

AROUND THE AREA

Milleman joins Northwest Iowa Urologists PC

Northwest Iowa Urologists PC and Dr. Charlotte Caligiuri, DO, are pleased to welcome Dr. Mark Milleman, MD, to their practice and the Spencer medical community. Milleman brings extensive experience in the diagnosis and treatment of a wide range of urological conditions and is now seeing patients.

Milleman joins the practice after relocating from Wisconsin and is board-certified in urology. He earned his bachelor's degree from Cornell University in New York before completing his medical degree at the University of Iowa College of Medicine. His advanced training includes



Dr. Mark Milleman

a fellowship at Charité Medical School in Berlin, Germany, and a residency at The Medical College of Wisconsin in Milwaukee. Milleman is known for his pa-

tient-centered approach to care, guided by a philosophy he summarizes as: "I practice medicine and treat patients how I would like to be treated — ethically, empathetically, and timely. Placing them and their desires first and foremost."

Outside of the clinic, Milleman enjoys spending time with his family, attending his sons' tennis matches and activities, hunting, fishing and enjoying the outdoors. He and his wife are proud parents of two sons.

Patients interested in scheduling an appointment with Milleman may contact Northwest Iowa Urologists PC, located within Spencer Hospital, at 712-262-6214.

Corridor releases 2025 annual report

The Iowa Lakes Corridor Development Corporation unveiled its 2025 Annual Report of Activities at its recent Business Recognition Luncheon.

The Corridor's 2025 Annual Report outlines many accomplishments and developments in the region over the last year, including new programs like the Homegrown Talent Initiative, Big IDEA Challenge and Corridor Conversations Podcast. It also reports on other ongoing programmatic areas, including business retention and expansion, business succession, business recruit-

ment, entrepreneurship, legislative advocacy, workforce, housing, and child care.

The Homegrown Talent Initiative is a program supported by an annual golf tournament hosted by the Corridor each year. In 2025, the first two grant recipients were chosen to receive a \$6,000 grant paid over four years to individuals who graduated from the region, went off to college or a training program, and recently returned to the region to live and work. These grant funds are paid for student loans, mortgage or child care expenses.

To assist entrepreneurs looking to start or expand their businesses, the Big IDEA Challenge brought five local business owners together for a pitch competition to win monetary awards. The Corridor Conversations Podcast launched in October 2025 with seven episodes in its first season, featuring a variety of guests from Homegrown Talent Initiative grantees to local city leadership.

The Corridor's full annual report can be viewed on its website at www.lakescorridor.com/report.

SEASONS CENTER NEWS

SEASONS CENTER GETS GRANT TO AID L-M SCHOOLS

Seasons Center for Behavioral Health has been awarded grant funding from the Pocahontas County Foundation to support and enhance school-based mental health services in the Laurens-Marathon Community School District.

A press release from Spencer office of Seasons Center said, "The funding will strengthen Seasons' ongoing partnership with the district and improve the therapeutic environments where students receive mental health support."

The release stated that Seasons Center's on-site school-based mental health team includes a mental health therapist and a youth services worker. Grant funds will be used to purchase furnishings, sensory items, therapeutic tools and mental health resources for the team to use in creating environments that are trauma-informed, sensory-friendly and intentionally designed to support students' emotional and behavioral health needs.

"This project will serve children and youth in the Laurens-Marathon Community School District who are experiencing behavioral health conditions or who may benefit from additional mental health support," said Stephanie Pohar, vice president of marketing and fund development at Seasons Center. "In addition, the initiative will support teachers, school staff and parents by increasing access to mental health information, resources and supports."

The release added that, "In the long term, the project aims to promote greater emotional resilience among students, reduce behavioral incidents, and contribute to more positive school climates, benefiting the broader community and helping prevent more serious mental health crises later in life. Seasons Center for Behavioral Health was founded in 1959. It is a community mental health center with a mission of "Guiding individuals and families towards a meaningful and fulfilling life."

Seasons Center provides a variety of behavioral health services in northwest Iowa including outpatient psychiatry services, outpatient counseling and therapy services, substance use disorder services, emergency and crisis services, case management, peer support, and school-based ser-

VICES. Seasons Center is nationally accredited through COA Accreditation. COA Accreditation means that Seasons Center's programs, services, administration and management have been rigorously evaluated and meet best practice standards.

SEASONS CENTER FOR BEHAVIORAL HEALTH RECEIVES HIGH MARKS IN ASSERTIVE COMMUNITY TREATMENT FIDELITY REPORT

The University of Iowa Health Care Center of Excellence for Behavioral Health recently conducted a fidelity review of Seasons Center's Assertive Community Treatment (ACT) program. Seasons achieved a score of 113 out of 140 possible points, placing the program in the highest implementation bracket as defined by the Substance Abuse and Mental Health Services Administration.

Assertive Community Treatment is an evidence-based, 24/7

team-based care model for individuals with severe, persistent mental illness who struggle with traditional outpatient services. The multidisciplinary team provides comprehensive, personalized, community-based services to reduce hospitalizations, improve housing stability, and foster independence. The fidelity evaluation reviewed how closely Seasons Center's ACT program follows the evidence-based ACT model of care and scored the program based on data collected from chart reviews, interviews with clinicians, administrative staff, clients, observation and any additional documents provided by the agency. Key areas of review included human resources, organizational boundaries and nature of services.

The fidelity review report was completed by Nancy Williams, MD, Center of Excellence for Behavioral Health; University of Iowa Healthcare.

TEDDY BEAR CLINIC

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wellness check with a Spencer Hospital provider, a visit to the lab to learn how tests are run, and a stop at the emergency department to see an ambulance up close. Other stations included Spencer Hospital's Wound Care Clinic, where bears received "treatment" in the hyperbaric oxygen chamber (which helps make their fur extra soft and fluffy), same-day surgery to learn how patients are prepped for procedures and where operating rooms are located, and diagnostic imaging, where bears received an X-ray.

"The Teddy Bear Clinic is a wonderful opportunity for area first graders to learn that visit-

ing the doctor for routine check-ups and vaccinations is safe and important for their health," said Angel Smith, Clay County Public Health director. "Through engaging, hands-on activities, we were able to ease fears and build trust in health care settings. Outreach events like this are essential in fostering a positive relationship between children and medical professionals, setting the foundation for a lifetime of good health."

At the conclusion of the visit, each first grader took home their teddy bear, along with surgical hats and gloves and their bear's X-ray. The teddy bears were generously donated by the Build-A-

Bear Foundation, helping make the experience even more memorable.

Spencer Hospital is proud to provide educational opportunities like the Teddy Bear Clinic, reinforcing its commitment to serving the community and region through engagement and compassionate health care. Also visiting the Teddy Bear Clinic this week will be first graders from every school in Clay County and in each of the communities that is home to one of Spencer Hospital's Family Care Clinics including: Hartley Melvin Sanborn, Clay Central Everly, Okoboji, Sacred Heart and Iowa Great Lakes Lutheran.

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Do you need testing outside of the Health Center?

Call (712) 226-8973 to set up testing or for more information about testing events.

For more information, scan our QR code to visit the Siouxland Community Health website: <https://www.slandchc.com/>



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