+ years memorable.

Thanks, Kristi B

Dear Ms. Coleen & BVRMC,

Thank you for the pizza. It was so good!! We worked hard to win the award. We feel proud and grateful!

Very sincerely yours, Mrs. Friedrich's 2nd grade class

Integrity

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

Our goal is clear expected behaviors from employees.

Winner: Melissa Snyder

Nominated by: Melissa Halverson

I would like to nominate Melissa Snyder for the Star of Standard: Integrity. Melissa takes a genuine interest in each of the patients she is caring for in the Oncology department. She is courteous, kind and compassionate in not only providing their care, but in truly understanding their all-around needs. This week Melissa noticed a patient struggling emotionally and took the time needed to gather information to ensure not only their medical well-being but their emotional well-being. While it may have been uncomfortable to call attention to this, She did the right thing, at the right time, for the right reason. This made a huge impact for this patient and let them know that here at BVRMC we truly care about our patients as a whole person. Melissa offered resources and extended a helping hand when a patient needed it the most. Thank you Melissa for being an amazing nurse and caretaker to those who enter our doors. BVRMC is lucky to have you.



Note: Winner gets a \$20 Bistro gift card & SOS parking space for May. The person who nominates them gets the SOS parking space for June.

✓ Integrity

Accountability

Making the Best Impression

Building Relationships

Vibrancy

Respect

Moving Forward

Communication

We're proud to recognize the ongoing dedication of our team to professional development and patient care. Several OB staff members have recently earned new certifications, demonstrating their commitment to expanding their skills and serving our patients with excellence.

Please join us in congratulating the following team members on their accomplishments!

Certified Breastfeeding Specialist (CBS):

Korriane James, Lexi Moon, Nikki Dirks, Brooke Appleby, Bethany Hubrich, Missy Frazier, and Gaby Garcia

Certified Childbirth Educator (CCE):

Amanda Thompson

Certified Passenger Safety Technician (CPST):

Korriane James

May 2025 BVRMC Pillars of Excellence



Sessions start on time.

No credit is given if you are late or leave early!

Employee attendance for 30 minute sessions is mandatory.

Zoom option not available.

Saturday, May 10
6:15 p.m.

Monday, May 12
9:00 a.m.
1:30 p.m.

Tuesday, May 13
12:00 p.m.
5:00 p.m.

Thursday, May 15
6:15 p.m.

Friday, May 16
7:30 a.m.

Monday, May 19
7:15 a.m.

Thursday, May 22
3:00 p.m.
5:00 p.m.

Friday, May 23
7:30 a.m.
10:00 a.m.
.....
All sessions held in the KEC.



Buena Vista
REGIONAL MEDICAL CENTER

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May 2025

You can find the Organization Goals on the Intranet

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

YTD - THROUGH March 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 4.1	YTD 4.5	YTD 5	YTD 1	YTD 1.5
SERVICE HCAHPS 5 ≥ 82.0 4 = 80-81.9 3 = 78-79.9 2 = 76-77.9 1 < 76 NPS 5 > 88.8 4 = 86.1-88.8 3 = 83.3-86.0 2 = 80.2-83.2 1 < 80.1	FINANCE CASH ON HAND 5 ≥ 295 4 = 290.0-294.9 3 = 285.0-289.9 2 = 280.0-284.9 1 = ≤ 279.9 OPERATING MARGIN 5 ≥ 12% 4 = 11.0-11.99% 3 = 10-10.99% 2 = 9-9.99% 1 ≤ 8.99%	PEOPLE TURNOVER RATE 5 = ≤ 8.0% 4 = 9.2-8.1% 3 = 10.4-9.3% 2 = 11.6-10.5% 1 = ≥ 11.7% DECREASE EMPLOYEE INJURIES 5 ≤ 4.7% 4 = 5.4-4.8% 3 = 6.1-5.5% 2 = 6.8-6.2% 1 ≥ 6.9% 4 YTD	GROWTH REPRESENTATION IN COMMUNITY EVENTS 5 > 326 4 = 319-326 3 = 311-318 2 = 304-310 1 < 304 215 YTD	QUALITY BEST CARE OF PATIENTS 5 > 51.4 4 = 48.1-51.3 3 = 45.1-48 2 = 42.1-45 1 ≤ 42 5 YTD READMISSIONS 5 = < 3.1% 4 = 4.2-3.2% 3 = 5.3-4.3% 2 = 6.9-5.4% 1 = > 7.0% 16 YTD

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



Great job to Same Day Surgery, Med/Surg and OB on their NRC survey results in March!

March achievements:

- Same Day Surgery 100% Net Promoter Score (NPS).
- Increase in HCAHPS scores for inpatient departments, Med/Surg and OB.

→Improvements since February:

- » Care Coordination
- » Cleanliness
- » Communication with Nurses

Your hard work, dedication, teamwork, and communication are exhibited in increasing and positive survey results. Great job to your departments and keep up the good work!

BVRMC Annual Fundraising GOLF EVENT

Wednesday, June 11, 2025

Register at bvrmc.org!

Employee Golf Raffle TICKET SALES

**\$5
Tickets**

**June 4 - 5
The Bistro
11:00 a.m. - 1:30 p.m.**

*Win prizes
& more!*

Drawing held during the Golf Event on June 11.
Payroll deduct accepted. Need not be present to win.

Contact Coleen Imming at imming.coleen@bvrmc.org
by June 6 with employee number, phone number and dollar amount to purchase tickets outside of sales times.



Buena Vista
REGIONAL HEALTHCARE
FOUNDATION





May 5th is National
Hand Washing Day

CLEAN HANDS COUNT

FOR HEALTHCARE PROVIDERS

100% of the Time

KNOW THE **TRUTH** TO PROTECT YOURSELF
AND PROTECT YOUR PATIENTS

TRUTH:

Alcohol-based hand sanitizer is more effective and less drying than using soap and water.

THE NITTY GRITTY:

Compared to soap and water, alcohol-based hand sanitizers are better at reducing bacterial counts on hands and are effective against multidrug-resistant organisms (e.g., MRSA). Additionally, alcohol-based hand sanitizers cause less skin irritation than frequent use of soap and water.



TRUTH:

Alcohol-based hand sanitizer does not kill *C. difficile*, but it is still the overall recommended method for hand hygiene practice.

THE NITTY GRITTY:

Always use gloves when caring for patients with *C. difficile*. In addition, when there is an outbreak of *C. difficile* in your facility, wash your hands with soap and water after removing your gloves.

TRUTH:

Some healthcare providers miss certain areas when cleaning their hands.

THE NITTY GRITTY:

Using alcohol-based hand sanitizer becomes a habit and sometimes healthcare providers miss certain areas:

FINGERTIPS

THUMBS

BETWEEN
FINGERS

TRUTH:

Using alcohol-based hand sanitizer does NOT cause antibiotic resistance.

THE NITTY GRITTY:

Alcohol-based hand sanitizers kill germs quickly and in a different way than antibiotics. There is no chance for the germs to adapt or develop resistance.

TRUTH:

Glove use is not a substitute for cleaning your hands. Dirty gloves can soil your hands.

THE NITTY GRITTY:

Clean your hands after removing gloves to protect yourself and your patients from infection.

Health & Safety

Quin Kelly,
Health & Safety
Coordinator



Tornado Sheltering Guidelines

Seek the best available refuge area **immediately** when a Tornado Warning is issued.
Your chance of surviving a tornado is excellent if you follow these guidelines.

WORST OPTIONS

Mobile homes
Vehicles
Underneath a highway overpass

BAD OPTIONS

Large open rooms like gymnasiums
Manufactured housing

GOOD OPTIONS

Interior room of a well-constructed home or building
Basement

BEST OPTIONS

Above or below ground Tornado Storm Shelter (NSSA/ICC 500 compliant)*
Specifically-designed FEMA Safe Room*

Find another option



Stay in place until all clear

PHOTO: U.S. Air Force - Tech. Sgt. Bradley C. Church

*Recommended by FEMA



Know Where to Go

When Sheltering from a Tornado



If you have no basement, move to an interior room with no windows.

Top floor rooms DO NOT protect you.

Exterior rooms and rooms with windows DO NOT protect you.

NO PLACE OUTSIDE is safe from a tornado.

Quickly move to your basement and bring your emergency supply kit.



weather.gov/tornado

Management of Aggressive Behavior Classes

MOAB® presents principles, techniques and skills for recognizing, reducing and managing violent and aggressive behavior.

May 15 | KEC
8:30 a.m. – 3:00 p.m.
Available to all employees



Contact Quin Kelly if interested x8622.

TORNADO TERMINOLOGY



Tornado Watch

Weather conditions could lead to the formation of severe storms and tornadoes. **BE PREPARED:** Know your safe location. Be ready to act quickly if a Warning is issued or you suspect a tornado is approaching.

Tornado Warning

A tornado has been spotted or indicated by weather radar, meaning a tornado is occurring or expected soon. **TAKE ACTION:** There is imminent danger to life and property. Immediately seek refuge in the safest location possible.

Tornado Emergency

An exceedingly rare situation with a severe threat to human life and catastrophic damage due to a confirmed violent tornado. **TAKE ACTION:** There is imminent danger to life and property. Immediately seek refuge in the safest location possible.

Visit our 'Severe Weather Alert Policy' for complete details regarding what to do during severe weather when at work.

Congratulations, Class of 2025!



Breyer Anderson

Alta-Aurelia High School &
ICCC
Parents: Jill Anderson &
Cory Anderson



Gavin Belcher

Newell-Fonda High School
Parent: Jodi Johnson



Angel Dykes

Storm Lake High School
Parents: Towanda Holder &
Dwayne Dykes



JD Frazier

Sioux Central High School
Parent: Gene &
Melissa Frazier



Ethan Gasner

Iowa State University
Parent: Kathy Jones



Braeden Hicks

Storm Lake High School
Parents: Brittney Hicks &
Jeremy Hicks



Mason Hoberman

Newell Fonda High School
Parents: Jon Hoberman &
Allison Hoberman



Briley Hogrefe

East Sac County High School
Parents: Tony &
Ashley Hogrefe



Autumn Johnson

Alta-Aurelia High School
Parents: Heather &
Tim Johnson



Danielle Kron

DMACC: Ankeny Campus
Parents: Gary & Tara Kron



Tyler Magnussen

Alta-Aurelia High School
Parents: Paul &
Jen Magnussen



Dylan Martin

Storm Lake St. Mary's
Parents: Chuck &
Heather Martin



Tyranny Mason

Alta-Aurelia High School
Parents: Nikki Mason &
Chris Knecht



Allison Siebrecht

Newell-Fonda High School
Parents: Sarah Thompson
& the late Jon Siebrecht



Katrina Todd

Buena Vista University
Parents: Steve &
Greta Todd



Matthew Todd

OABCIG High School
Parents: Jeanette &
Robbie Todd



Kylee Williamson

SDSU
Parents: Matthew &
Stefanie Williamson