

MYRTUE
Medical Center

committed to you. committed to our community.

health matters



FALL 2019



MYRTUE PHYSICAL THERAPY SERVES THOSE WHO SERVE OUR COUNTRY

IN THIS ISSUE:



Schaben: A PT Success Story



New Senior Support Program



Expanded OB Services

Harlan Marine Battles Adversity, Never Gives Up

James Sheehan is a big believer in the *Just Keep Going, Never Give Up* philosophy. This philosophy has been put to the test often in the last ten years. In 2007, Sheehan enlisted in the Marine Corps Infantry. Over the next four years, he would complete three overseas tours, spending most of his time in the Middle East. In 2010, four months into his third deployment, he suffered a gunshot wound to his left hip while he was serving in Afghanistan. Sheehan was evacuated to the National Naval Medical Center in Bethesda, Maryland, where he received treatment for his wounds and was sent home to Harlan for a 30-day military leave. His life had become consumed with pain medications, medical appointments and physical therapy.

Sheehan's recovery started almost immediately. "The first time I walked into Myrtue Physical Therapy was less than two weeks after my injury. I had just left the wheelchair and my sutures were still in," said Sheehan. "That's when I met 'Darling' Darla (Darla Hansen, Physical Therapy Assistant). She was fantastic! She helped with my wound care and did a lot of stretching and small things to help me get even the most basic movements back. I think I saw her almost every day in those first 30 days."

Sheehan remembers his time in physical therapy as being a very important and pivotal time during his recovery, even though it wasn't particularly fun. He once again had to draw on his *Just Keep Going* mantra. "Physical therapy is like most things in life, you get out of it what you put into it," stated Sheehan. "Just going through the motions doesn't work."

Life After Injury

After his 30-day leave, Sheehan reported back to Camp Pendleton and continued his treatment at Balboa Naval Hospital in San Diego, California. He completed the last year of his four-year service requirement and moved back home to be closer to family. Sheehan finished his degree in construction management at the University of Nebraska at Omaha and opened his own general contracting business, Patriot's Choice, in 2012.

Between his contracting business, shoulder and back issues associated with heavy lifting in the infantry and his hip injury, Sheehan is no stranger to pain. "From time to time, I continue to have extreme pain flare-ups. In these moments, I would much rather turn to physical therapy than rely on major pain killers," said Sheehan. Several times in the past few years, Sheehan has returned to Myrtue Physical Therapy where he has worked primarily with Eric Chipman, Physical Therapist, to reduce his pain and increase his flexibility and function. Myrtue Physical Therapy offers a wide variety of treatments to address these issues, including research-based exercise prescriptions and regenerative therapies, such as instrument-assisted soft tissue mobilization (IASTM) and functional dry needling. Sheehan says he generally feels a lot better after just a couple visits.

ADDRESSING YOUR PAIN FOCUSING ON YOUR GAINS

Sports Rehabilitation

Aquatherapy

Ligament Issues

Back Pain

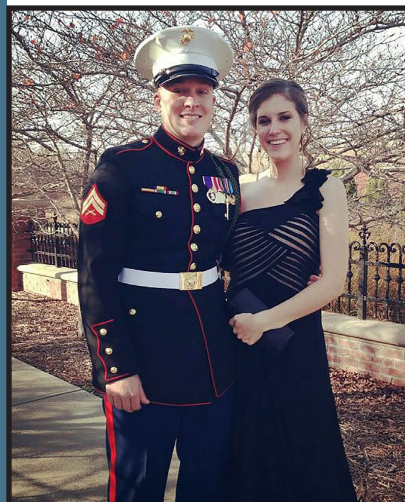
Total Joint Therapy

Concussion Management

Wound Care

Chronic Pain Management

**At Your Service
712.755.4342**





Sheehan Family: Libby, Laura Lee, Annaleigh holding Colton, James, Indi

When it was time for Sheehan to start working out again, Chipman and Myrtue Physical Therapy were there for him again, going into the gym and finding safe, alternative exercises to replace the ones he could no longer do. "After a major injury, you may never get back to 100 percent. There are still some things I can't do, but I feel like physical therapy helped me get back to an even stronger 80 percent than what I had before," Sheehan explained.

It's the Care that Counts

"One of the best things about Myrtue Physical Therapy is the care you receive there. They are very proactive, not reactive, in their therapies and suggestions. There was nothing cookie-cutter about the whole experience,"

said Sheehan. "I always felt they really cared about who I was and what I was going through. Anytime I need a smile and some encouragement, I know I can go to Darla. I see Eric around town often, and he always asks me how my family and I are doing. They really go that extra mile to show they care—and that's what keeps you going when things get tough."

**To learn more about how
Myrtue Physical Therapy
can help you get back
on your feet after an
injury or surgery,
call 712.755.4342**



CARE TEAM GOES THE EXTRA MILE



Mental health is an important part of overall wellness. Just as we turn to healthy exercise and nutrition to increase quality of life and longevity, investing in practices that boost emotional and mental well-being are a vital part of overall health!

Here are a few helpful tips to get you moving toward thriving in your mental health. All of us have difficult thoughts and feelings that pop into our minds from time to time. We may notice thoughts like 'I can't do this' or 'I'm not enough' and feelings such as anxiety, anger or sadness. This is a very human experience. Our goal is not to banish all difficult experiences from life, but rather to learn to be resilient and effective as we move through them.

Try this simple exercise when difficult thoughts and feelings appear.

Notice and name your experience

I'm having the thought that...
I am feeling....

Take a moment to focus on the body

Stretch, feel your feet on the ground, take slow deep breaths. Pay attention to body sensations. This helps us "get out of our head" and broaden our awareness.

Connect with your present moment

Go through the five senses, noting what you can see, touch, hear, smell and taste.

After these "unhooking" steps, ask yourself: *What is one action I can take right now to move toward what really matters to me and the kind of person I want to be?* This may be engaging in self-care to find comfort and support during stress or taking a step toward resolving a current challenge. Other possibilities could be taking time to focus on gratitude or doing something for someone you love.

Additional practices to care for mental health:

- **Get Connected**
Relationships are at the heart of encouraging positive mental health. Be intentional about making time to connect with people who support and encourage you.
- **Get Purpose**
Living a life aligned with values leads to greater engagement and satisfaction. Set aside some time to reflect on what matters most to you and how you can build a life that honors those values.
- **Get Filled**
Self-care practices make deposits in our resiliency account that help us prepare for the withdrawals caused by stress. Adequate sleep, nourishing food, healthy movement, protected time for fun and relaxation, and stress relieving practices such as mindfulness or journaling are all important in staying healthy.
- **Get Support**
Recognize the signs that this may be a season where you need extra support, such as therapy. If issues with mood, relationships, drugs and alcohol, or life stressors are interfering with your daily life, reach out to MMC Behavioral Health to meet with someone on our team to assess what kind of resources would be helpful to you.

***Call 712.755.5056
to schedule an appointment.***

Individual Therapy | Family Therapy
Depression and Anxiety | Substance Abuse
Parenting Issues | Community Support
Medication Management

**Talking about Mental Illness can be difficult.
Here are some tips from Make It .org**



It could be worse.
Just deal with it.
We've all been there.
Snap out of it.
Everyone feels that way sometimes.
You may have brought this on yourself.
You've got to pull yourself together.
Maybe try thinking happier thoughts.
Oh man, that sucks.

Thanks for opening up to me.
How can I help?
Thanks for sharing.
I'm sorry to hear that. It must be tough.
I'm here for you when you need me.
I can't imagine what you're going through.
People do get better.
Can I drive you to an appointment?
How are you feeling today?
I love you.

Your Myrtue Medical Center Behavioral Health team is here to help! **Call 712.755.5056.**



Enriching Lives 5

Friendly and Professional Care Make Double Hip Replacement More than Worth It

Avoca resident, **Paula Eichelberger**, had dealt with the pain for long enough. After years of hip pain due to arthritis and the wearing down of cartilage in her joint she was tired. She was tired of missing out on her favorite activities, and she was ready to do something about it. Her first steps were physical therapy and cortisone injections. Each of these worked for a while but by the fall of 2018 it was time to talk to her care team about long-term solutions. That's when she made an appointment with Dr. Kent Boese, an orthopedic surgeon with Miller Orthopedic who has regular clinics at Myrtue Medical Center. At her very first appointment, Dr. Boese knew it was time to help get Paula back on track and the best option for doing that would be total joint replacement surgery...on both of her hips.

"I had heard good things about Dr. Boese and his joint replacement successes. He has done many hip surgeries and I felt very comfortable with him," said Paula. "I had full confidence putting my trust in Dr. Boese for both of my hip replacements."

Paula was ready to get things moving, a process that starts with Joint Camp. During Joint Camp, Paula learned all about what to expect before, during and after her hip replacement. "Joint Camp is an essential step toward a successful joint replacement surgery. As a nurse navigator, I take pride in educating our patients throughout the entire process to ensure the best possible outcome," explained Staci Musich, Myrtue's Orthopedic Nurse Navigator.

Paula had her first hip replacement surgery in December 2018 and her second in February 2019. After a short period of physical therapy, she was back to work by the beginning of May 2019 with very few limitations and very little pain.

"I highly recommend Myrtue to many people. This was a good experience for me and knowing the people caring for me was wonderful," said Paula. "I feel you receive better care at a smaller hospital because they are more apt to know you and are better able to meet your needs."

Visit the orthopedic specialists at Myrtue Medical Center - Dr. Larose, Dr. Boese and Dr. Abraham. Schedule a consultation to learn how they can assist with your various orthopedic needs.

Call 712.755.4364 Today!



ON THE BIKE AGAIN

MILLER ORTHOPEDIC SPECIALISTS



DANIEL J. LAROSE, MD
Sports Medicine Specialist

ROY ABRAHAM, MD
Total Joint Specialist

C. KENT BOESE, MD
Total Joint Specialist

neck and back | shoulder and elbow
hand and wrist | hip and knee
foot and ankle | sports medicine | total joint

SERVING YOUR ORTHOPEDIC NEEDS RIGHT HERE IN HARLAN

SCHABEN SWINGING HARD AND MOVING ON

After completing a successful indoor volleyball career at Iowa State University in May, Jess Schaben headed to Louisiana State University to pursue a Master's Degree in Elementary Education and play beach volleyball for the Tigers.

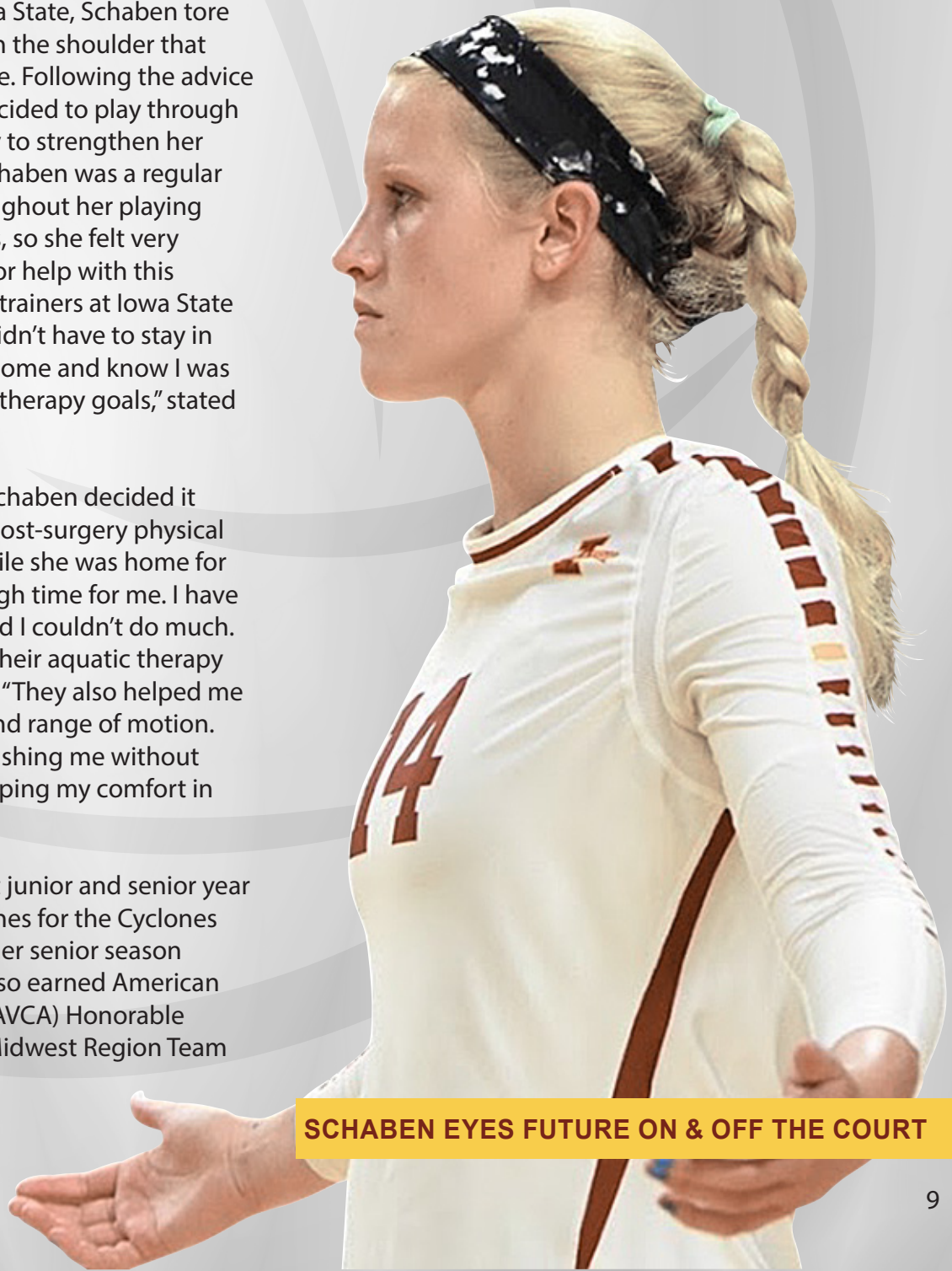
Schaben may not know exactly where her volleyball career will lead, but she knows for certain much of her past success and future options would not be possible without the physical therapists at Iowa State and Myrtue Medical Center.

During her freshman year at Iowa State, Schaben tore her labrum, a piece of cartilage in the shoulder that keeps the ball of the joint in place. Following the advice of her Iowa State trainers, she decided to play through the pain and try physical therapy to strengthen her shoulder as much as possible. Schaben was a regular at Myrtue Physical Therapy throughout her playing career for various smaller injuries, so she felt very comfortable coming to Myrtue for help with this issue as well. "Myrtue PT and my trainers at Iowa State worked very well together, so I didn't have to stay in Ames all summer. I could come home and know I was still on track with all my physical therapy goals," stated Schaben.

After a tough sophomore year, Schaben decided it was time for surgery. Her initial post-surgery physical therapy took place at Myrtue while she was home for Christmas break. "That was a tough time for me. I have always been physically active, and I couldn't do much. One thing I could do was run in their aquatic therapy pool. It was great!" said Schaben. "They also helped me increase my shoulder strength and range of motion. Eric (Chipman) did a great job pushing me without causing soreness and always keeping my comfort in mind."

Schaben went on to have a great junior and senior year at Iowa State, playing in all matches for the Cyclones during both years. She finished her senior season with a team-best 516 kills. She also earned American Volleyball Coaches Association (AVCA) Honorable Mention All-America, AVCA All-Midwest Region Team and All-Big 12 First Team honors.

Even with all these accolades, Schaben is most proud of her Academic All-Big 12 First Team honors and the Soles4Souls service trip she took with her fellow athletes to Costa Rica to distribute shoes and spend time playing with kids. "I don't know exactly where I'll end up in a year or two, maybe playing professionally or maybe teaching elementary school," Schaben said. "Either way it will be great and I'm looking forward to what my future holds."



SCHABEN EYES FUTURE ON & OFF THE COURT

The journey to recovery doesn't have to be traveled alone.

Myrtue Behavioral Health Supports Individuals Struggling with Substance Abuse

It is in our human nature to want to escape pain. If we feel a void, we want to fill it however we can—whether that be through shopping, browsing on our phones, going for a run, or having a drink. We all have things we do to avoid and escape. Some of those things are good for us, and some are not. It is very important to recognize and acknowledge the “art” of escape is something—as human beings—we all do. When we understand this, we can absolutely understand how some people’s attempts to escape or avoid pain spiral out of control and into the throes of addiction.

Addiction itself is an illness of escape. Its goal is to obliterate, medicate or ignore reality. It is an alternative to letting oneself feel hurt, betrayal, anxiety or pain. People who struggle with abusing substances like alcohol or drugs may have experienced trauma in their lives. The word “trauma” is often linked to a mental health diagnosis called Post-Traumatic Stress Disorder (PTSD): this diagnosis is often associated

with very serious trauma. The truth, however, is most of us have experienced some degree of trauma in our lives, whether that be the death of a parent at an early age, abuse by a spouse or caregiver, bullying by peers, growing up in an unstable home, or having a loved one with complex health issues. Trauma, by definition, is when a person fears for his/her safety, experiences intense pain, or witnesses a tragic or violent act. Based on data from the 2018 Substance Abuse and Mental Health Services Administration’s National Survey on Drug Use and Health, 20.3 million people in the U.S. over the age of 12 have a substance use disorder. Clearly, drug and alcohol abuse in the United States is an epidemic, but the true epidemic at play isn’t abuse of substances. It is trauma. It’s pain we aren’t necessarily equipped to handle on our own.

Britney Randolph, LMSW, and Brittany Miller, LMSW, CADC, co-manage the Substance Abuse program which offers **substance abuse evaluations, OWI evaluations, individual therapy** and **assistance with referrals** to residential treatment facilities. Outpatient substance abuse treatment includes an **Extended Outpatient Program** and an **Intensive Outpatient Program** which can include both individual and group therapy sessions.

We all struggle from time to time. We all have difficulty coping with life’s twists and turns. If you are struggling with substance use, trauma, or even just need someone to talk to, we have programs and therapists specifically trained to support you. Please contact Myrtue Medical Behavioral Health for more information: **712.755.5056**.



References

Substance Abuse and Mental Health Services Administration. (2018). *Results from the 2018 National Survey on Drug Use and Health: National Findings*. [samhsa.gov](https://www.samhsa.gov)

PARTNERS ON YOUR PATH TO RECOVERY



Senior Life Solutions[®] Meeting the Needs of Older Adults

Myrtue Medical Center is pleased to announce a partnership with Senior Life Solutions beginning in December 2019. Senior Life Solutions is an intensive outpatient group therapy program designed to meet the unique needs of older adults. Potential patients may be struggling with symptoms of depression or anxiety often related to aging. At Senior Life Solutions, patients meet up to three times per week in a supportive, encouraging group setting. The program will be located at Myrtue Medical Center and will be accessible using the Main Entrance by the Rural Health Clinic at 1220 Chatburn Avenue in Harlan.

Individuals may benefit from the Senior Life Solutions program if they are experiencing any of the following common indicators of depression or anxiety: they recently lost a spouse or loved one, they are acting as a caretaker for their spouse, they schedule frequent visits with their doctor to talk due to loneliness but you can

never find anything wrong, they are trying to adjust to a new health diagnosis, they live alone and their family lives out of state or does not visit. We want you to know we are here to help.

Program staff includes a board-certified psychiatrist, a nurse practitioner, a licensed therapist, a registered nurse, and other trained professionals to ensure participants receive the best possible care.

A large number of program participants come from referrals. Referrals to the program can be made by anyone, including a patient's physician or another healthcare professional, family member or self-referral.

For more information, contact 712.755.4311.

POSTAL PATRON
ECRWSS

712.755.5161 MYRTUEMEDICAL.ORG



Myrtue's Cardiac Rehab program is an exercise and patient education program geared toward changing lifestyles, offering emotional support and controlling risk factors for heart disease. Our goal is to reduce the risk of future heart issues by helping patients regain their strength and engage in more active lifestyles.

“ I always try to set a goal and exceed it. You can't cheat. It's all about progress. I really saw an improvement over the course of my time in Myrtue's Cardiac Rehab program. ”

- Honorary Head Coach Curt Bladt,
Harlan Community Cyclone Football



Myrtue is the first Critical Access Hospital in the state of Iowa to receive American Heart Association's **Mission: Lifeline Silver Referring Achievement Award for Excellence in Cardiac Care**

committed to you. committed to our community.