



Buchanan County
Health Center

HEALING
BEYOND
EXPECTATIONS

A PATIENT'S
STORY

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Here For You. Trusted For Life.

Summer 2026 Newsletter



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We've got a lot to
talk about! Get all
the news at:

BCHealth.org



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Summer 2026 Newsletter

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Wade Weis, CEO

A Message from the CEO

Since our last community newsletter, there have been many significant milestones and service enhancements at BCHC. Highlights include the completion of the West Medical Building, which now serves as our new home to our inpatient services, as well as expanded access to infusion services, pain clinic, urgent care and Senior Life Solutions. These improvements reflect our continued commitment to providing exceptional care close to home.

With the completion of the West Medical Building and continued growth in patient volumes and staffing, BCHC recently completed a new parking lot on the northwest side of campus, adding 75 additional parking spaces to better serve patients, visitors, and employees. As this project comes to a close, we are turning our attention to other facility needs across all three locations – Independence, Oelwein, and Jesup – to guide future improvements and service growth to ensure we continue to meet the needs of the communities we serve.

Looking ahead, BCHC remains focused on its value plan, centered on growth, experience, quality, safety, and engagement, to drive exceptional care for the communities we serve.

- *Growth means expanding services and bringing innovative technology to keep advanced care close to home.*
- *Experience reflects our commitment to providing compassionate, patient-centered care in every interaction; from our facilities to our team members, we strive to ensure every visit is positive, respectful, and supportive.*
- *Quality means delivering the highest standard of care through continuous improvement, clinical excellence, and evidence-based practices.*
- *Safety is our unwavering priority, ensuring that every patient receives care in a secure environment with processes designed to reduce risk and protect those we serve.*
- *Engagement focuses on attracting, developing, and retaining exceptional staff. Our people are the foundation of the care we provide, and we are committed to supporting them so they can continue to deliver outstanding service to our patients and communities.*

We are continually seeking opportunities to enhance services, expand choices, and bring innovative care closer to home while maintaining the highest standards in quality and safety, and are proud to serve our communities, remaining committed to meeting your needs today and into the future.

Services Rendered in 2025

The area's choice for healthcare services

Procedures & Pain Clinic:

2,451

Urgent Care Visits:

4,194

ER Visits:

4,942

Family Practice Visits
(combined):

41,310

Lab Tests Ran:

11,908 patients served

Total Tests Ran:

342,431

Imaging Tests/Procedures:

21,039

Therapy Sessions
(OT/ST/PT/CR combined):

14,189

Specialty Service
Patients Served:

16,787

Total Patients Admitted:

XX

Wound Clinic Visits:

2,761

Respiratory Therapy (RT) Sessions:

8,777

Infusion Services Treatments:

3,818

Oelwein Pharmacy
Prescriptions Filled:

52,852

Now delivering in Jesup!

Wellness Center Members:

1,120

Wondering if you can have it at
BCHC? Just ask!



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Built for Our Community: BCHC Expands Care Close to Home

Since breaking ground in 2024, BCHC is proud to celebrate the completion of its new two-story West Medical Building. This 37,000-square-foot facility is home to inpatient services, infusion and pain services, urgent care, and Senior Life Solutions. The addition reinforces BCHC's commitment to meeting the growing healthcare needs of Buchanan County, Oelwein, and surrounding communities, providing exceptional care close to home.

The second floor of the West Medical Building features 12 spacious, private patient rooms designed to support each patient's unique journey. Separated from the hustle and bustle of other hospital services, the inpatient wing offers a quiet and restful environment for patients and their families. With a dedicated therapy and rehabilitation space, as well as a comfortable family lounge, the new space enhances both recovery and overall patient experience.

The first floor of the West Medical Building has expanded access to local services, featuring dedicated spaces for infusion and pain services, urgent care, and BCHC's newest service line, Senior Life Solutions. Urgent care continues to offer convenient evening hours on weekdays from 5:30–8:30 p.m., as well as weekend hours from 10 a.m.–4 p.m. Complimentary valet parking is available Monday through Friday from 8 a.m.–4 p.m.

At BCHC, we believe access to quality healthcare should never depend on how far you have to travel. The West Medical Building represents more than just a new space. It's a commitment to strengthening rural healthcare and ensuring our communities can continue to receive compassionate, high-quality care close to home.



Inpatient Room



Urgent Care Infusion Hall



1st Floor Lobby



Family Lounge



Preventative Care Timeline: A Lifelong Guide to Staying Healthy

At BCHC, we believe preventative care is the foundation of lifelong health. From infancy through older adulthood, staying current on routine visits and screenings helps detect concerns early and supports you and your family at every stage of life.

Birth – 2 Years

(Infancy & Toddlerhood)

- Regular well-child visits to monitor growth and development
- Routine childhood immunizations
- Developmental and autism screenings
- Hearing and vision screenings
- Nutrition guidance and family support

Ages 3 – 10

(Early Childhood)

- Annual wellness exams
- Routine immunizations and boosters
- Vision, hearing, and dental care
- Growth and developmental monitoring

Ages 11 – 17 (Adolescence)

- Annual well-child visits and sports/activities physicals as needed
- Recommended immunizations (HPV series, meningococcal, Tdap booster)
- Mental and behavioral health screenings
- Vision, hearing, and dental care
- Education on nutrition, activity, and healthy habits

Back-to-school physicals fill quickly—schedule early to ensure your child is ready for a healthy, successful school year.

Ages 18 – 39

(Young Adulthood)

- Annual wellness exams
- Preventative lab screenings based on risk (cholesterol, diabetes)
- Cervical cancer screening every 3–5 years, depending on age and test type
- Mental health screening and lifestyle counseling
- Routine immunizations

Ages 40 – 64 (Midlife)

- Annual wellness exams
- Blood pressure, cholesterol, and diabetes screening (risk-based)
- Cancer screenings:
 - **Breast cancer:** Mammograms every 1–2 years starting at age 40
 - **Colorectal cancer:** Screening starting at age 45 (colonoscopy every 10 years if normal, or other approved methods)
 - **Cervical cancer:** Continue per guidelines through age 65
 - **Prostate cancer:** Shared decision-making discussion around age 50 (earlier if higher risk)
- Routine immunizations
- Lifestyle counseling for heart health and chronic disease prevention

Ages 65+ (Older Adulthood)

- Annual wellness visits and medication review
- Cancer screenings as appropriate based on health status and history
- Osteoporosis screening (women starting at 65; earlier if at risk)
- Vision and hearing evaluations
- Fall risk, mobility, and cognitive screenings as appropriate
- Ongoing management of chronic conditions and routine immunizations

From primary care and therapy services to imaging, lab work, and specialty care, BCHC is here to support your health at every stage of life. Preventative care doesn't just benefit individuals—it strengthens families and our entire community. Schedule a visit with your primary care provider to stay on track with your health goals.

This information reflects general preventative care recommendations for individuals at average risk. Please consult your primary care provider to review your personal and family history, as earlier or additional screening may be recommended based on individual risk factors.

What our patients are saying:



From the time I walked in the door of the hospital, I was met with smiles and helpful personnel. That continued all the way through my appointment. My concerns were talked through until I felt I had a better understanding and a better perspective as I left. Made me feel great!





Senior Life Solutions Provides Support to Older Adults



In early 2025, BCHC partnered with Senior Life Solutions to enhance access to mental health care for older adults in our community who may be experiencing symptoms of depression, anxiety, or other emotional challenges often associated with aging.

Located within the new West Medical Building at BCHC, Senior Life Solutions provides outpatient services designed to meet the unique needs of individuals—typically age 65 and older—who could benefit from additional support, coping strategies, and communication skills to improve their overall mental health and quality of life. Services include group and individual therapy, psychiatric evaluations, and medication management.

The care team is made up of a board-certified psychiatrist, licensed therapists, a registered nurse, and other behavioral health professionals who are dedicated to supporting the emotional well-being of older adults in the community.

“The Senior Life Solutions program provides our community with an evidence- and outcomes-based treatment proven to significantly improve the mental health of older adults,” said Kristie Putz, Program Director. “Many people over the age of 60 believe depression is just a part of getting old. It’s not. This is a program that can help you live a happier, healthier life.”

Following an individualized assessment, participants typically attend group sessions up to three times per week in a supportive and encouraging environment. Individual therapy, medication management, and regular check-ins are also provided.

Referrals to the program can be made by healthcare professionals, family members, friends, or by individuals themselves. For more information, contact the BCHC Senior Life Solutions program at [319-332-0130](tel:319-332-0130).



After seeing information about Senior Life Solutions, I decided to give it a try while working through stress and anxiety. It turned out to be one of the best decisions I have made. The experience helped me work through long-standing challenges, improve how I communicate, and realize I'm not alone in my feelings. The friendships formed through this experience have been incredibly meaningful, and the supportive environment has made a lasting impact. The team who leads this program is truly exceptional—caring, compassionate, and deeply understanding. I highly recommend this opportunity to anyone who may benefit from it.”

Individuals may benefit from the program if they are experiencing any of the following common indicators or life changes:

- Anxiety
- Changes in appetite
- Depression
- Difficulty sleeping
- Feelings of sadness or grief lasting more than two weeks
- Feelings of worthlessness or hopelessness
- Loss of energy
- Loss of interest in previously enjoyed activities
- Recent traumatic life events
- Loss of a spouse or close family member

Senior Life Solutions invites area seniors to enjoy **FREE** monthly fellowship opportunities! Join us for Senior Social Hour at the Independence Public Library on the second Wednesday of each month (August–May) from 2:00–3:30 p.m., and Bingo at the BCHC Wellness Studios on the first Thursday of each month (October–May) from 2:00–3:00 p.m. All seniors are welcome!



Zoey Hettinger, Office Patient Coordinator,
Crystal Boyles MS, LMHC, Program Therapist,
& Kristi Putz, RN, Program Director



Healing Beyond Expectations

When Roger Lynn began experiencing complications following prostate cancer treatment, he never imagined the path to recovery would include not only relief from his symptoms, but also a life-saving discovery.

After undergoing radiation therapy for prostate cancer, Roger developed radiation cystitis, a condition that can cause bleeding and irritation of the bladder. Despite previous procedures and treatments, his symptoms continued to worsen, impacting his quality of life and leading him to seek additional care.

That's when Roger was referred to BCHC's Wound Center for hyperbaric oxygen therapy, where he met with the care team to discuss treatment options. Hyperbaric oxygen therapy works by delivering oxygen under pressure, helping damaged tissue heal and promoting recovery in areas affected by radiation.

While many people associate hyperbaric oxygen therapy with hard-to-heal wounds, it is also used to treat certain radiation-related injuries and is being explored as a supportive therapy for a variety of other conditions including stroke recovery and other neurological disorders, long COVID symptoms, and inflammatory bowel disease.

The patient completed 40 treatments and began noticing significant improvement along the way. By the midpoint of therapy, many of his symptoms had been resolved, allowing him to continue treatment with confidence and optimism. By the end of his treatment course, he was experiencing lasting relief and a renewed sense of well-being.

During a routine pre-treatment assessment, the care team's attention to detail led to another important discovery when provider, Michelle Wenzel, ARNP, noticed a suspicious mole on Roger's back and encouraged him to seek further evaluation.



Roger credits the Wound Center team and provider Michelle Wenzel, ARNP, with not only helping resolve the effects of his radiation therapy through hyperbaric oxygen therapy (pictured), but also identifying an aggressive form of skin cancer early—before it had the chance to progress further.

Follow-up with a dermatologist confirmed the lesion was melanoma, a serious form of skin cancer. Because it was identified early, the cancer was removed before it could progress further.

Today, Roger credits his BCHC care team not only for helping him heal from the effects of radiation treatment, but also for recognizing a potential concern that may have otherwise gone unnoticed.

Stories like Roger's highlight the value of comprehensive, patient-centered care. Whether it's advanced treatments like hyperbaric oxygen therapy or simply taking the time to notice the little things, BCHC's teams are committed to caring for the whole person—because sometimes a routine visit can make all the difference.

Skin Cancer – What to look for?

Remember the ABCDEs of melanoma when checking your skin:

A - Asymmetry:

One half of the spot doesn't match the other half.

B - Border:

Edges are irregular, ragged, or blurred.

C - Color:

Multiple colors or uneven coloring within a spot.

D - Diameter:

Larger than 6 mm (about the size of a pencil eraser), though melanomas can be smaller.

E - Evolving:

Any mole or spot that changes in size, shape, color, or begins to itch or bleed.

Talk with your primary care provider about any skin concerns, and remember to schedule a yearly skin check for early detection and prevention.



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Join our Team!

Are you ready to make a difference in the lives of others? Join our growing team and discover why more than 400 professionals choose Buchanan County Health Center, where care, collaboration, and community come first. With full-time and part-time opportunities available in both clinical and non-clinical roles, you'll have the chance to contribute meaningfully to the care and well-being of our patients and community every day.

Benefits include competitive wages, sign-on bonus*, IPERS, 403(b) and Roth IRA options, family health, vision, and dental insurance, paid time off, a new nurse residency program, free wellness membership, tuition assistance, and so much more!



Come be part of a team where your work truly matters.



BCHealth.org/careers

Did You Know?

BCHC Oelwein Pharmacy Delivers!

Getting your prescriptions has never been easier! BCHC Oelwein Pharmacy offers FREE prescription delivery to patients in Oelwein and surrounding communities—including Jesup and Fairbank.

Not sure if your address is within the delivery area? Give us a call at [319-283-1664](tel:319-283-1664) and we'll be happy to help!

Convenient, local care — delivered right to your door.



Recognize an outstanding BCHC employee

Would you like to recognize an outstanding BCHC employee for going above and beyond in their work? You can nominate a nurse for The DAISY Award or a non-nursing staff member for The Sunshine Award to honor those who make a meaningful difference in the lives of patients, families, and coworkers. Nomination forms are available at all BCHC locations and can also be completed online by scanning the QR codes or visiting BCHealth.org.

Help us celebrate the compassionate care and dedication of our BCHC team!



BCHealth.org/thedaisyaward



BCHealth.org/sunshine-award



What our patients are saying:



I am so thankful for how they treated and listened to my son's concerns, and helped us feel comfortable! It may seem small to some people, but it was a scary situation for us, one that was stressful- and they took that stress off. I was so impressed with everything!





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SPECIALTY CLINIC SCHEDULE

SPECIALTY	PROVIDER	AFFILIATE	SCHEDULE	TO SCHEDULE
ALLERGY	Dr. Kenny D. Rodriguez	Cedar Valley Medical Specialists	1st Monday	319-888-8044
AUDIOLOGY	Angela Jenkins	Physician's Clinic of Iowa	2nd Tuesday	319-332-0950
CARDIOLOGY	Abbie Schaa, ARNP	Allen Hospital Cardiology	Every Tuesday	319-236-1911
	Allyson Landphair, ARNP	Allen Hospital Cardiology	2nd & 4th Friday	319-236-1911
	Dr. Joud Dib	Cedar Valley Medical Specialists	2nd & 4th Monday	319-883-1452
ENT/FACIAL PLASTICS	Dr. Kevin Carpenter	Physician's Clinic of Iowa	Every Tuesday	319-332-0950
MENTAL HEALTH	Nichol Hohenbrink, LISW	Buchanan County Health Center	Tues. - Fri. at Oelwein	334-2541/283-2651
	Amanda Becker, LMSW	Buchanan County Health Center	Mon at Oelwein; Tues.-Thurs. at BCHC	334-2541/283-2651
	Miranda Franck, ARNP	Buchanan County Health Center	M & T at Oelwein; Wed. Telehealth; Thurs. at BCHC	334-2541/283-2651
	Hope Gruman, ARNP	Buchanan County Health Center	T, W & F at BCHC; Thurs. at Oelwein	334-2541/283-2651
NEPHROLOGY	Dr. Vinay Kantamneni	Cedar Valley Medical Specialists	3rd & 4th Monday	319-833-5940
	Dawn Kleve, ARNP	Cedar Valley Medical Specialists	2nd & 4th Monday	319-833-5940
ONCOLOGY	Dr. Jasmine Nabi	Mercy Medical Center	2nd & 4th Tuesday	319-363-8303
ORTHOPEDICS	Dr. Benjamin Torrez	Cedar Valley Medical Specialists	1st, 3rd & 4th Wednesday	319-859-8139
	Amber Toenyes, PA-C Madison Shatek, PA-C	Cedar Valley Medical Specialists	Rotating Mondays & Thursdays	319-859-8139
	Dr. Sandeep Numjal Heidi Sandersfeld, PA-C	Physician's Clinic of Iowa	Every Tuesday	319-332-0950
PAIN CLINIC	Scott Chastek, ARNP, CRNA Brad Zeithamel, CRNA ARNP Anthony Greenwood, CRNA, ARNP Lindsay Rave, CRNA ARNP	Iowa Anesthesia	Every Monday	319-332-0970
PALLIATIVE & MEMORY CLINIC	Amy Latwesen, ARNP	Buchanan County Health Center	Every Wednesday	319-334-2541
PHY. MED. & REHAB	Dr. Devin Smith	UnityPoint Clinic	1st & 3rd Friday	319-369-7321
PODIATRY	Dr. Charles Cibula	Cedar Valley Podiatry	Every Thursday	800-362-4180
	Dr. David Hemmes	Foot and Ankle Specialists	1st, 2nd & 3rd Friday	319-332-0950
PULMONOLOGY	Dr. Hamad Azam	UnityPoint Clinic - Cedar Rapids	Rotating Wednesdays	319-363-3565
RHEUMATOLOGY	Dr. George Isaac	Dubuque Rheumatology	1st, 3rd & 4th Tuesdays	563-583-4848
SKIN CANCER	Emily Clinton, ARNP	Cedar Valley Medical Specialists	Every Wednesday	319-888-8044
	Jennifer Kane, ARNP	Cedar Valley Medical Specialists	Rotating Mondays, every Thursday	319-888-8044
	Dr. Kenny D. Rodriguez	Cedar Valley Medical Specialists	1st Monday	319-888-8044
	SRT - Skin Cancer Tx	Cedar Valley Medical Specialists	Monday - Friday	319-888-8044 ext.1132
GENERAL SURGERY	Dr. Andrew Rikkers	Cedar Valley Medical Specialists	Every Wed. & Thurs.	319-332-0950
UROLOGY	Dr. Jon Rippentrop Dr. Tom Richardson Dr. Steven Mindrup	Physician's Clinic of Iowa	Rotating Every Tuesday	319-332-0950
WOMEN'S HEALTH	Kelsey Colby, WHNP	Allen Women's Health	1st Wednesday Maternal Health	319-334-7005
	Various	Allen Maternal Health		319-334-7005
WOUND CENTER	Dr. David Fahey	Buchanan County Health Center	Every Tuesday AM	319-332-0937
	Ally McMartin, ARNP	Buchanan County Health Center	Every Mon., Wed. & Thurs.	319-332-0937
	Michelle Wenzel, ARNP	Buchanan County Health Center	Every Friday	319-332-0937

Learn more about your provider online at [BCHCHealth.org/provider](https://www.bchealth.org/provider)

LOCAL SURGICAL SERVICES ARE OFFERED BY:

Dr. Charles Cibula - Podiatry
Dr. David Hemmes - Podiatry
Dr. Benjamin Torrez - Orthopedics
Dr. Kevin Carpenter -
ENT/Facial Plastic Surgery
Dr. Kenny D. Rodriguez -
ENT/Facial Plastic Surgery

Dr. Kyle Morrissey - Pain Clinic
Scott Chastek, ARNP, CRNA - Pain Clinic
Anne Meyer-McCright, ARNP, CRNA -
Pain Clinic
Griffin Kopp, ARNP, CRNA - Pain Clinic
Dr. Daniel Miller - Ophthalmology
Dr. Brian Gerrelts - General Surgery/GI

Dr. William Schmitt - GI
Dr. Tom Richardson - Urology
Dr. Steven Mindrup - Urology
Dr. Jon Rippentrop - Urology



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[BCHCHealth.org](https://www.bchealth.org)
319-332-0999

