

Evaluating Your Individual Health Care Needs

Evelyn Adamec believes in taking charge of her own life. A retired teacher from the Ridgeway school, she has four grown children and lives in rural Cresco. Evelyn stated, "It is important to self-evaluate your own health care needs and acknowledge that being in close proximity to your health care provider is important in meeting those needs. Because of the medical problems advanced age may cause, seconds count and being far from your doctor or hospital is not a very good idea."

When Evelyn was experiencing chest pain, she came to the Emergency Room (ER) of Regional Health Services of Howard County (RHSHC) and was very impressed with the care she received. At her request, the ER physician contacted Evelyn's daughter who is a registered nurse and lives in Des Moines. Then the ER physician, Evelyn's daughter, and a cardiologist at Mercy Medical Center – North Iowa had a three-way phone conversation about Evelyn's condition and recommended treatment. Evelyn noted that this was "very helpful" and stated, "I was impressed how all involved worked together for my benefit. The ER doctor even consulted with my regular provider from the Cresco Medical Clinic to get more information on my medical background and to keep her informed of my situation. It is important to me to have my regular provider know what is going on with my health concerns."



Evelyn Adamec

Evelyn noted that when she was asked where she would choose to go for cardiac care she indicated Mercy in Mason City as she remembered they are known for being one of the Top 100 Cardiovascular Hospitals in the nation for over eight years. She has no regrets with her choice indicating, "My cardiologist, Dr. Samuel Congello, and Mercy have been wonderful. The fact that RHSHC offers a variety of outpatient specialty services in Cresco is a great benefit to patients who don't want to travel far to see a cardiologist, podiatrist, or ear/nose/throat physician."

Evelyn noted that along with receiving excellent care, she is impressed with how RHSHC promotes health, wellness and education in the community with programs such as diabetes education, Senior Health & Wellness fitness classes, and free Lunch & Learn education sessions. With her background in education, Evelyn is known for her thorough research and makes decisions based on her findings. She asked that we share this information with the community about her positive experiences at RHSHC.