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Wednesday, Oct. 6, 2021

Today's headlines:

- [Jane Pauley: Build communities to inspire hope](#)
- [IHA House of Delegates welcomes new board chair and IHA CEO and chair](#)
- [Hospital leaders and heroes praised for leadership and support](#)
- [Creating bonds between nursing staff promotes joyful engagement](#)



Jane Pauley: Build communities to inspire hope

“Community” became an underlying theme throughout the day’s sessions, starting with Jane Pauley and Bob Ritz’s “Zoom-side” chat.

An award-winning journalist, Pauley, spoke with Ritz, MercyOne CEO, about her bipolar disorder diagnosis and how community helps keep her healthy.

Pauley was diagnosed with bipolar disorder when she was 50 after she was treated for hives. Before her diagnosis, Pauley, a born and raised Midwesterner, said she prided herself for being the “most normal person in broadcasting.”

Initially, Pauley didn’t feel different, but soon after her diagnosis, she swung from hypermania to a depressive state.

“I didn’t recognize myself, and I knew I was a stranger to my husband,” she said. “I knew a little bit about bipolar disorder. I knew it was treatable and I would get better.”

But I didn't know I would get worse first."

After six months away from her work as a journalist and a hospital stay, Pauley's moods became more stable. Part of it was because of her medicines, but her continuing stability is because of the community she's found.

"One of the reasons I stayed as productive and as healthy as I am is because of my membership in what I recently heard described as 'community,'" Pauley said.

Her community includes others who also live with mental health disorders, her family, colleagues and health care workers, who helped her feel safe so she could speak openly about her diagnosis. Speaking out about her mental health helped Pauley heal and become an inspiration to others.

Pauley said health care workers also need to look to their communities for support now more than ever.

"I interview people from the safety of my home while you and thousands of workers have been on the front lines where it is dangerous," she said. "You need to bond as a community, put a name on [your mental health] and invite people in."

Pauley's keynote video will be available on-demand this Friday through Oct. 30.



Bob Kroese
IHA Board of Trustees Chair
Pella Regional Health Center, Pella

IHA House of Delegates welcomes new board chair and IHA CEO and chair

New IHA Board of Trustees chair Bob Kroese, CEO of [Pella Regional Health Center](#), spoke about the importance of a unified health care community in his inaugural address during the IHA House of Delegates meeting. Kroese assumes the role after former chair Jason Harrington's term ended.

"One of the most important lessons I learned is when we are faced with challenges, we always have greater odds of success if we work together as a team," said Kroese. "We are much stronger together than we are separately."

Kroese outlined his priorities for his tenure as chair, which included working together to:

- Protect Iowa hospitals at the state and federal levels.
- Attract and retain health care professionals and support staff.
- Regain reliable supply chains to meet the needs of Iowa hospitals.

"I've witnessed many great things over the years, and I believe there are many more things we can accomplish as long as we stay united," said Kroese.

New IHA president and CEO Chris Mitchell also addressed the house of delegates. Mitchell said he connected with IHA's mission to be Iowa's most trusted and respected health leader.

"That whole vision was a call to action to me," he said. "I wanted and needed to join IHA's staff in the journey."

Mitchell, who previously served at the Michigan Health and Hospital Association, praised IHA and its member hospitals for being leaders in health care policy, education and information services, saying he's heard from multiple people and organizations about the success of IHA.

"I heard from many that the annual meeting is the must-attend conference of the year," he said. "When I met with Gov. Reynolds, she said she admired and appreciated all of you working together to benefit Iowans through the pandemic."

As IHA and its members look to the future, Mitchell said his goal is to continue IHA's tradition of superior volunteer leadership.



Robb Gardner
2021 Excellence in Leadership Award winner
Henry County Health Center, Mount Pleasant

Hospital leaders and heroes praised for leadership and support

During the second day of the annual meeting, IHA awarded Robb Gardner, CEO of Henry County Health Center in Mount Pleasant, was awarded the Excellence in Leadership Award and 11 health care workers were awarded Hospital Heroes awards.

Excellence in Leadership

Gardner was described in a nominating letter as an "a strong advocate for [Henry County Health Center](#) and critical access hospitals statewide. He remains involved in his community and works hard for the state. His work on a public/private partnership lease agreement with Great River Health ensures the longevity of Henry County Health Center and he continued the work to a national level. Gardner sets a great example for his community and associates."

Hospital Heroes

With more than 40 nominations, this year's 11 Hospital Heroes demonstrated exceptional commitment to care and service to their patients and colleagues. The winners showed their care by:

- Arranging a family trip for a sick colleague.
- Baking birthday treats for patients.
- Being open and available for colleagues to express their frustration and sadness.
- Fostering collaborative, team-based cultures.
- Mending patient clothes in their own free time.
- Overseeing construction that will serve patients for years to come.
- Providing dignified and personalized end-of-life care.

The exemplary winners of the award are:

- Eric Ash, MD, Dallas County Hospital, Perry
- Seann Atkinson, DO, Cass Health, Atlantic
- Alana Blair, Lakes Regional Healthcare, Spirit Lake

- Robin Esmann, Guttenberg Municipal Hospital and Clinic
- Garrett Feddersen, DO, Buena Vista Regional Medical Center, Storm Lake
- Kyle Glienke, MD, Buena Vista Regional Medical Center, Storm Lake
- Lisa Kouri, St. Anthony Regional Hospital, Carroll
- Kelly Langel, UnityPoint Health-Finley Hospital, Dubuque.
- Fred Klingbeil, MD, ChildServe, Johnston
- Sonia Sather, MD, Spencer Hospital
- Dena Sytsma, Boone County Hospital, Boone

Look for future IHA Today editions with individual highlights of each winner.

To watch the Hospital Heroes award video, click [HERE](#).

Creating bonds between nursing staff promotes joyful engagement

Creating multigenerational teams and mentoring are just a few examples of creating a happier and loyal staff, said [Donna Cardillo](#) during her Wednesday breakout session Staying Joyfully Engaged at Every Stage of Your Career.

Cardillo, a registered nurse, said workforce shortages coupled with an ongoing pandemic has pushed nurses to the breaking point, but creating a positive and supportive community can help combat burnout.

“Nurses today say they’re just surviving, not even working,” she said. “It’s very important to treat everyone as colleagues from Day One.”

She encouraged nursing leaders to provide opportunities for engagement and growth to newly licensed nurses by putting new nurses on different committees and providing opportunities for social engagement outside of work. The social bonds help foster loyalty among coworkers and can help with staff retention.

“Individuals today may not be loyal to their employer, but they are loyal to their coworkers,” she said. “[Nurse leaders] should know their staffs’ strong points, what they need help with, what matters most and their career aspirations, so they’re supported and mentored in the way they want.”

But nursing managers also should be open to learning from new nurses as much as new nurses learn from them. Everyone brings different skills and experiences to the workplace and all people, regardless of rank, should value those differences.

“Don’t discount the talents of someone who is new to nursing, and you as a nurse leader need to be open to learn new things,” said Cardillo. “We need to give everyone the opportunity to be both a teacher and a student.”

Cardillo’s presentation will be available on-demand starting Friday through Oct. 30.

Upcoming events

- [2021 IHA Virtual Annual Meeting](#): Oct. 5-7.
- [The Power of You: Understanding and Maximizing Happiness and Well-Being Virtual Series](#): Oct. 14
- [Administrative Professionals Program](#): Oct. 20.
- [Pharmacy Conditions of Participation](#): Oct. 20.
- [Iowa Quality Residency Program](#): Oct. 21, 2021-April 8, 2022.
- [Making Your HVAC Systems Pandemic Ready with Needlepoint Bipolar Ionization](#): Oct. 26.
- [Workers' Compensation Conference](#): Oct. 27.
- [2021 Iowa Department of Inspections and Appeals Physical Environment Update](#) Nov. 9.

Hospital jobs site connects hospitals with qualified candidates

Are you looking for qualified health care professionals for your Iowa hospital? [HospitalCareers.com](https://www.hospitalcareers.com) can help. This website connects thousands of nurses, providers and other hospital jobseekers with Iowa hospitals each year and is a main resource for jobseekers looking for work in health care.



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