

# Tracing Our Roots

As Onawa celebrates its 150th anniversary, residents can reflect on healthcare that traces its roots to the community's first hospital that opened nearly 100 years ago.

When Onawa was founded in 1859, the Midwest was scattered with frontier towns. Population was sparse. If someone needed medical care herbs, plants and whiskey were likely used for treatment. Back then there were drownings, disease, gun shot wounds, injuries from horses and wagons and infections.

After the century turned in July 1911 Dr. J.H. Talbot purchased the large, two-story home of B.D. Holbrook at the corner of 11th Street and Iowa Avenue to use as a hospital. He added a washhouse to use as an operating room. It cost \$6,000.

In 1922 the building was sold to Dr. Fisher who treated patients until 1940. The private hospital then changed hands again when Dr. J.S. Deering bought it, then added a large wing and installed an elevator. It was called the Deering Hospital.

Healthcare changed and advanced. Antibiotics helped transform many treatments.

A corporation with three physicians as officers was developed and in 1951 purchased what officially was named the Onawa Hospital. Census records show that the 42 beds were usually filled and the average stay of patients was 5.4 days. Some 18 babies were born each month. Patients from other physicians in the area were admitted.

In 1962 The Iowa Department of Health and state fire regulations required that hospitals be constructed of brick for fire safety. A successful fund drive led by Dr. Bill Garred and community leaders then established and built the new Burgess Memorial Hospital, named after its most generous donor.

The old Onawa Hospital was ultimately razed. Today Fiesta Food operates on the corner where the old hospital once stood.

Over the years, Burgess has expanded and renovated its facilities several times and updated its name to Burgess Health Center. Today's modern and computerized technology could never have been imagined by the area's frontier physicians long ago.

*Onawa Hospital, the predecessor to Burgess, was originally the family residence of a successful banker. The structure first became a destination for patients as a private doctor's hospital in 1911.*



In this undated photo, Dr. Paul Wolpert and Barb Dahl check a young boy in the old Onawa Hospital.



## About Burgess In Action

Burgess In Action is a newsletter of Burgess Health Center in Onawa, Iowa. President: Fran Tramp, phone: 712-423-9206, www.burgesshc.org

## Our Mission:

Burgess Health Center is committed to improve the quality of life for the people and communities we serve by providing excellent healthcare and exceptional patient experiences.

## Vision

To be the best rural healthcare system in America

1600 Diamond Street  
Onawa, Iowa 51040



# Burgess IN ACTION



A publication of Burgess Health Center • Onawa, Iowa • Summer 2009

## Grant Helps Kids

More kids will be running and eating healthier, and exercising on all new fitness equipment through activities of the new "Got 2 Move" project for Monona County youth.



"Got 2 Move" was championed by Burgess staff and supported by a newly created coalition of organizations. It promotes physical activity and healthy daily habits among 3-5th grade students with fun, free activities and fitness equipment at school and community sites, according to Sue McLaughlin, a registered nurse and the grant coordinator.

The program, funded by a generous Wellmark Foundation grant of \$93,558 to Burgess Health Center and its Foundation, has already paid for new hydraulic fitness stations and gamer exercise bikes for Central Elementary School, and new outdoor equipment for Gaukel Park.

Funds will be used to expand activities in the park's six-week summer recreation program and are paying for fitness games like "Dance, Dance Revolution" and Nintendo Wii Fit.

This fall, heart health expert and author Joe Piscatella will deliver presentations on kids and adult health. (See below.) Other activities also will be funded over a two-year period.

"National news has revealed that kids' health problems are increasing because of lack of exercise today," says Sue. "Fun and fitness opportunities are especially limited in rural areas which can ultimately place kids at risk for obesity and lead to other serious health conditions."

Grant success will be determined if students use school fitness and recreation equipment more, pass the presidential physical fitness test, and fewer students will be overweight as measured by body mass index, says Michelle Kirkendall, Burgess dietitian assisting with the program.

"Burgess is excited to be part of a coalition to improve the health of our children," says Burgess president Fran Tramp. "This grant should have a long-term effect on the health of our communities."



## Team Guides Project

A community coalition was organized to guide activities of the new "Got 2 Move" project promoting physical activity to improve kids' health.

In addition to the \$93,558 from Wellmark Foundation, the program is receiving thousands of dollars in additional support from Burgess. Coalition members are also contributing staff time and services to further strengthen the project's goal of healthier kids.



The newly formed Monona County Community Health Coalition gathers at Burgess for one of its meetings.

The organizations are:

- Burgess Health Center
- West Monona Community Schools
- Monona County Public Health Nursing
- Onawa Public Library
- Onawa Community Center
- Onawa Parks and Recreation
- Monona County Extension
- Family Medicine Clinic

## Intern Helps Park Kids with "Got 2 Move" Games



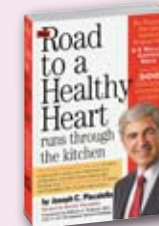
Julie Phillips

Kids will have more fun at Gaukel Park this summer with the help of Julie Phillips, summer intern for "Got 2 Move."

Julie will be guiding kids with new games and activities in the park's free, six-week recreation program, weekdays now to July 24 from 1 to 5 p.m. The Iowa State University sophomore, majoring in child adult and family services, will work with Jan Cole, park coordinator.

## SAVE THE DATE FOR BETTER HEALTH JOE PISCATELLA Thursday, October 22, 2009

11:30 a.m. Heart Health Senior Luncheon Program  
7:00 p.m. Kids Heart Health Parent Community program



Joe Piscatella is a best-selling author, high energy speaker and expert on the topic of heart health. He has been a guest on The Today Show, CNN, Good Morning America and Fox News and hosted PBS television specials on lifestyle and health. In his recent book, "Fat-Proof Your Child - All About Healthy Kids," Piscatella gives tips to raise fit kids in a fast world.

## Big Blue Run is June 27

Burgess will host a its second annual Big Blue Run Saturday, June 27 and an outdoor pancake breakfast at 7:30 a.m. along the scenic routes of Blue Lake in Lewis and Clark State Park in Onawa.

The events will be a 5K walk/run and a 10K run along paved paths in the park. There also will be a free 1.5 mile fun walk.

Pancakes will be served free to those registered. Others are invited to come and enjoy pancakes and make a donation.

The fee will be \$15 and \$20 for those registering the day of the event.



## PHYSICIANS NEWS

### SAVE THE DATE: WEAR PINK "The Latest on Breast Cancer"



Featuring,  
**Dr. Shawna Willey,**  
WHITING, IA NATIVE

**Thursday, September 10**  
**Onawa Community Center**  
**7:30 p.m.**  
**Dessert Reception**  
**6:30 p.m.**

#### Dr. Shawna Willey

- President of The American Society of Breast Surgeons, 2008-09
- Director of the Breast Health Center Georgetown University, Washington DC
- Associate Professor, Dept. of Surgery, Lombardi Cancer Center, Georgetown University, Washington

## New Outpatient Heart Clinic Starts

Cardiology services will now be available on the Burgess campus four days a week with the arrival of a new clinic in outpatients.

Cardiovascular Associates of Sioux City, a practice of 11 physicians, will hold its specialty clinic Wednesdays beginning July 15. The cardiologists will provide treadmill exercise testing, echocardiograms, consultations and more.

Creighton Cardiac Center will continue to offer services at its clinic in the Burgess annex on Monday, Tuesday and Thursday.

## ER Advances

Burgess emergency crews are now transporting patients in a new ambulance and hydraulic patient cot.

Crews made nearly 420 ambulance runs in 2008.

Eighteen persons with specialized training, including nine paramedics, work in 24 hour shifts to handle patient transfers and emergencies.

The hydraulics of the cot, which raise and lower patients, reduce strain and the risk of back injuries. It was purchased through a "special intention ask" which raised \$9,050 at last December's Poinsettia Ball through sales of band-aid dispensers and funds from Derek and Sarah Cartmill and the Burgess Auxiliary.



Burgess Health Center Emergency Crew Members Pat Prorok and Jill Susie use both the new ambulance and new hydraulic patient cot for patient transports.

## Burgess Honors Volunteers

Eighty-seven Burgess volunteers were recently honored at the spring recognition dinner for 10,290 hours of service in 2008.

The volunteers' hours are equal to five full-time positions, according to Jean Pekarek who coordinates volunteers. The hours donated were 1,275 hours higher than those in 2007. Since the program began in 1986, 93,932 total hours have been recorded.



Volunteers Pat Walker and Mary Arney join others for annual party.

Volunteers hail from 12 communities: Blencoe, Castana, Decatur, Hornick, Moorhead, Onawa, Otto, Rodney, Sloan, Turin, Ute and Whiting.

Burgess saluted the volunteers for mail and juice delivery to patients, the hospital gift shop, the Act II Consignment Shop, surgery waiting hostess service and more.

For information on volunteering call Jean at 423-9201.

## Speech Therapists Join Burgess

If you suffer an injury, stroke or other health condition that requires speech therapy, two speech pathologists -- Judy Sessions and Billi Van Hunnik -- are now available.

The two therapists help patients with speech, language, cognitive and swallowing disorders in the hospital, outpatient clinics at Burgess and Mapleton and through Burgess Home Health.

## Golf Success Benefits Men's Health



The Family Medicine Clinic "par princesses" score high in creativity with boas and tiaras at the Burgess Foundation Golf Tournament that attracted 128 golfers and raised \$12,000 for men's health. Burgess will use the funds for an ultrasound transducer for prostate biopsies.

## Mental Health Services Expand

When nearly 90 Onawa parents gathered at a May meeting to address concerns about protecting youth in the community, Greg Nooney was there. And when other people in the area encounter a calamity, he's there for them, too.

Since his 2007 arrival at Burgess to work in mental health services Greg's caseload has grown and new services have been developed.

"Most people cope when problems happen in life, but sometimes things can get so overwhelming that it helps to consult with someone about it," the mental health services director says. "Sometimes when a crisis occurs it's an opportunity to rethink how one wants to live his or her life. Call it a crossroads or a wake-up call, but it can be very helpful to reorganize and make new choices on how to live."

Greg sees patients daily for individual therapy. Persons needing medication for depression or other conditions obtain those from their health care providers who often refer patients to Burgess mental health.

Some see Dr. Dean, the psychiatrist who comes twice a month. There is added support from Jackson Recovery Centers, Department of Human Services programs, Alcoholic Anonymous and other groups.

In expanding services, Greg recently started a peer support program where people with serious mental illnesses can support each other. The group meets once a week and receives its funding support from a Department of Human Services \$30,000 grant.

The Burgess mental health director also has added new Parent Child Interaction Therapy to meet the needs of families with children under age 7 with behavior problems. It means he will train a parent to be a child's "play therapist" while he coaches from the other side of a one-way mirror. "Day-to-day life is full of stress and difficulties for all of us," Nooney



Residents of Onawa and the area who struggle with daily problems, behavior issues with children and serious mental illnesses can now benefit from expanded mental health services offered by Greg Nooney at Burgess.

says. "We are available to confidentially listen and provide a different perspective on issues for all our clients -- families, couples, children and adults. Many people often get a huge benefit from four to six sessions."

Is there an important message for the community?

"Some people avoid coming here because they're afraid they can't afford it," Greg says. "We receive a grant from Monona County so we can provide a sliding scale fee for county residents who don't have sufficient insurance. Please don't let fear of payment stop you from coming. We're here to help."

Burgess mental health services moved into updated facilities in the hospital annex for easier accessibility to clients. For more information call 712-423-9160.

## Burgess Quality Efforts Escalate

When Burgess Health Center employees recently celebrated National Hospital Week with fun activities they also received positive messages to underscore their efforts to become the best rural healthcare system in America.

"It seems like a high goal," says Burgess President Fran Tramp, "but a look at our efforts clearly shows our significant and ongoing drive to achieve excellence."

Burgess focuses on outstanding patient experiences and measures these by satisfaction scores in patient surveys, Fran explains.

"We want to be rated very good by all customers," Fran says. "Our survey goal is to be in the top 10 percent nationally and ultimately make the 99th percentile of all hospitals."

"With our Press Ganey customer surveys, we have seen our patient satisfaction numbers rise and continue to remain in the high 90s in most patient care departments," says Jean Pekarek, director of patient experiences. "It is proof of our increased customer focus."

The hospital also has added new technology, expanded its outpatient clinics and increased its professional staff in recent years, Fran adds. In addition Burgess is now pursuing a formal "Pathway to Excellence" hospital designation through a national healthcare organization to convey to current and prospective employees that Burgess is a best workplace, according to Teresa Butler, director of performance improvement.

"Being designated as a 'Pathway to Excellence' hospital will help Burgess achieve recognition as the best rural healthcare system in America," says Teresa. "We are already positioned well to meet very high standards."

Burgess is using staff feedback to further strengthen its new employee orientation. The hospital also actively promotes employee health with free access to fitness equipment, an inside walking route, events like the upcoming June 27 Big Blue Run, wellness screens and immunizations.

"In a best workplace staff and leaders work together to identify ways to improve through committee input and forums with our hospital president Fran Tramp," Teresa says. "Most important, patient care is based on evidence-based practices. We also continually address patient safety with strategies that have reduced falls, pneumonia and the spread of infections."

"Recently we printed hospital shirts stating 'We're on the bus to be the best rural healthcare system in America,'" Fran says. "It's a short simple message, but it reminds all of us and tells our patients and visitors that we're taking steps to be the best for everyone we serve."



**We're on the bus to make  
Burgess Health Center the BEST rural  
healthcare system in America.**