

The Pulse of Jones County

Winter 2010

Inside



Page 4 & 5

The new hospital facility brings new services to the county.



Page 7

All across the county and beyond, people help the new hospital facility.



**JONES REGIONAL
MEDICAL CENTER**
IOWA HEALTH SYSTEM

You're Family Here!

Highly Personalized Inpatient Care at Jones Regional

Most patients don't necessarily think of packing and moving as part of their inpatient care during a hospital stay, but that was the case for Margaret Stadtmueller this fall as she became one of the last patients to reside at the old Jones Regional Medical Center facility and one of the first to take residence in the new facility on October 13, 2009.

Margaret came to Jones Regional in March 2007 with pneumonia. She was 99 years old and needed help getting better. She has since stayed under the option of swing-private pay care. When becoming an inpatient at Jones Regional, a patient falls under one of three different types of care: acute care, swing and swing-private pay (see below).

No matter what area of inpatient care a patient resides under, "the high skill level and personal touch of the nursing staff at Jones Regional is always the same for each and every individual here," says Barb Siefker, inpatient nurse manager, "and that hasn't changed from the old facility to the new facility."

The new facility brings some very positive changes for the inpatient area, including increased privacy and a more efficient and effective work environment for nurses. "We can meet the needs of our patients and staff much quicker now with improved technology," says Barb.

Margaret says there are also a lot of similarities

between the old and new hospital facilities, such as enjoying her housekeeper and loving all the nurses, staff and visitors. One of the biggest differences that she really enjoys is her new room. "My room is very pretty," says Margaret.

Mary Ann Hindman, director of social services at Jones Regional, says one thing Margaret really likes is "when she has company, the nurses and staff will bring in coffee, cups and cookies for her and her visitors. Margaret really enjoys this as it is something that she always did growing up."

Margaret takes great pride in her appearance, always having her lipstick on and a smile for everyone. When remarking on her lovely laugh, everyone can take to heart Margaret's reply: "I figure that if I'm laughing, someone else will be happy, and if I'm crying, that won't help anyone."

Editor's Note: Margaret passed away peacefully at the age of 101 on January 4, 2010. She will be fondly remembered by all staff who cared and interacted with her. ❖



Inpatient Margaret Stadtmueller visits with social services director Mary Ann Hindman.

Types of Inpatient Care at Jones Regional

Acute Care

- for an illness that may have developed quickly or be chronic in nature
- for patients with pre- and post-surgical care
- medical-surgical inpatient unit is designed to fit the needs of pediatrics, adolescents, adults and geriatrics with excellent qualified care and state-of-the-art healthcare equipment and technology
- registered nurses are certified in advanced life support, pediatric advanced life support and cardiac monitoring

Swing Care

- comprehensive care for inpatients who are past the acute state and are recovering from an illness or injury
- short-term care for those who need further medical care before returning home or to a long-term care setting
- team approach to healing, with the patient being at the center of the team
- staff encourages the patient's family to become involved in the healing process
- together the team develops a plan of care and discharge goals
- patients participate in activities reflecting their interests and abilities

Swing-Private Pay Care

- very similar to swing care in that it is still comprehensive care for those who are ill or injured, but is for those who need assistance with or who can no longer take care of their personal needs for a short time
- for respite care to caregivers of individuals who need that special, one-on-one care for chronic or terminal illnesses
- is what it implies: private pay only and not covered by insurance as a hospital stay

What We Do, We Do Well



Sean J. Williams
CEO

Jones Regional Medical Center has an internal measuring stick on how we decide what services to offer. Of course, much of the determination is based on the needs of the community and what makes sense for us as a rural outreach hospital. But our final test is based on each individual patient—what we do here, we want to do well.

If that is my wife or parent or child that is having a service, I want to know that it's among the best out there; that's how we do a final measure when looking at offering a new service. And that is how we've built our expanded outpatient, same-day surgical services.

A little more than a year ago, we hired a new surgery director, Jean Hayes, who has a 25-year history as a surgical nurse, 10 of those being in management. Jean has guided our outpatient surgery department, growing it from offering a few services to now offering a foundation of services in the areas of general, podiatry, orthopedic, and soon-to-be ear/nose/throat surgeries (see p. 4 for a list of new offerings).

Rural hospitals offering these kinds of outpatient, same-day procedures is nothing new. Many have space and mobile equipment that allows them to offer it. People want to go to a place where they only have a 10-15 minute travel time before and after their procedure. Our old facility limited us to a certain extent as to what we could offer, and that is what is different now.

Our two new surgery suites at the new facility, one 600 square feet and one 400 square feet, rival those you'd find at larger outpatient surgery facilities. The state-of-the-art equipment is what physicians prefer for performing quality, efficient procedures. Add that to our quality, professional and caring surgery staff, and you have a recipe for services done well.

This foundation of outpatient surgeries will guide us and serve as a wonderful base for the future. As we continue to expand and look at other opportunities to serve the Jones County area, our internal measuring stick will always apply: what we do, we do well. ❖

Audrey Savage

A Feature on a Member of Jones Regional's Boards of Directors

Audrey Savage has served on the Jones Regional Medical Center Foundation board for the past four and a half years and also recently served on the Jones Regional Medical Center steering committee, a group that was instrumental in providing direction for the recent "Your Family Needs You" capital campaign for the new hospital.

Audrey, president of Citizens State Bank in Monticello, feels that her involvement on the board is important in keeping quality health care in Jones County. She says that the new hospital is vital for community and economic development as well as convenience for residents. "The new medical center is able to provide state-of-the-art services; in the event of an emergency, you can get care more quickly than traveling a greater distance to a hospital in a larger city, visits to patients staying in the hospital are much more convenient and the dialysis center on the horizon will be phenomenal, allowing our citizens more convenient care with less travel time. What a benefit!" says Audrey.

Audrey is very active in the Jones County community, serving on a variety of boards and committees, including the Monticello School Foundation, Kirkwood Community College Foundation, Starlighters board of directors and the Monticello Rotary. ❖



Jones Regional Medical Center Auxiliary—Billie Werner, President

As president of Jones Regional Medical Center Auxiliary, I am grateful to be part of an organization with such committed members. I want to thank all the auxiliary members for their dedication and valuable time given to the organization during 2009. As we look back over the past year, we can take great pride in participating in the opening of our new hospital. The residents of Jones County have shown that by their hard work and generosity, a facility that is technologically among the best can be located in a thriving rural area. Of course, the heart of the hospital is the staff and they now have the facility to match their caring skills. Congratulations to all who worked long and hard to make this possible!

In 2009, the auxiliary completed its \$25,000 pledge to the hospital building fund, plus the auxiliary was happy to be among the first contributors to the beautification program designed to provide wall art inside the hospital and landscaping on the grounds. The *Flowers of Jones County* photos seen at the main registration desk was donated by the auxiliary. More information on this program will be forthcoming.

Throughout 2009, the auxiliary continued to raise funds to support Jones Regional with the annual chicken noodle dinner held in November, pecan sales and memory ornament sales.

At the December meeting, the members voted to donate pecan logs to the four food banks in Jones County. The food banks in Olin, Wyoming, Monticello and Anamosa each received two cases of pecan logs.

Our 2010 membership is now underway. Cost is \$5 for annual dues and \$100 for a lifetime membership. A membership application can be found at the end of this article. Please, consider being part of this excellent organization that continues to support a facility we can all point to with pride.

The annual luncheon meeting will be held at noon on Wednesday, February 10, at St. Paul Lutheran Church Fellowship Hall in Anamosa. Sean Williams, Jones Regional's CEO, will be the featured speaker. ❖

Membership Application

Jones Regional Medical Center Auxiliary

1795 Hwy. 64 East
Anamosa, IA 52205

Name _____

Address _____

Phone Number _____

Please enclose \$5 for a one-year membership or \$100 for a lifetime membership. Clip and mail this form to the address above.

Jones Regional Adds Wound Clinic to Outpatient Services

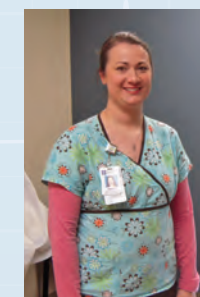
Jones Regional Medical Center, in conjunction with St. Luke's Hospital, has begun offering a weekly wound clinic every Tuesday. The clinic is for individuals who need special care for chronic, non-healing or difficult to heal wounds that require several weeks or months of healing.

When patients are referred to the wound clinic by their doctor, they are seen by physicians, nurses and other healthcare professionals with experience and training in wound care management. At Jones Regional, Dr. David Hemmes, podiatrist, will treat patients along with Amber Hoyt, certified wound ostomy nurse, during the Tuesday clinic. Dr. Hemmes will treat wounds at or below the ankle. In the future, the clinic will expand, adding a physician who will treat wounds on any part of the body.

The types of wounds treated at Jones Regional's wound clinic include those related to diabetic, surgical, pressure, vascular, lymphedema, burns and other non-healing wounds. "A wound is considered chronic if it hasn't healed in four weeks," says Dr. Hemmes.

Amber, the nurse who is treating patients, has had extensive training and certification for treatment of wounds. She also provides care to patients with ostomy needs. Deb Byers and Pip Noyes, Jones Regional registered nurses, will provide support to Amber at the wound clinic. Deb and Pip have obtained training and education in this area.

To be seen at the wound clinic, patients or their physician should call 319-462-6131 for an appointment. A physician referral is required.



Amber Hoyt, certified wound ostomy nurse, is at Jones Regional Medical Center's new Wound Clinic once a week to help heal chronic and non-healing wounds.

New Services Timeline

In addition to the many inpatient, outpatient and emergency services already offered, in its new facility Jones Regional Medical Center has started or will start several other new services. The following is a list of new offerings at the hospital. For a complete list of all services, please visit www.jonesregional.org.

2009 November

- Wound Clinic (see related article on p. 3)

December

- “What to Expect After Total Joint Replacement Surgery” class (see related brief on p. 8)
- Expanded orthopedic specialty clinic (see related brief on p. 8)
- Expanded outpatient surgeries
 - Biopsies
 - Carpal Tunnel Release Surgery
 - Ganglion Cyst Removal Surgery
 - Podiatry Surgery

2010 January

- Permanent digital mammography (see related brief on p. 8)
- “Pounds Off Program for Success” class (see related brief on p. 8)
- Expanded outpatient surgeries
 - Hernia Repair Surgery
 - Lesion Removal Surgery

Date to be Determined

- Dialysis (see related article opposite page)

Additional surgeries and procedures are in the plans for the surgical program development, including ear, nose and throat surgeries such as tonsillectomies and ear tube placements. Watch for more information in future issues of **The Pulse** or by visiting the hospital’s website, www.jonesregional.org.

Despite Cold, Thousands Attend New Hospital Dedication, Open House

More than 200 people attended Jones Regional Medical Center’s new facility dedication on the cold, snowy morning of Saturday, October 10. That same day, nearly 2,000 people toured the building to see the new features serving Jones County area patients.

At the dedication, hospital officials announced the donation of \$1 million to the project by Joanne and Ernie Buresh of Cedar Rapids, formerly of Jones County (see related story on page 7).

This donation culminates the hospital’s capital campaign, putting the total amount raised at \$4 million from more than 850 donors. In their honor, the Bureshes have their name above the main entrance of the hospital.

Sean Williams, CEO of Jones Regional Medical Center, spoke his thanks to all involved in making the building a reality, including board members, staff, St. Luke’s Hospital and the entire community. He noted, “Our tagline all along has been, ‘We want to build the facility to match the quality of our staff.’ And as I look out and see the community’s support, the confidence in what we do, it’s very clear to me it’s the quality of our staff that has built this facility.”

Michael Weston, MD, of Iowa Health Physicians and capital campaign steering committee member, reiterated the importance of a modern and easily-accessible facility for patients. “The one thing that stays constant is that everything changes and medicine is no different,” he said. He also commended the dedication and service of current and past medical providers in the community.

Jay Willems, Jones Regional board member, foundation chair, and capital campaign co-chair, explained the history of the project, from the initial planning to the culmination. “There are numerous individuals and organizations that deserve many, many thank-yous,” he said. He spoke of the roles of the area physicians, St. Luke’s and the many individuals who were involved with the capital campaign.

Charlie Becker, foundation board member and capital campaign co-chair, thanked all of the donors to the campaign. “I have never been more proud to call Jones County home than today,” he said. “This is a county that joined together to make this dream come true. It has been an extremely successful campaign. Now we have the ideal building to house the exceptional staff, surrounded by the state-of-the-art medical equipment.” Charlie also highlighted one of the campaign’s other major donors, the late Eloise Sutherland Helgens, originally of the Scotch Grove, IA area, who donated \$920,000 via proceeds from a family farm.

In addition to thanking the many individuals involved, Ted Townsend, president and CEO of St. Luke’s, introduced the Bureshes and spoke of their ties to Jones County. “Today we celebrate a new hospital, a new beginning and a new building,” he said. “Today we announce the Joanne and Ernie Buresh family gift of \$1 million to Jones Regional and the building that will be named in their honor for helping us reach this proud and happy moment.” He then introduced the Bureshes.

Ernie spoke of the reasons he and Joanne made their gift, which was in memory of Joanne’s parents, George H. and Erma L. Paulson, lifelong residents of Jones County, and in honor of their children, Wendy S. Buresh, MD, and Sandra Buresh. “For 29 years, the memorable years that we experienced while we lived in Anamosa, there are so many people we’d like to thank.” He spoke of his gratefulness to Drs. Bailey, Brown and Randolph, who were the physicians in Anamosa when the Bureshes first moved to the community.

The hospital opened to serve patients on October 13. The new address is 1795 Hwy. 64 East, Anamosa, IA 52205. The general phone number remains the same at 319-462-6131 as does the general fax number at 319-462-4689. For more information, please call or visit the website at www.jonesregional.org. ❖



Below, Dr. Michael Weston addresses a crowd of 200 at Jones Regional Medical Center’s new building dedication as the other dedication speakers look on. Seated left to right: Sean Williams, Jones Regional CEO; Charlie Becker, foundation board member; Jay Willems, hospital and foundation board member; and Ted Townsend, St. Luke’s Hospital CEO.



Below, those involved with Jones Regional Medical Center’s new building and capital campaign prepare to cut the ribbon at the dedication.



Below, Ernie Buresh describes to the dedication crowd his family’s desire to contribute to the new Jones Regional Medical Center building as his family members, seated right of the aisle, listen: sister-in-law Jane Sonneman, daughter Wendy, wife Joanne, and seated at the end of the row, daughter Sandy. The Bureshes donated \$1 million to the campaign and have their name over the main entrance of the building.



Nearly 2,000 people came to tour Jones Regional Medical Center’s new facility at the open house on October 10. Photos top to bottom show the new physical, occupational and speech therapy department, one of the surgery suites and an inpatient room.



Jones Regional Medical Center Dialysis Update

Plans for the opportunity to offer outpatient dialysis continue at Jones Regional Medical Center. Due to the regulatory requirements from the Centers for Medicare and Medicaid Services (CMS), the hospital needs the community’s help by letting it know who in the area requires dialysis services.

Dialysis is a method of removing toxic substances (impurities or wastes) from the blood when the kidneys are unable to do so. Dialysis is most frequently used for patients who have kidney failure, but may also be used to quickly remove drugs or poisons in acute situations. This technique can be life saving in people with acute or chronic kidney failure.

Those in the Jones County and surrounding area who need dialysis should call the hospital now in order for the hospital to report to CMS the required information on dialysis patients in our area. When you call, you’ll be asked your address, where you currently receive dialysis and how many minutes you have to travel to receive the treatment. Call Shelley Cahalan, program manager dialysis services, at 319-481-6338.

As this data is being collected and reported, a multi-disciplinary team of area healthcare entities are putting the final touches on a business plan and engaging with an architect to design the space that has been designated for this service.

“We’re very excited for the potential of offering this service to the community,” says Sean Williams, Jones Regional CEO. “We will keep the process moving forward in meeting all of CMS’ requirements and keep the community informed as we progress.”

Gifts Made to the Jones Regional Medical Center Foundation August 2009 - January 2010

Advance Construction Company,
Monticello

Anamosa Class of 1960

In Memory of John S. Courtney

Anamosa Eagles Aerie # 4512 &
Women's Auxiliary

Troy Bechthold

Charlie & Pat Becker

Janet & Tom Beckman

In Memory of Aric Jenson

Hank & Karen Biere

Dennis & LuAnn Bower

Elizabeth Brady

Florence Brink

In Memory of Donald Brink

Joanne & Ernie Buresh

In Memory of George H. &

*Erma L. Paulsen, lifelong residents
of Jones County*

*In honor of their children, Wendy S.
Buresh, MD and Sandra Buresh*

Coggon Ambulance

Culligan Total Water

Robert R. Dasenbrock

*In Memory of Roland & Ellen
Dasenbrock*

Daughters of the American Revolution

Harold Devilbiss

Kathleen Dougherty

Gene & Mary Lou Eldred

*In Memory of Greta Eldred Marlenee
"Grandma G G"*

Charles & Carol Fairbanks

In Memory of Frances Fairbanks

Josephine Ferrara

Josh Fuller

Mr. and Mrs. Robert Fulwider

In Memory of Robert Fulwider

Bob & Charlene George

In Memory of Dr. Aaron Randolph

Olivia Goodyear

Wayne B. Hall

In Memory of Willis G &

Charlene H Zimmerman

Mr. & Mrs. Roger Hearn

Mr. and Mrs. Carroll Humpal

Elnora M. Husmann

In Memory of Matilda M. Schoon

Charles & Dee Ihlenfeldt

In Honor of Family & Friends

In Memory of Dr. A.P. Randolph

In Memory of Harry Reade

Marvin Jacobs Family

In Memory of Edwin Helgens

& Eloise Sutherland Helgens

Ms. Dorothy Janssen

In Memory of John Janssen Jr.

Judges Court Staff & Friends

In Honor of the Retirement of

Judge David M. Remley

Bill & Sharon Kell

Paul & Linda Kirstein

Brandon & Alecia Kraus

Dr. Thomas & Patty Lee

In Memory of Richard Tjaden

Mary & Ken Lyons

Marilyn & Daryl McCall

Montezuma High School

In Memory of Iona Weld

John & Jan Pearson

Allen Poppe

Russ & Jean Postel

In Memory of Lyman & Dorothy

Postel Sr. and Bill & Lena Ricklefs

Beka Prull

Margaret A. Randolph

In Memory of Dr. Aaron P Randolph,

Jones County Physician, Practicing

1956-1989

Scooters Bar & Grill, Inc

Alan & Marlene Serbousek

In Memory of Albert Zumbach

John & Lucille Sievers

Paula Simon

Margaret Stadtmueller

Don & Janet Stickle

Tailored Living

Robert & Margaret Thoeni

Chris, Clayton & Andy Tjaden

Randy & Debra Toenjes

In Memory of Laurie Peterson

In Memory of Galen C. Brainard

Lewis & Marlene Wasendorf

Fred & Winifred Williams

Mary & Jay Yanda

Holly Zumbach

Jones County Close to Bureshes' Hearts

Giving back is a priority for Joanne and Ernie Buresh. That's why, when they learned about the effort to build a new hospital in Anamosa, they knew they had to help.

"I was born in the Anamosa hospital and I lived in the community for many, many years," Joanne says. "All of Jones County is very close to my heart."

So close, that Ernie and Joanne decided to donate the Palisades Cottage they inherited from Cedar Rapids philanthropist Margaret and Howard Hall as a part of their gift to the campaign.

"It seemed appropriate," Ernie says. "Howard always referred to himself as just a blacksmith from Jones County. I think they would be pleased to know that the cottage has benefited the people in his home county."

The Buresh gift was announced on October 10 at the dedication and ribbon cutting for the new Jones Regional Medical Center. As a result of the gift, above the main entrance of the new Jones Regional Medical Center reads, "Joanne and Ernie Buresh Building."

"The people of Anamosa deserve credit for this gift, not us," Ernie says. "They made it possible. Anamosa was very good to us for the 29 years that we lived there. It was a good 29 years. And we wanted to give back."

The gift also allows the Bureshes to honor Joanne's parents, George H. & Erma L. Paulsen, who were lifelong residents of Jones County, and their children, Wendy S. Buresh, MD, and Sandra Buresh.



Ernie & Joanne Buresh with their children, Wendy Buresh, MD, and Sandra Buresh

Girls' Lemonade Stand Helps Those Recovering from Debilitation

When Olivia Goodyear (left) and Beka Prull wanted to put together a lemonade stand this past summer, their parents thought it was a great idea, however, they were instructed that they would need to donate the money earned to a local charity.

The girls decided a place that would help people when they are sick was a great place to give to; they also had heard about a new hospital being built in their community. With the help of family, friends and community members, the girls raised more than \$350, enough for a new stove for Jones Regional Medical Center's therapy services department.

The stove is used as part of the activities of daily living kitchen, which helps therapy patients who have suffered a debilitating illness learn how to function in their homes again.



Jones Regional Medical Center Foundation Donation

1795 Hwy. 64 East, Anamosa, IA 52205, 319-481-6118

Name: _____

Address: _____

Phone: _____

In Memory or In Honor of (please circle if applicable): _____

For memorial/honorary gifts, please send acknowledgement to: _____

at address: _____

Thank you for your support!

Jones Regional Medical Center Foundation is a nonprofit organization and gifts are tax deductible. Donations are used to support a wide range of healthcare services and equipment. If you are interested in making a donation, please mail this form or call the foundation office at 319-481-6118. Memorial or honorary giving is a thoughtful way to remember or recognize someone special. Memorial and honorary gifts will be noted in future issues of the Pulse. Responses are sent to the donor and notification is made to the deceased's family or to the person being honored. Also, please remember the Jones Regional Foundation in your estate plans.

Board Members

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**JONES REGIONAL
MEDICAL CENTER**

IOWA HEALTH SYSTEM

You're Family Here!

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cal Center, 1795 Hwy.
64 East, Anamosa, IA
52205, 319-481-6326
www.jonesregional.org

Mission

To provide quality
services in an efficient,
cost-effective manner
and to promote healthy
lifestyles to our
customers.

Pulse Points

Lunch & Learns

Join us for a free lunch and free information for your health. All Lunch & Learns are from 12-1 p.m. Call 319-481-6222 to register. Upcoming Lunch & Learn:

Thursday, February 18 "What to Expect After Total Joint Replacement Surgery" with Jacque Aanestad, physical therapist, and Shelly Deutmeyer, physical therapist assistant, at the Eagle's Club, Monticello

New Class: "What to Expect After Total Joint Replacement Surgery"



Jones Regional Medical Center's physical therapy department has begun offering a free, one-session class for people who are looking at a total knee, hip or shoulder replacement surgery. The class, "What to Expect After Total Joint Replacement Surgery" is on the second Monday of each month from

12:30-1:30 p.m. in the therapy services department. It will also be the Lunch & Learn in February (see above).

Topics of the class include the pain to expect after surgery, the extent of therapy done, the exercises people need to do, post-hospitalization options, the duration of outpatient therapy, and the kinds of support systems that exist. Jones Regional's physical therapy staff facilitate the class. Also, patients who have had this type of surgery are there to offer insights. To learn more about the class or to register, please call the therapy services department at 319-481-6327.

Permanent Digital Mammography

The identical digital mammography equipment used in all Cedar Rapids facilities is now available to patients who choose to have their mammograms at Jones Regional Medical Center.

On January 11, all mammograms at Jones Regional moved to their permanent, designated mammography room. Prior to this at the new hospital, mammograms had been performed on a mobile unit until the new equipment was installed. At the old facility, film/screen technology was used.

The benefits of digital mammography, versus the older technology of film/screen mammograms, include the ability to modify the image, such as lightening or darkening it or zooming in on a specific area, to help better see possible irregularities. With film/screen, the image that was taken determined what could be seen. Digital mammograms especially help detect more cancers in dense-breasted women. Other advantages are that digital uses less radiation and allows for improved sending and storage.

All of Jones Regional's mammograms are read by a radiologist in Cedar Rapids and are also reviewed by a computer aided detection system. The technology and the way the images are read are identical to the process used by Cedar Rapids facilities. Patients must have a physician's referral to have a mammogram. For appointments, patients or the physician scheduler can call 319-481-6369.

Dr. Jeffrey M. Nassif, Orthopedic Specialist, Joins Specialty Clinic

Jones Regional Medical Center is pleased to announce the addition of Jeffrey M. Nassif, MD, to its Specialty Clinic service. Dr. Nassif is an orthopedic specialist with Physicians' Clinic of Iowa, PC, in Cedar Rapids and sees patients at Jones Regional the third Friday of each month from 12:30-3:30 p.m.



Dr. Nassif graduated from the University of Iowa College of Medicine in 1992. He conducted his general surgery internship and his orthopedic surgery residency at the University of Kentucky. He completed his fellowship in total joint reconstruction at the Center for Hip & Knee Surgery in Mooresville, IN. He is certified by the American Board of Orthopedic Surgery and has been with Physicians' Clinic of Iowa, PC, for 11 years.

Dr. Warren Verdeck, also an orthopedic specialist, continues his clinics at Jones Regional. For more information or for an appointment, call 319-462-6131.

New Weight Management Program Developed by Dietitians

Jones Regional Medical Center has begun offering a weight control program developed by dietitians certified in Weight Loss Management by the American Dietetic Association called Pounds Off Program for Success, or POPS. The program is from 12:15-1 p.m. every Thursday in the hospital cafeteria; the first session began January 7 and runs for 10 weeks.

The program is for anyone who wants to be in a weight management program. If you have a medical condition that could be affected by weight loss, such as diabetes, high blood pressure or others, it is advised to check with a doctor prior to starting this weight loss program. The initial orientation session costs \$15, which includes scheduled personal consultation; each session thereafter is \$10. Participants pay as they come. To learn more about the next session, please call 319-481-6353.