



UnityPoint Health
Grinnell Regional
Medical Center Foundation

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GRMC IN FOCUS



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Friends,

I'm excited to share that we will have begun Phase I of the expansion and renovation of GRMC's labor and delivery unit by the time you receive this newsletter! The official start date for Phase I was June 23. **Thanks to the generous support of hundreds of donors** we are taking the first steps toward being able to meet the labor and delivery needs of many more expecting parents. And the need is urgent. So far this year our labor and delivery unit has nearly doubled the number of babies born during this same period in 2024.

If you've visited GRMC's emergency or radiology departments since mid-April, you've noticed some changes in the works. In our continual efforts so provide exceptional experiences for our patients, teams and campus, GRMC is renovating our emergency department (ED) and radiology waiting rooms. Phase I of this renovation is anticipated to last through the end of June, and Phase II is expected to have a timeline from June to August. When the project is completed there will be a new check-in area for radiology and a new dedicated emergency department waiting area. This is an exciting project that will increase safety for our patients by reducing the potential for co-mingling of ill and healthy patients. Financial support for this project comes from a USDA Emergency Rural Health Care Grant.

While GRMC is using these summer months to improve our facilities to better serve you and all patients and team members, I hope you are finding time for rest and relaxation at your favorite summer location – whether it's a beach, lakeside, or your own back yard.

Thank you for making a difference at GRM..



Donna Fischer
Director of Development

For more information or to opt-out of future newsletters, call (641) 236-2079 or email donna.fischer@unitypoint.org.

ONE HUNDRED PERCENT of every dollar donated to the GRMC Foundation stays local to benefit the healthcare programs and needs in the GRMC service area. For more information and to make a gift, visit www.unitypoint.org/grinnell/foundation.

PHILANTHROPIC IMPACT

BIKE HELMETS FOR THIRD GRADERS: YEAR 29

For the 29th year, your donations have made it possible to distribute free bike helmets to our region's third graders. In partnership with Imagine Grinnell and Iowa-Built Trailers, LLC, the PWA Fitness Center team and volunteers handed out helmets to 445 students at 11 different area schools. Thank you for supporting this program that helps keep our children safe on wheels!



Pictured, left to right, with helmets to distribute, are Megan Jansen, Holly Pettlon, Craig Cooper, Dr. Laura Ferguson, Kaylee McCain

SPECIALIZED TRAINING FOR PHYSICAL THERAPISTS

Because of your support, two of our physical therapists have received training and certification in dry needling. Also known as trigger point dry needling and intramuscular stimulation, dry needling is typically part of a larger treatment plan. This technique can inactivate trigger points to relieve pain or improve range of motion. It can also help with the way nerves interact with muscles and can help speed up a patient's return to active rehab. Thank you for making it possible to provide more patients with this service.

YOUR PLAN, YOUR LEGACY

Everyone defines "family" differently. No matter what yours looks like, creating your estate plan is one way to show your love for them. Here are four vital steps to take for you and them:

1. **Make a will today.** Do nothing, and the state where you reside will distribute your assets – regardless of your wishes.
2. **Update your beneficiaries.** Your will doesn't cover assets such as retirement plans, life insurance policies, donor advised funds and commercial annuities. Review the names of your beneficiaries every two or three years to ensure your current wishes are reflected in your choices.
3. **Create or update powers of attorney.** Financial power of attorney, health care power of attorney and advance directive form are critical parts of any estate planning process. Keep originals in a safe place and give your authorized person a copy.
4. **Make your wishes crystal clear.** Include a statement or legacy letter in your will that explains decisions such as leaving a legacy gift to a nonprofit in honor of a loved one.

Visit our website at plannedgiving.unitypoint.org/Grinnell for more information about planning your legacy. If you have made a planned gift to GRMC or are considering one, contact Donna Fischer at (641) 236-2079 or Donna.Fischer@unitypoint.org.



HOSPITAL NEWS

2025 COMMUNITY HEALTH NEEDS ASSESSMENT SURVEY

Poweshiek County Health Department and UnityPoint Health - Grinnell Regional Medical Center (GRMC) are conducting a Community Health Needs Assessment (CHNA) aimed at gathering valuable insights into the health needs and priorities of residents in Poweshiek County. The survey, which will be conducted from June through August, seeks to engage community members in a dialogue about their health concerns, experiences and goals.

"By gathering input directly from residents and analyzing local data, we can make informed decisions about where to focus our efforts, ensuring resources are used effectively to improve health outcomes for everyone," said David-Paul Cavazos, GRMC president.

Topics covered in the survey include access to health care, chronic disease management, mental health, substance abuse and social determinants of health. The survey is available online at prcsurvey.com/begin/Grinnell2025CHNA and distributed through various community channels to reach as many residents as possible. (A Spanish language survey can be accessed by clicking on the toggle at the top of the online survey screen.) Take the survey and help make Poweshiek County a healthier place to live.



GRINNELL SERVICE AREA HEALTHCARE COLLABORATIVE

UnityPoint Health - Grinnell is honored to collaborate with The Mayflower Community, St. Francis Manor, Seeland Park & Hammond Center for Assisted Living, Windsor Manor in Grinnell, Brooklyn Community Estate, Montezuma Specialty Care, Premier Estates of Toledo and Sunny Hill Care Center. Together, we are committed to improving patient outcomes and ensuring seamless transitions of care across various settings.

This collaboration reflects our dedication to continuous quality improvement and effective communication within our healthcare network across our rural communities. This multidisciplinary effort focuses on high-risk areas, ensuring the best care possible and promoting a future where health care is seamless for the communities we serve.

UnityPoint Health - Grinnell is committed to creating a network where organizations and individuals can come together to share knowledge, enhance patient care and work towards a healthier tomorrow.



MEET ANGELA CLAYTOR

Join us in welcoming Angela Claytor, DHA, MPA, in her new role as Executive Director of Hospital Operations for UnityPoint Health - Grinnell.

Dr. Claytor joins the Grinnell team after serving as senior clinic administrator at Blank Children's Hospital. With more than 25 years of experience at UnityPoint Health, Dr. Claytor's career spans a variety of roles including human resources, medical education and clinic and hospital operations. In addition to her professional work, she has also served as a mentor within the UnityPoint Health System.

Dr. Claytor holds a master's degree in public administration with an emphasis in healthcare from Drake University and a doctorate in healthcare administration from A.T. Still University. She resides in the Des Moines area and is the proud mother to three adult daughters and grandmother of seven, including two sets of twins.



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YOU MATTER
TO US AND TO
YOUR WORLD.



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