Koreen Dow, Administrative Director

A picture containing person, indoor

Description automatically generated

Hello,

I am Koreen Dow. I am the old shoe at Waubonsie that is still here after 30+ years. You know, the pair that you have had for a long time. You might change the insole (or management), but the shoe is still sturdy. You might change the shoelaces (color, length, style), but that choice is what ties and keeps the shoe together and gives it character. That’s what keeps me at Waubonsie…it is a good fit!

Like a shoe, I have covered a lot of ground here. I started posting charges, moved on to billing insurance, added doing payroll and human resources, incorporated several software systems throughout the years, thus learned IT, ordered supplies, cleaned the office, and was called upon to remove flying bats if necessary. Currently I have the role of Administrative Director, another learning experience for me.

Outside of the workplace, I have several other shoes that I wear. I have been married for 38 years to my high school sweetheart. We enjoy so many things together… activities with our 2 grown boys, music, sports, golf, attending Church, and spending time with family & friends. I love the Iowa Hawkeyes, Chiefs, and St. Louis Cardinals. Always ready to strike up a conversation with anyone about sports if they are willing to listen to me. Working outside with flowers, going for walks, and playing the piano are some of my favorite hobbies. Helping and making others happy gives me great satisfaction and something I strive to do every day.

Valerie Parrott, Billing Coordinator

A person sitting on a couch

Description automatically generated with low confidence

Valerie grew up in Essex, IA. She attended University of Northern Iowa earning a bachelor’s degree in Athletic Training. She worked in a Physical Therapy setting for 7 years before making the change to Mental Health.

In her spare time, she enjoys being a busy mom of three girls and going to all their activities. Spending time at the Lake, watching hockey, and remodeling their farmhouse with her husband.

Barb Lyddon, Unit Coordinator

A person sitting at a desk

Description automatically generated with medium confidence

Bio to follow

Carmen Clear, Unit Coordinator

A person wearing glasses

Description automatically generated with medium confidence

Unit coordinator, bachelor’s degree in business from Kaplan University

I enjoy helping people, that’s why I love what I do!

Tracy Wiig – does not want a picture

I am a transplant from Omaha and have lived in SW Iowa since 1994. I have worked in the medical/psychiatric/public health field all my adult life and can’t imagine doing anything else.

Kids, grandchildren, photography, baking, antiques and live music are my ‘happy places’.

I started at Waubonsie Mental Health in August 2019. It has been a learning experience that has enhanced my skills professionally and personally.

Goals would like to achieve are more traveling and seeing new people and places.

Janessa Stevens, Medical Records –

A person smiling for the camera

Description automatically generated with medium confidence

Hello! My name's Janessa Stevens, I am married and have 3 children. I also have two dogs and a cat. I have worked in the medical field for 10 years and I am so happy to be a part of the team!

Timothy Smith, MD, Medical Director

A person in a suit and tie

Description automatically generated with low confidence

Dr Timothy Smith earned his MD from Creighton University in 2014 and completed his residency at the University of New Mexico in Internal Medicine in 2017. He spent the next year working at the Albuquerque VA and UNM as a Junior Faculty Member and Chief Resident in Ambulatory Medicine. He relocated to Shenandoah Iowa in 2018 where he practices internal medicine full time. In addition, he has also continued his interest in medical education by serving as Adjunct Faculty for the Lake Erie College of Medicine to host 3rd and 4th year medical students during their clinical rotations. In 2018, Dr Smith became a buprenorphine waivered practitioner and has been providing medication assisted treatment for opioid use disorder.