

SEASONS

CASS HEALTH | ATLANTIC, IOWA | SPRING 2023



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As someone who grew up on a small farm outside of a small town in Iowa, I know the importance of local community hospitals for the health and wellbeing of all Iowans.

I wanted to find a hospital that was community run, and community focused, dedicated to excellence in improving the lives of rural Iowans, and I found that in Cass Health.

Dr. Adam Verhoef

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Get to know Dr. Adam Verhoef Our Newest Family Medicine Physician

Hometown?

I am originally from Pella, Iowa, where I grew up on a small dairy farm.

Hawkeyes or Cyclones?

While I'll always root for the Hawkeyes and Cyclones, if it's Hawkeyes versus Cyclones, then I'm going to root for the Hawkeyes.

Hobbies?

I grew up on a farm where we always had a garden, and then I picked that back up during residency. I also enjoy hiking. I took a great roadtrip last summer with my two youngest siblings and we went out to just about as many national parks on the west coast that we could and did a ton of hiking. I love being outside.

Favorite childhood book?

The Poky Little Puppy, mainly because as a kid I identified a lot with the main character!

Arriving Fall 2024



**Dr. Jeals
Brines**



**Dr. Jill
Pollpeter**

We are delighted to announce that Cass Health will welcome Dr. Jeals Brines and Dr. Jill Pollpeter in the fall of 2024. Both are currently in the second year of their Family Medicine Residency in Des Moines.

MEET OUR PROVIDERS

Primary Care



Dr. Seann Atkinson



Dr. Edna Becht



Dr. Autumn Keiser



Dr. Bethel Kopp



Dr. Adam Verhoef



Dr. Angela Wepler



*Stacey Bean
PA-C*



*Kellie Enderson
ARNP*



*Elisha Hardy
ARNP*



*Susan Herr-McDowell
PA-C*



*Scott Hixson
PA-C*



*Mary Robinson
PA-C*



*Whitney Schafer
ARNP*



*Max Starlin
PA-C*



*Emily Wittrock
ARNP*

Ear, Nose, Throat



Dr. Rick Rinehart

Foot & Ankle Surgery



Dr. Roger Drown

General Surgery



Dr. Chad McCance

Hospital Medicine



*Stacey Kasperbauer
ARNP*



*Paul Kerschinske
ARNP*



*Shannon Peterson
ARNP*



*Cyndi Wu
ARNP*

Neurology



Dr. Brian Boes

OB/GYN



Dr. Emily Chang



Dr. Marcela Pineda



Dr. Seema Harichand

Oncology



*Mary Jane Mills
PA-C*

Optometry



Dr. Jeff Goergen

Orthopedics & Hand Surgery



Dr. Blake Bodendorfer



*Zach Hollingsworth
PA-C*



Dr. Caliste Hsu



Dr. Matt Weresh

Rapid Care & Emergency



*Kristin Babb
PA-C*



*Theresa Bender
ARNP*



*Tammy Bireline
ARNP*



*Holly Christensen
ARNP*



*Beth Fowlkes
PA-C*



*Mark Habel
ARNP*



Dr. Heather Hergott



*Emily James
ARNP*



*Chanda Moreland
ARNP*

Rapid Care & Emergency Continued



*Emily Nadler
PA-C*



*Linda Newsome
PA-C*



*Amy Petersen
ARNP*



*Jackie Wilson
ARNP*

Rheumatology



Dr. Gino Chesini



Dr. Thomas Schmidt



Dr. Stephen Slade

Rehab Services



Kathy Denning
PT



Laura Hickman
PT



Erin Johnson
PTA



Ryan Legg
PT



Kasey Meneely
PT



Amber Michael
OT



Gary Scott
PTA



Jordan Shouse
PTA



Abby Vetter
SLP



Dan Vogel
PT



Ashley Williams
OT



Zach Zemanek
PT

MEET OUR VISITING SPECIALISTS

Allergy, Asthma, Sinus Cardiology



Dr. Ravinder
Agarwal



Dr. Michael
Dehning



Dr. Toufik
Haddad



Dr. John
Henry



Brianna
Hoden
ARNP



Dr. Ann
Narmi



Dr. Atul
Ramachandran

Dermatology



Linda Schilling
ARNP



Robin
Westrum
ARNP

Endocrinology Gynecologic Oncology



Dr. Brianna
Johnson-
Rabbett



Dr. Kerry
Rodabaugh

Nephrology



Dr. Vignesh
Viswanathan

Neurosurgery



Dr. Ric
Jensen



Dr. Jordan
Lacy



Dr. Keith
Lodhia

Ophthalmology



Dr. Jesse
Himebaugh



Dr. David
Ingvaldsd

Pediatric Cardiology



Dr. Sara
Swanson

Pulmonology



Dr. Paul
Ganesan



Dr. Sumit
Mukherjee

Urology



Dr. Bruce
Lundak

Vascular Medicine



Kasie Cooper
PA-C



Alexa Paley
PA-C



John Park
MD



Dr. Anjan
Talukdar

Best wishes!

We send our best wishes to Dr. Edna Becht and Dr. Bruce Lundak who are both moving away from the area in June. They are continuing to see patients in the meantime. Adult & Pediatric Urology will be replacing Dr. Lundak with another outstanding urologist.

Visit casshealth.org/specialtyclinic
to see the Specialty Clinic's calendar
or scan the QR code here.



Homegrown Careers

Meet Jennifer Hogueison
RN Class of 2024



Nursing will be a second career for you. What did you do previously?

I worked in banking for fifteen years, starting in an entry-level position as a teller. Over the years, I worked hard to enhance my skills and knowledge to become a manager. It was a great, secure job, but I lost my love for it. I had a challenging conversation with my husband when I realized banking was no longer a fulfilling career for me. He agreed that now was a great time for me to return to school and change my career.

Why nursing? And why now?

I always wanted to go into nursing. As a young mom, I didn't feel I had the proper support at 19 to raise my son and go to nursing school right after high school. Now that my kids are older and more self-sufficient (they're now 17, 13, and 12), I didn't feel that I had any barriers to returning to school. My kids and husband are super supportive, which is a relief because it's a big decision to return to school and lose that income and time with them. Before committing to school, I had several conversations with Amanda Bireline, whom I've known since grade school, and who is Cass Health's Chief Operating Officer. I asked her about the pros and cons of returning to school for nursing; she was sincere and encouraging. She often catches me in the hall and asks how school is going. I see that kind of investment in growing employees from all the management at Cass Health. I believe it is a great time to start a nursing career because of the financial resources available for students and the overall demand for nurses.

When did you join Cass Health?

I started in October of 2022 in Registration. The Registration team is the face of the hospital, much like a teller at a bank. Having been a manager for as long as I was, I think it's pivotal to know all the supporting roles of your workplace. It strengthens a team when you learn how to support your teammates best. In December, I got my CNA certificate and moved into the Patient Care Technician role on the Inpatient Services team.

How has Cass Health helped you achieve your goal of becoming an RN?

First, it has made me hold myself to a higher standard because when people invest in you, you don't want to disappoint them. Ali McVey and Danielle Powers, my supervisors, have been very accommodating with my schedule. They understand my challenges as a full-time student and parent and work through them to help me succeed and maintain my weekend position here. I also enjoy the many opportunities to shadow nurses at Cass Health to see the different roles offered.

What do you love about nursing?

I like to help people, and I also want to grow people and see other people succeed. When you're helping someone, and you see that something finally clicks for them, it is so gratifying! It may not be my goal at this time, but I can see myself growing in my career into a nursing leadership role.

Cass Health Apprenticeship Pipeline

Recruit people interested
in healthcare careers

Hire and provide on-the-job
training and education

Provide salary increases and financial
support as they progress in school

Retain them as employees and residents

Promote them into full-time positions

About the Apprenticeship Program

Cass Health received \$849,240 in grant funding through Iowa's Health Careers Registered Apprenticeship Program. With a goal of serving 70 apprentices, Cass Health has developed strategic workforce planning initiatives focusing on growing nursing careers including Certified Nursing Assistants, Licensed Practical Nurses, and Registered Nurses.

The Cass Health apprenticeship program will also include an adult track for existing Cass Health employees and others in the community, just like Jennifer, who are interested in pursuing a career in nursing. More details about the program will be announced this summer.

2023 Campaign & Beach Bash Gala

Raising Funds for Vital Monitoring Equipment



The Cass Health Foundation hosted its annual gala in March. The beach-themed event raised more than \$40,000 for the 2023 annual campaign.

This year's goal is to raise \$100,000 for vital monitoring equipment. This equipment puts real-time information into the hands of our providers, and it seamlessly inputs into the electronic medical record system. This equipment will be used in Radiology, Surgery, Atlantic Medical Center, and in the Tyler Family Cancer Center. Learn more about the campaign and donate online at casshealth.org/foundation.



Now Playing The Cass Health Podcast

Tune into The Cass Health Podcast to learn more about the healthcare topics that matter most to you — and learn more about the neighbors who are providing your care. Find it online at casshealth.org/podcast or download it from wherever you get your podcasts!

Our latest episode features Occupational Therapist Amber Michael talking all about pelvic floor therapy for women. Check it out!



Teaching the Next Generation of Healthcare Professionals

In 2022, we had almost 120 students at Cass Health! About half of our students are in RN or LPN nursing programs, and the rest include students from the following areas of study:

- MD & DO
- Nurse Practitioner
- Physician Assistant
- Pharmacy
- Radiology
- Physical Therapy
- Occupational Therapy
- EMT

If you know a student looking for a career in healthcare, be sure to tell them about the opportunities at Cass Health!



Save the Date Foundation Golf Benefit

Join us on Friday, August 18th for the Cass Health Foundation Golf Benefit, an 18-hole tournament played at the beautiful Atlantic Golf & Country Club. We would love to have you as a sponsor! Sponsorships range from \$500 to \$1500 and all proceeds go to support the Foundation's 2023 campaign. New this year: BackSwing Golf Events™ will be there! This is a group of lady professional golfers who bring something unique and fun to corporate and charity golf events. Another bonus: all golfers will receive a gift — their choice of a Nike hat or visor.



Healthy U Lunch & Learns Coming Back Soon!

Keep an eye out for more information about our popular Healthy U lunch & learn series returning later this summer!

Public Health Classes for All

Cass County Public Health offers a variety of classes including:

- CPR
- First Aid
- Stop the Bleed
- Disaster PrepWise
- A Matter of Balance

Call 712-243-7546 to learn more about each of these opportunities or visit casshealth.org/publichealth.

Coming Soon Cass Health Pharmacy

You may have noticed the "Coming Soon!" sign at Cass Health. More details will be coming this summer about the new retail pharmacy at Cass Health.





Cass Health

1501 E.10th Street
Atlantic, IA 50022

Stay up-to-date with Cass Health news by following us on social media. You'll find us on Facebook, Instagram, Twitter, and LinkedIn!



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Ask about MyChart at your next visit or sign up online with the QR code here or at mychart.casshealth.org.



Individuals shall be accorded impartial access to treatment or accommodations that are available or medically indicated, regardless of race, color, sex, national origin, disability, religion, age, sexual orientation, gender identity, or sources of payment for care.

