



well one
CONNECTION

A publication from your friends at Huron Regional Medical Center | **VOLUME 12 ISSUE 1**

Karsyn Stahl was just the blessing Michelle and Dave Stahl didn't know they needed.

Delivering Precious Blessings
Close to Home

PARENTS IN BEADLE COUNTY AND BEYOND EXPERIENCE SOME OF THEIR MOST TREASURED MOMENTS AT THE HRMC BIRTHING CENTER.

NO TWO BIRTHS are the same, and the obstetrics team at Huron Regional Medical Center wouldn't have it any other way. Whether an expectant mother must navigate a sudden change in her birth plan or learn new ways to manage a surprise pregnancy later in life, HRMC has the solutions needed to move forward with confidence.

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A Letter From Our CEO



Erick Larson,
President and CEO

JUST AFTER MY 44th birthday, a snapshot captured me indulging in cheesecake as I sank into the couch – a stark reminder of my unhealthy habits. I didn’t even recognize myself in the photo, and I knew something had to change.

Within days, I found my solution online when I learned about the Spartan Race, which involves trail running through obstacle courses. I threw myself into training, shedding more than 70 pounds and participating in dozens of races across the country, even qualifying for the Spartan World Championships in Lake Tahoe. There, I endured grueling obstacles and harsh weather to cross the finish line in just over six hours.

Our industry, like a Spartan Race, is replete with obstacles, but we all have the power to make a difference. At Huron Regional Medical Center, our core values of REACH – Respectful, Engaged, Available, Competent and Helpful – provide us with the guidance we need to make a difference when the going gets tough, and that difference is what helps us provide a world-class experience to patients at HRMC. Thank you for the opportunity to care for you and your families. You inspire us every day.



Erick Larson
President and CEO
Huron Regional Medical Center



Respectful | Engaged | Available | Competent | Helpful

R E A C H



Scan the QR
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the full story.



Larson with his children,
Bryce and Malia.

Fueling Your **FITNESS**

NUTRITION PLAYS A PIVOTAL ROLE IN
FUELING A HEALTHY LIFESTYLE.



EMBARKING ON A fitness journey goes beyond physical activity. In the quest to shed pounds, many people drastically cut calories in hopes of seeing rapid results. Unfortunately, what may seem like a straightforward path to weight loss can often backfire.

Inadequate calorie intake can cause muscle loss, hormonal imbalance and nutrient deficiencies, which can hinder progress and even derail fitness goals in the long run.

According to Ashley Curnow, RDN, inpatient registered dietitian at Huron Regional Medical Center, prioritizing nutrient-dense foods, maintaining a balanced diet and incorporating regular physical activity are crucial steps to achieve lasting health benefits. Curnow emphasizes the significance of protein in preserving muscle mass and supporting metabolic function.

“Taking in 0.35 grams of protein per 1 pound of body weight each day can help meet your nutritional needs,” she suggests.

By focusing on nourishing your body with a well-rounded diet rich in essential nutrients, you can fuel your fitness journey. Rather than resorting to extreme measures, such as severe calorie restriction, prioritizing sustainable habits will promote long-term health.

■ **Talk with your primary care provider (PCP) about a nutrition plan that makes sense for you. To find a PCP, visit www.huronregional.org/find-a-doc.**

Surgery With a Hometown Connection

HURON REGIONAL MEDICAL CENTER OFFERS COMPREHENSIVE RURAL MEDICINE OPTIONS, COMPLETE WITH SURGICAL SERVICES.



WHETHER YOU COME in for a scheduled joint replacement or an emergency appendix surgery, the HRMC surgical team provides the care you need with connections that make you feel at ease.

“You don’t have to sacrifice quality for convenience or vice versa,” says Cy Haatvedt, MD, chief medical officer at HRMC. “You can get state-of-the-art care here at HRMC from folks who live in the area.”

SURGICAL CARE TAILORED TO YOU

HRMC’s skilled general and orthopedic surgeons provide a variety of procedures using leading techniques and advanced technology, including robotic-assisted surgery for total joint and hip replacements. Our team offers surgical treatment for conditions related to the breast, colon, gallbladder, joints and more. We also provide preventive procedures, such as colonoscopies.

“The range of surgical services we offer can save people from having to travel hundreds of miles,” says Terry Larsen, DO, general surgeon at HRMC. “Our surgeons perform many of the same procedures offered in larger metropolitan areas. We do them locally, and we do them well.”

NEIGHBORS CARING FOR NEIGHBORS

In addition to outstanding services, HRMC surgeons offer personalized care from people you already know and trust.

“At HRMC, you don’t come in feeling like a stranger,” Dr. Haatvedt says. “You come in feeling like a member of the community, and you’re taken care of by your friends and neighbors. After surgery, you can wake up from anesthesia and look at a familiar face. I think that’s comforting.”

■ Visit www.huronregional.org/find-a-doc to request an appointment with a general or orthopedic surgeon.

TRUSTED COLLEAGUES

Before providers are granted privileges to work at Huron Regional Medical Center, credentialing specialist LaNette Kouf reviews their backgrounds, certification, licenses, qualifications and references, giving her unique insight into who she would choose for her own medical care.

When Kouf needed a colonoscopy, she knew she could trust HRMC general surgeon Terry Larsen, DO, to deliver expert, compassionate care.

“Dr. Larsen was great to work with in his onboarding, and I had confidence in his abilities,” Kouf says. “He explained everything, and the team was wonderful, as well, from registration to nursing to anesthesia. It’s so nice to be able to get an important procedure like this done right here in Huron.”



Story continued from page 1

“We personalize birth plans to meet each mom’s needs,” says Casey Glanzer, RN, BSN, director of the HRMC Birthing Center. “We’re here to help guide moms and families through the birthing process, explain what to expect and advocate for them from start to finish.”

If you are an expectant parent, that process may begin with a three-session prenatal education class that includes a tour of the Birthing Center, introductions to our team, and education on topics such as breastfeeding, newborn care and pain control during labor.

SURROUNDING MOMS WITH COMFORT AND SUPPORT

When it’s time to have your baby, you can count on committed, compassionate care delivered in the comfort of our Birthing Center. Remodeled in 2018, our space includes eight labor, delivery, recovery and postpartum suites, offering you the convenience of never needing to change rooms. Each suite features a large TV, whirlpool tub, walk-in shower and plenty of room for visiting friends and family. You can also trust that someone will be on hand to provide you with guidance to help nourish your baby, whether that is through breastfeeding or bottle-feeding, if that method is a better fit.

“Our team includes three certified lactation consultants,” Glanzer says. “A nurse works with new moms on breastfeeding before they go home with baby. Moms who need more help after they’re home can return for further assistance.”

Such attention to detail is what keeps families coming back to HRMC when they are expecting new arrivals.

RESTORING VITALITY AFTER BIRTH

Sometimes, postpartum challenges can cause discomfort for both mother and baby. To help smooth the way after delivery, Huron Regional Medical Center offers physical therapy educational sessions free of charge.

New moms may experience physical issues ranging from urinary incontinence and pelvic floor dysfunction to pain in the back, pelvis or abdomen, according to Jessica Freng, DPT, physical therapist at HRMC. Outpatient pelvic floor physical therapy in the weeks after giving birth can provide relief.

“Many muscles and ligaments change and move to accommodate the growing baby, which can cause musculoskeletal issues, weakness or pain,” Freng says. “Likewise, through the changes that occur during pregnancy, there may be a disconnect between the mother’s brain and body after the baby is born that can lead to dysfunction. Physical therapy can help rehabilitate the dysfunction and bring vitality back to the mother.”

In addition, outpatient physical therapy can help babies with torticollis – a stiff neck that makes it difficult to turn the head – and plagiocephaly, a flat spot on the head that can occur when babies with torticollis sleep on the same side of their body for months. Physical therapy, Freng says, teaches parents positioning, stretching and other techniques to minimize the effects of torticollis and plagiocephaly.



Michelle Stahl and her children.

WORLD-CLASS CARE

After having three children – one teenager and 11-year-old twins – Michelle Stahl thought her days of raising newborns were long gone.

“My goal in high school was to get married in the year 2000, have my first girl in 2005 and then have twins in 2008,” Stahl says. “I was a little bit off with my years, but that is basically how things rolled out. I thought God had answered every one of my prayers, but then we received a little surprise.”

Stahl learned she was pregnant with her fourth daughter, Karsyn, in 2023, a fact that caught her off guard to say the least. One thing Stahl did know when she received the news was that she wanted to deliver at HRMC under the care of her doctor, Nathan Loewen, MD.

“Dr. Loewen has delivered all of my children,” Stahl said. “It was very important to me to deliver in Huron and with Dr. Loewen and the staff here at the hospital.”



Sammi and Lance Tschetter have delivered all four of their children at HRMC.

Being over the age of 40 during her pregnancy, Stahl was at risk for conditions associated with high-risk pregnancy. She developed one of those conditions, placenta previa, and it caused her to deliver Karsyn via cesarean section a few weeks earlier than expected. Due to the early arrival, Karsyn experienced complications that kept her under close watch of the nursing team immediately following birth. However, the team at HRMC ensured the pair was still connected by bringing Michelle to the nursery for Karsyn to meet her mom.

“I always felt so informed and cared for,” Stahl says. “I never wondered what was happening with my baby or if she was OK. I truly have 100% belief in this hospital and the doctors and nurses here. It was very special and emotional when I got to see Karsyn for the first time.”

A fellow mother of four, Sammi Tschetter shared Stahl’s commitment to deliver her children at HRMC. The human resources professional was born there herself, as were her siblings and her husband. She also gave birth to her two boys and two girls, ranging in age from nearly 1 to 9, at her hometown medical center.

“I would never choose to give birth anywhere but HRMC,” Tschetter says. “Four of the happiest moments of my life occurred at the Birthing Center, not just because I brought my children into the world, but also because of the surroundings I was in and the people involved who made my experiences so amazing.”

Specifically, Tschetter treasures the consistency of care she has long counted on from Dr. Loewen, who delivered all of her children, and the team of nurses that works alongside him, many of whom feel like family.

“You never forget the people who were in the room when your babies were born,” Tschetter says. “They are a huge part of your life forever.”

■ Visit www.huronregional.org/birthingcenter to learn more about the HRMC Birthing Center and vote for the adorable babies in the Cutest Baby Contest.



WELCOME, Dr. Ormsmith

One of the newest additions to the Huron Regional Medical Center team of providers can care for every member of your family, including the youngest.

Jessica Ormsmith, MD, family medicine with OB physician, provides newborn and pediatric care at HRMC. In addition, she sees children, teenagers and adults at the HRMC Physicians Clinic, allowing families to visit the same provider for all of their primary care needs.



Levi Kary,
HRMC Foundation
Executive Director

Thank You



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We appreciate your support!

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MEETING THE NEED for Dialysis



THE HRMC FOUNDATION PROVIDES INVALUABLE SUPPORT TO ENHANCE LOCAL DIALYSIS SERVICES.

IN 2022, the HRMC Board of Directors decided to expand and relocate dialysis services to an easy-to-access, spacious and modern building and requested the assistance of the HRMC Foundation to support the \$2.45 million project.

Support from the community was critical to making the goal a reality, including that of Paul Christen, who dedicated the name of the building to his physician and longtime friend, Robert Hohm, MD.

“We’re excited to announce that we met our goal of raising half the funds to renovate and expand dialysis services in Huron,” says Levi Kary, HRMC Foundation executive director. “It was really spectacular to see our community come together to support the efforts in keeping dialysis services available locally.”

The expanded unit opened June 30, 2023, at 142 3rd St. SE in Huron. The expansion increased the capacity from seven treatment chairs to 12 and includes a sophisticated water system with automatic backup to ensure reliability.

Dialysis is a life-saving treatment for people with damaged kidneys. During dialysis, a machine takes over the responsibility of filtering waste from the blood. Being able to receive this service close to home provides comfort and convenience to patients and their families.

■ To learn more, visit www.huronregional.org/dialysis. If you are interested in supporting the HRMC Foundation’s dialysis endowment, please contact Levi Kary, HRMC Foundation executive director, at (605) 353-6319 or foundation@huronregional.org.

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Katherine Huntley-Gomez, LPN, began her career at HRMC as an ER receptionist.

Breathing Life Into a Career

KATHERINE HUNTLEY-GOMEZ FOUND HER CALLING IN PATIENT CARE.

HUNTLEY-GOMEZ started working for Huron Regional Medical Center in 2019. At the time, she didn't have an interest in medicine. She simply needed a job. Slowly, that began to change.

"As a receptionist in the emergency room during the pandemic, I was able to see how hard the nurses work, and I really admired that," Huntley-Gomez says. "I like helping people. So when I heard about HRMC sponsoring nursing scholarships, I applied."

A PASSION FOR CARE

Huntley-Gomez used her scholarship to earn an LPN nursing degree from Southeast Technical College in Huron. She recently transitioned from her receptionist position at HRMC to her nursing role, working alongside HRMC's respiratory therapists.

"It's a new challenge, but I'm giving it my best," Huntley-Gomez says. "I'm also looking forward to using my Spanish to comfort patients whose English isn't the best. It will make patients more comfortable and feel cared for."

As an immigrant from Guatemala, Huntley-Gomez also hopes to inspire other first-generation nursing students.

"Anyone who is interested in health care should consider joining HRMC," Huntley-Gomez says. "Without the HRMC Foundation, I would not have been able to afford school. Working here is a great way to give back to the community, especially if you speak two languages."

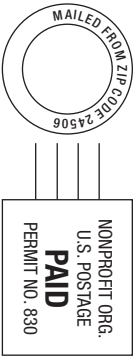
■ If you're interested in learning about health care careers, visit www.huronregional.org/about-us/join-our-team/exploring-careers or contact Teresa Haatvedt at (605) 353-6589 to learn more.



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