

LEADING THE WAY

Healthline

Fall 2016

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as Good as New

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Visit www.fremonthealth.com/contactus to submit your email address.

All entries are due by **December 12, 2016**. Correct entries will be entered into a drawing. Must be 18 or older to enter. **Fern Wolfe from Arlington** was the winner of \$50 in Fremont Bucks from the Summer 2016 issue.

Fremont Health



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Human Resources (402) 727-3318
Patient Accounts (402) 941-7224
Patient Information (402) 721-1610
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Patrick Booth, *President and Chief Executive Officer*
Public Relations Department, *Executive Editor*

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MISSION: To Improve the Health and Wellness of People in the Communities We Serve

VISION: To Passionately Pursue Excellence in Healthcare in Collaboration with Physicians and Staff

VALUES: Compassion, Respect, Integrity, Teamwork, and Innovation

GUIDING PRINCIPLE: To Preserve and Strengthen Fremont Health as a Locally Governed Organization



A Letter to the Community

For this 2016 Fall issue of *Healthline*, I've decided to share several tidbits rather than a lead story, hoping one or more of these topics will pique your interest!

FREMONT

I regularly visit hospitals in other communities throughout our region. Is it just me, or does it seem like our greater Fremont community is on a positive roll? I can easily think of more than 20 major projects and new businesses that have helped grow and enhance our community over the last few years or that will do so for the next several years. Hats off to all of those who are helping to make Fremont a more attractive place to live, work and play!

DUNKLAU GARDENS

The renovation project is nearing completion, and soon, Dunklau Gardens will be home to more than 100 residents. Our wonderful staff would love to give you and your family a tour. If you or a loved one are considering long-term care options, please call us at (402) 727-3795. On the tour, you will see the beautiful new A. J. Merrick Short Term Rehabilitation Unit, three dining rooms, two large outdoor courtyards, and four private hospice suites. Dunklau Gardens recently received a Five-Star Quality Rating from the Centers for Medicare and Medicaid Services. Read more about this designation on page 6.

OPEN-ENROLLMENT SEASON

Fall is the time of year when employees and individuals are making their choices about the upcoming insurance year. This is true whether you are selecting a Medicare Advantage program, a Medicaid Managed Care program, a plan sponsored by your employer, a plan on the federal "marketplace," or a private plan for you and your family. Among the many things you need to evaluate are the plan design, benefit and premium levels, and your provider network, which lists the physicians, hospitals, and other providers

who have contractual relationships with your insurance plan. These relationships typically include significant price discounts. Fremont Health and its many physician members value the relationships we have with our community and patients, so please check to make sure that your insurance plan includes Fremont Health Partners in its network.

ORTHOPAEDICS

Approximately one year ago, Fremont Health Orthopaedics and Sports Medicine partnered with OrthoWest, the largest and most well-known orthopaedic group in the region, to bring several talented orthopaedic surgeons to our community on a regular basis. These new surgeons specialize in hand surgery, as well as foot and ankle surgery. Together, they have already performed more than 40 surgeries right here in Fremont.

Now, I'm pleased to announce that Fremont Health is enhancing its collaboration agreement with OrthoWest. They will now fully staff and operate our Fremont Health Orthopaedics and Sports Medicine clinic, bringing more orthopaedic surgeons to our clinic. They are the only orthopaedic group on our medical staff and will perform surgery in our hospital and surgical center. OrthoWest will also provide on-call services to our Emergency

Department and hospital patients 24/7/365. Please stay tuned for more news about this expanded service over the next few weeks and months.



Sincerely,

Patrick Booth, President and CEO, Fremont Health

REVERSING THE APPROACH TO TREAT SHOULDER ARTHRITIS

Fremont Health's fellowship-trained, board-certified orthopaedic surgeon offers a solution for patients suffering from extensive arthritis: reverse total shoulder replacement.

EVERY YEAR, thousands of conventional total shoulder replacements are successfully done in the United States for patients with shoulder arthritis. This type of surgery, however, is not as beneficial for patients with large rotator cuff tears who have developed a complex type of shoulder arthritis called "cuff tear arthropathy." For these patients, conventional total shoulder replacement may result in pain and limited motion, and reverse total shoulder replacement may be an option.

"A reverse total shoulder replacement works better for people with cuff tear arthropathy because it relies on different muscles to move the arm," says Matthew Byington, DO, Orthopaedic Surgeon and Director of Sports Medicine at Fremont Health. "In a healthy shoulder, the rotator cuff muscles help position and power the arm through its range of motion. A conventional replacement device also uses the rotator cuff muscles to function properly. In a patient with a large rotator cuff tear and cuff tear arthropathy, these muscles no longer function. The reverse total shoulder replacement relies on the deltoid muscle, instead of the rotator

cuff, to power and position the arm."

Dr. Byington specializes in minimally invasive arthroscopic techniques and sports medicine.



Matthew Byington, DO

While he treats all orthopaedic conditions, he primarily concentrates on the shoulder, knee and elbow. These concentrations led him to pursue learning the reverse shoulder replacement technique and its benefits to patients with rotator cuff arthropathy.

During a reverse total shoulder replacement, Dr. Byington implants a metal ball into the shoulder socket and a stem into the humerus bone. This switch-up of the implants' placement allows the deltoid muscle to do the work of the damaged rotator cuff muscles.

MOBILIZING YOUR PREVENTION EFFORTS

Because rotator cuff injuries and arthritis can develop over time from strains and degeneration, regular strengthening and stretching of the shoulder muscles can help prevent serious damage. Talk to your doctor about exercises you can do at home to help keep shoulders limber.

However, should surgical treatment be necessary, patients in the Fremont region can find relief locally.

"I am one of the few orthopaedic surgeons in Nebraska performing this unique surgery," Dr. Byington says. "I am excited and honored to be able to provide the community with this service."



For more information about orthopaedic services offered at Fremont Health, visit www.fremonthealth.com/ortho.

SPORTS MEDICINE BY A SPORTS ENTHUSIAST

A former athlete, Dr. Byington won three NCAA/NAIA National Championships and an All-American collegiate title in the 800-meter run while at Nebraska Wesleyan University. He ran track professionally and competed internationally for the Santa Monica Track Club. Today, Dr. Byington brings the same dedication and level of expertise to his practice and his record proves it:

- **4** years medical school; **5** years orthopaedic surgery residency; **1** year sports medicine fellowship = **10** years post-college training
- **7** years performing reverse shoulder surgery
- **Countless** student athletes he treats as Director of Sports Medicine and team physician for Midland University, Fremont High and other high schools in the surrounding area
- **3** locations at which he sees patients, including Fremont Health Orthopaedics & Sports Medicine, West Omaha Orthopaedic Clinic and West Shores Medical Clinic



HAVING MY BABY MY WAY



Like many mothers-to-be, Abbie Brainard planned to have her children without medication or surgery, but circumstances required both when she went into labor with her first child. Would a Cesarean section delivery be her only option for future pregnancies?

"We used to say, 'Once a C-section, always a C-section.' That's not the case anymore. Under the right circumstances, a woman can absolutely have a child vaginally even after she has had a C-section."

—KAREN LAUER-SILVA, MD, OB/GYN ON THE MEDICAL STAFF AT FREMONT HEALTH

THREE YEARS AGO, Abbie and her partner, Jason Fellers, were happily preparing to welcome their first child into the world. It had been a straightforward pregnancy, but at 30 weeks the couple found out that their baby boy, Ethen, was positioned the wrong way, that is, with his feet down.

"His head should have been down by then, but you could see on the ultrasound that it wasn't," Abbie, a 22-year-old hair stylist, says. "We tried a few natural ways to get him to turn. He'd get halfway, then turn right back up again."

The couple worked with Abbie's OB/GYN, Karen Lauer-Silva, MD, to decide what to do next. Not knowing what prevented Ethen from turning, Dr. Lauer-Silva recommended against trying to move him manually.

When Abbie went into labor at 36 weeks, Dr. Lauer-Silva performed another ultrasound. It confirmed that Ethen was still in the breech position, meaning he would have been born feet first.

"There are so many potential complications when a baby is breech that we no longer deliver breech babies vaginally," Dr. Lauer-Silva says. "The team was called for a Cesarean delivery."

Ethen was safely delivered at 36 weeks. The healthy baby boy weighed eight pounds, four ounces, and in Abbie's words, "he was perfect."

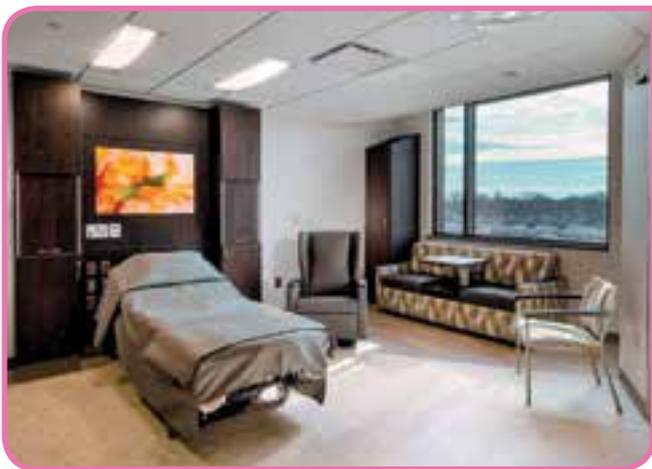
ACCORDING TO PLAN

Fast-forward to 2015. Abbie and Jason have decided to have another child and are seeing Dr. Lauer-Silva again. Their first question is whether or not Abbie can deliver her second baby without a C-section.

"A natural, vaginal birth was always what I wanted," Abbie says. "So I asked Dr. Lauer-Silva if it would be possible this time around."

They discussed the possibility of a trial of labor after Cesarean (TOLAC). That's when a mother-to-be makes an attempt to have a vaginal birth after C-section (VBAC).

"TOLAC is not right for everyone, but Abbie was a perfect candidate," Dr. Lauer-Silva says. "She was healthy. The reason for her first Cesarean was the baby's position, and this baby was turned the right way. Another important consideration was the uterine scar, which in this case would not prevent her from a TOLAC."



Maternity suite at Fremont Health

After a few false alarms with Braxton-Hicks contractions—or weak, sporadic contractions—Abbie was induced at 39 weeks. She got the all-clear from Dr. Lauer-Silva to try to deliver her second child without a C-section.

“Abbie and her baby were in the best possible place for the TOLAC,” Dr. Lauer-Silva says. “She had never had a baby vaginally so we didn’t know if it was possible for her to do so. It was like she was a first-time mom with the added complication of a C-section scar. But at Fremont Health, anesthesia, surgery, and obstetric teams are in the hospital the whole time a mother labors. If there had been a complication, we could have moved her to surgery for a C-section in just a few minutes. The support here gives me complete confidence in letting patients labor with a scar on the uterus.”

After 13 hours of labor, Abbie got her wish: She welcomed baby girl Jersey into the world without the need for a C-section. Jersey had a heart murmur that cleared up quickly, but she was otherwise healthy. Today, she’s a thriving infant who keeps her mom and dad busy.

“I was so thankful to Dr. Lauer-Silva for helping me have Jersey the way I wanted,” Abbie says. “She was very supportive. I got to accomplish what I set out to do. She encouraged me to do what my body wanted, but I knew she was there to keep me safe. Both experiences were amazing.”



For more information about VBAC and other obstetric services, visit www.fremonthealth.com and search “maternity.”

TOLAC VS. VBAC

A trial of labor after Cesarean section (TOLAC) is when a woman tries to have a baby vaginally after having a C-section with a prior pregnancy. A vaginal birth after C-section (VBAC) is a successful birth after the TOLAC. Not all women will be able to have babies vaginally after a C-section. Your doctor can help you decide if TOLAC is safe for you and your baby.



Skin-to-Skin Contact

The benefits of immediate or early skin-to-skin contact between mothers and newborns are significant. This connection between new mother and baby is believed to help minimize newborn stress, help stabilize the newborn’s breathing and blood sugar level, promote bonding, and initiate breastfeeding.

Historically, moms who delivered babies via Cesarean section (C-section) waited five minutes or longer before being able to hold their babies. Fremont Health is dedicated to making early contact possible more quickly for all moms, regardless of delivery method. The goal of Fremont Health staff is to place newborns delivered by C-section on their mother’s chest less than a minute after delivery, providing skin-to-skin contact as soon as possible after determining that neither the baby nor the mom has birth complications that require priority over bonding.





HIGH-FIVE FOR QUALITY

Fremont Health's Dunklau Gardens recently was awarded five stars by the Centers for Medicare & Medicaid Services. But that's only a snapshot of our success.

WHEN CONSIDERING short- or long-term care options, only the best will do. That's why Rachel Reiman, PT, Dunklau Gardens administrator, and her team work behind the scenes to make this facility a home that any family member would feel comfortable choosing for a loved one.

"Every nursing facility is graded on 20-plus quality measures, such as pain control or pressure ulcer prevention," Reiman says. "It's our job to ensure we exceed the standard with each of them. Most of these quality standards impact our five-star rating on Nursing Home Compare. This designation recognizes that we know how to identify and provide for the best care of our residents."

PRACTICALLY SPEAKING

At Dunklau Gardens, providers, residents and family members sit and build a plan of care. Residents are paired with consistent staff members, so they see the same faces every day and develop relationships of trust. This allows for safer, more personalized care. Care strategies, including hourly rounding for fall prevention, effective call light response, and proactive management of health issues, such as incontinence or chronic pain, support positive quality results.



Call (402) 317-0865 to schedule a tour of Dunklau Gardens and see our five-star results for yourself.



Have old or unused medications to dispose of?

Be smart about medication disposal—never flush drugs down the toilet or throw them in the trash, as they can harm the environment or wind up in the wrong hands.

What should you do with them? You can bring any needle-free medications to Fremont Health Pharmacy any time between 9 a.m. and 5 p.m., Monday through Friday, and we will be glad to safely dispose of them for you.

RECOGNIZED FOR EMERGENCY CARE

Who do you want on your side when every second counts? Fremont Health recently received the 2016 Women's Choice Award as one of America's Best Hospitals for Emergency Care—one of only 360 hospitals in the nation recognized.



By the Women's Choice Award's standards, Fremont Health ranks in the top 1.3 percent of hospitals for emergency care. When every minute matters, having patients assessed by registered nurses within two minutes of arrival and an average wait time of seven minutes demonstrates the level of Fremont Health's commitment to the community.

The award is given based on how satisfied female patients are with their emergency care experience and clinical excellence, and what women say they want from their hospitals.

NARCAN

—NASAL ANTIDOTE FOR OPIOID OVERDOSE

AMERICA IS IN THE MIDST of an opioid epidemic. Overdose deaths involving opioids—which include prescription medications and heroin—have risen dramatically in the last 25 years. In the last 15 years, deaths by opioid overdose have increased by 200 percent.

Deaths not only occur in addicts and people experimenting with drugs, but also in patients taking opioids prescribed for medical conditions, such as cancer or chronic pain. The Centers for Disease Control and Prevention (CDC) points to opioids as the "main driver" of drug overdose deaths. To put that in perspective locally, drug overdoses took the lives of 125 Nebraskans in 2014—nearly an 11 percent increase in age-adjusted rates from 2013, according to the CDC. This translates into more than two Nebraska residents dying weekly from drug overdose in 2014.

To help combat the issue in Nebraska, Governor Pete Ricketts signed LB390 into law, expanding access to the lifesaving medication naloxone. Naloxone, trade name Narcan, is a reversal agent for opioid medications. The medication can be given by injection or by nasal spray. The medication can reverse the effects of opioids within minutes and can save lives.



Nick Hummel, PharmD

Narcan can now be dispensed by pharmacies without a physician prescription, allowing more people to have access to the medication. "We want the medication to be available in the community where it can prevent harm" states Nick Hummel, PharmD, Director of Pharmacy Services at Fremont Health Medical Center. A nasal spray kit is available

for purchase from the Fremont Health retail pharmacy.

Hummel says NARCAN can be administered by spraying the drug into the nostril of anyone taking opioids who shows signs of an overdose, which can include decreased breathing, sleepiness, sluggishness, and bluish skin, lips, or fingernails.



YOU LOST ME AT SYSTOLIC

When you discuss blood pressure with your physician, you're receiving important but often confusing medical information. Use this handy cheat sheet to make sure you understand your health.

Systolic—This refers to the pressure of your blood on your arteries at the moment of a heartbeat. It is displayed first or on top when you look at your blood pressure.

Diastolic—This is the lower blood pressure number that shows up when your heart is in between beats. Because the heart isn't pumping, diastolic pressure is reduced compared to systolic.

High blood pressure—When your systolic/diastolic numbers are greater than 140/90.

Normal blood pressure—When a blood pressure test finds your numbers to be below 120/80.

RELIEF FROM THE PRESSURE OF THE UNKNOWN

Fremont Health's new Heart Check Center™ at the Fremont Family YMCA offers immediate blood pressure testing to members and visitors.

AS MANY AS ONE-THIRD of adults face the dangers posed by high blood pressure, or hypertension. This condition, though common, is something of a medical mystery: scientists haven't been able to determine definite causes, though people who smoke, are overweight, do not exercise regularly, consume too much alcohol or salt, or have a family member with high blood pressure are more likely to live with it.

Symptoms of hypertension are also difficult to determine. The National Institutes of Health reports that high blood pressure "usually has no warning signs," which is why it is sometimes referred to as "the silent killer." Its silence highlights the importance of keeping track of blood pressure.

YOUR TRACKING TOOL

To help people in the Fremont region understand their risk of hypertension—or prevent it—Fremont Health has partnered with the Fremont Family YMCA to make blood pressure checks quick and easy. The all-new, state-of-the-art Heart Check Center located in the YMCA's Wellness Center is a unique blood pressure testing kiosk. It provides absolute privacy for personal health information and displays upcoming events and classes available through Fremont Health that may help improve overall wellness.

The Heart Check Center's test takes approximately two minutes to complete. Results include systolic/diastolic numbers

as well as pulse rate monitoring, body mass index (BMI) and a heart health assessment.

Within the first month of use, 386 people completed blood pressure evaluations/screenings. Of those users, 31 percent of men and 27 percent of women were found to be hypertensive (140/90 and above) at time of screening, while 26 percent of men and 37 percent of women were found to have blood pressure within the normal limits (120/80 or below). Forty people also completed the heart health assessment, and 181 completed the BMI assessment, finding 23 percent of men within desirable BMI limits (18.5–24.9) and 47 percent overweight (25.0–29.9), compared to 36 percent of women overweight and 43 percent in the desirable range.

Unlike blood pressure testing kiosks found at many retail centers, the Heart Check Center gives people an opportunity to combine their results with their medical history. The system allows users to email themselves their results instantly and be prepared to have an educated discussion with their physician if medical follow-up is recommended.



The Heart Check Center is ready for you in the Wellness Center at the Fremont Family YMCA, 810 N. Lincoln Ave., Fremont. To learn about Fremont Health's services available to patients with high blood pressure or other heart and vascular needs, visit www.fremonthhealth.com/heart.



The Bite of Their Lives

Make proper oral hygiene a priority for your kids from a young age.



Vincent Rothe, DDS

DID YOU KNOW that teaching your children how to care for their teeth and gums sets them up for good overall health for the rest of their lives?

“Modeling good habits such as regular brushing and flossing when children are young makes them more likely to continue those habits when they’re grown,” says Vincent Rothe, DDS, Fremont Children’s Dentistry dentist on the medical staff at Fremont Health. “A healthy mouth as an adult can boost heart and cardiovascular health.”

More immediately, though, good oral hygiene reduces the chances your child will have cavities or gum disease. If you’re a little lost on

where to begin, clip the tips below and post them for handy reference.



DO'S

- ✦ **DO:** Start helping your child brush his or her teeth as soon as he or she has a tooth. Only use a tiny smear of toothpaste until your child is 3 years old, when you can begin using a pea-sized amount. Make sure to keep watch for any small off-white or brown spots, as these indicate possible tooth decay.
- ✦ **DO:** Make brushing fun. Find a song your child enjoys that is between two and three minutes long, and brush for the duration of the song. If your child is old enough to brush by him or herself, brush your teeth together.
- ✦ **DO:** Talk to your child about visiting the dentist before you go. Your child will be more comfortable if he or she knows what’s going to happen ahead of time.

DON'TS

- ✦ **DON'T:** Let your child consume lots of food or drinks that are high in sugar. Your child’s diet contributes to his or her oral health just as much as whether he or she brushes and flosses daily—too much sugar can lead to buildup of bacteria on the teeth and cause cavities.
- ✦ **DON'T:** Skip dental visits. Regular checkups with your child’s dentist should be a priority from the time your child is about a year old, according to the American Academy of Pediatrics and the American Academy of Pediatric Dentistry.
- ✦ **DON'T:** Fear dental X-rays. Your child’s dentist limits radiation exposure to an amount safe for kids.

TO FLOSS OR NOT TO FLOSS?

Despite a recent analysis by the Associated Press that found little scientific evidence to support the effectiveness of flossing, dentists say the practice is still important. The American Academy of Periodontology recommends daily flossing as part of your oral hygiene routine.

Because flossing rids your teeth of food or particles your toothbrush can’t get to, it’s still a good way to prevent the buildup of plaque that could lead to gum disease. Flossing reaches tooth surfaces that regular brushing won’t—surfaces that create the perfect environment for cavities.

Until your kids are old enough to do it themselves, make sure you help them floss once a day.



Talk with your doctor about when to visit a dentist. Don’t have a doctor? Visit www.fremonthhealth.com/doctor to find one.

Watch for These Upcoming Events

CHILDBIRTH AND INFANT CLASSES

TO REGISTER FOR A CLASS, OR FOR MORE INFORMATION ABOUT CHILDBIRTH EDUCATION CLASSES, CALL (402) 727-3882.

Understanding Birth

(Monday and Tuesday)
Nov. 14 & 15; Jan. 9 & 10
6–8:30 p.m.

One-day Class: Understanding Birth, Baby Basics, & Better Breastfeeding

Feb. 4
8 a.m.–1:30 p.m.

Maternity Center Tours

Available upon request.
Call (402) 941-7146 to schedule.

Baby Basics & Better Breastfeeding

Mon., Nov. 7; Tues., Jan. 3
6–9 p.m.

SUPPORT GROUPS/CLASSES

American Chronic Pain Association

(402) 727-3439
Nov. 7 & 21; Jan. 2 & 16; Feb. 6 & 20
7–9 p.m.

Breast Cancer Support Group

(402) 727-3439
Nov. 14; Dec. 12; Jan. 9; Feb. 13
Noon–1 p.m.

Celiac Sprue Support Group

(402) 727-3439
Call for dates.
6:30–8:30 p.m.

Compassionate Friends Support Group

(402) 727-3439
Nov. 10; Dec. 8; Jan. 12; Feb. 9
7–9 p.m.

“Erase the Risk” Prediabetes Class

(402) 727-3355
Feb. 2 (meets quarterly)
5:30–8:30 p.m.

Fremont Family Support Group—National Alliance for Mental Illness (NAMI) & NAMI Connection (Peer Group)

Nov. 8; Dec. 13; Jan. 10; Feb. 14
6:30–8:30 p.m.

Grief Support Group

(402) 727-3663
Dec. 1 & 8 (adult group only)
Jan. 2, 9, 16 (adults & children)
6:30–8:30 p.m.

Leukemia & Lymphoma Patient & Family Support Group

Call (402) 941-7363 for information.
Nov. 10; Dec. 8; Jan. 12; Feb. 9
11:30 a.m.–12:30 p.m.

Living Well with Diabetes Support Group

(402) 727-3355
Nov. 29; Feb. 28 (meets quarterly)
5:30–6:30 p.m.

Look Good...Feel Better®

Individual sessions available by calling (402) 727-3580.
Provides women with a free bag of makeup, a makeover, tips, guides about wig care, and information about appearance-related side effects to cancer treatment.

Prostate Cancer Support Group

Call (402) 727-3439 or email prostatecancergroupfremont@gmail.com.
Call for dates.
7–9 p.m.

Understanding Hearts: Suicide Survivor Support Group

(402) 727-3439
Nov. 15; Dec. 20; Jan. 17; Feb. 21
5:30–7:30 p.m.
Dunklau Conference Room at Fremont Health Medical Center

Taking Charge (Diabetes Education Group Class)

Nov. 16; Dec. 21; Jan. 18; Feb. 15
8:30 a.m.–3:30 p.m.
Call Sara Bishop at (402) 727-3355 to register.
Program fees are covered by Medicare, Medicaid, and most private insurance companies.

Tobacco Cessation Class

(402) 727-3439
\$40 per participant.
Call for more information.

SCREENING PROGRAMS

No registration necessary.

Blood Pressure Screenings

Fremont Mall
Nov. 15; Dec. 20; Jan. 17; Feb. 21
8:30–10 a.m.

Community Wellness Blood Draws

Fremont Health Medical Center, Health Park Plaza, Third Floor
Nov. 8
7–9 a.m.

Screenings Available at Community Wellness
Blood draws include:

- Wellness blood profiles—\$40
- Thyroid-stimulating hormone (TSH) test—\$20
- Prostate-specific antigen (PSA) test—\$20
- Glycated hemoglobin (HgbA1C) for diabetes management—\$20
- Lipid panel + glucose—\$20

A 10- to 12-hour fast is recommended for ideal results. Take medications as scheduled unless directed differently by your physician. You can drink water or black coffee. Tests are offered at a reduced fee and cannot be filed through health insurance. Cash or personal checks accepted at time of service. Screenings are not intended as a substitute for regular medical exams.

UPCOMING EVENTS

AgeLess Prevention Connection

(402) 727-3844
Nov. 16; Jan. 18; Feb. 22
8:30–10 a.m.
The Gathering, 750 N. Clamar, Fremont
Visit www.fremonthealth.com for monthly program topics or information about joining our AgeLess program.

Community CPR

(844) 437-3666
Nov. 17
5–7:30 p.m.
Cost: \$50

Community First Aid

(844) 437-3666
Nov. 17
7:30–9:30 p.m.
Cost: \$50

CPR Event

Sat., Feb. 25
Hopkins Arena at Midland University
Join us for multiple sessions of Family & Friends® CPR taught by certified instructors.
Call (844) 437-3666 to register for this FREE class.

Most classes are free of charge, unless noted otherwise. Call the number listed or visit our website at www.fremonthealth.com to register. All events take place in Health Park Plaza, third floor, unless otherwise specified.

Supporting Hospice Care



Thanks to generous gifts, the hospice suites at Dunklau Gardens can be a home away from home for hospice residents and their families.

WHEN A LOVED ONE is expected to live less than six months, the need for hospice care often becomes a reality. Because hospice is end-of-life care, the treatment needs and goals are different from those of a traditional hospital or long-term care facility. Additionally, the presence of family and loved ones becomes more important.

At Dunklau Gardens, we have four hospice suites that provide two separate living spaces, one for the resident, and one for the family. With private bathrooms, a small sitting room, and a kitchenette, the suite provides a quiet, secluded space.

“At the end of life, we monitor for symptom changes, as well as help the family and resident to grieve and prepare for death,” says Karin Ricker, RN, Hospice Clinical Manager at Fremont Health. “The hospice suites are designed to keep staff interaction to a minimum and to provide an area for psychological and spiritual support services.”

A GIFT THAT KEEPS GIVING

Two suites were constructed in 2010, and this year, two were added to complement the renovation of the original suites. Renovations were made possible through donor support including a generous gift made in memory of Richard Wikert by his family, and a gift from Ruth Dunklau in memory of her husband, Rupert Dunklau.

These gifts allow the expansion of hospice services that provide peace and comfort because every moment is precious.

ALL GIFTS MAKE A BIG IMPACT

Every year, Fremont Health Hospice uses funds from the Fremont Health Foundation to provide supportive care. This can range from a final meal with family and loved ones, covering transportation costs for family members of a hospice patient, or purchasing home and comfort items to make hospice more like home.

Funds from the Foundation are



Anne Folkers

also used to promote greater understanding. Whether at a community event that provides more information about hospice care or for books for children

about dealing with grief, educational events are an important part of the mission of hospice.

“There are needs here that are unmet by our regular budget, and our role is to fill those needs and make sure we help advance patient care and clinical excellence,” says Anne Folkers, Director of Development at the Fremont Health Foundation. “Sometimes, our support is very visible—you can see it clearly with new construction or technology, but other times it’s the little ways we touch and enhance the lives of patients.”



To learn more about hospice care, visit www.fremonthealth.com. To make a donation to the Fremont Health Foundation, visit www.fremonthealth.com/foundation.



Photos courtesy of Vic's Photography & Video

Tee Up for Diabetes Education

The 15th Annual Fremont Health Foundation Golf Classic raised funds for the Fremont Health Diabetes Education Program.

ON SEPTEMBER 19, Fremont Health Foundation celebrated its 15-year Golf Classic fund-raiser. Participants were welcomed with lunch, a putting contest, and 18 holes of golf at the Fremont Golf Club. In addition to golfers from around the Fremont area, this year's guest golfer was Dave Webber, sports anchor for WOWT News in Omaha.

The 15th annual event presented by First National Bank Fremont was an exciting afternoon of friendly competition for a good cause and an opportunity to win prizes. A hole-in-one contest sponsored by Gene Steffy Chrysler-Jeep-Dodge-RAM gave participants a chance to win a new car. The day hosted 140 golfers from Fremont and surrounding areas and concluded with a dinner and awards ceremony.

RAISING AWARENESS ON THE GREEN

More than just a day of fun, the Golf Classic is an important event for the Fremont Foundation. Funds raised this year benefit the Fremont Health Diabetes Education Program. A striking 8 percent of adults in Dodge County have been diagnosed with diabetes. Fremont Health offers the "Taking Charge" diabetes self-management class to provide vital education for those with diabetes. Taught by a diabetes educator, registered dietitian, registered pharmacist, and physical therapist, this one-day class, supported by the Fremont Health Foundation, teaches those with diabetes how to live longer and healthier lives.

A SPECIAL THANKS TO OUR SPONSORS

This year's Golf Classic would not have been possible without these major event sponsors and many more:

- First National Bank Fremont
- HDR
- Sampson Construction
- First State Bank & Trust Company
- The Harry A. Koch Co.
- Credit Management
- Gene Steffy Chrysler-Jeep-Dodge-RAM
- Fremont Hy-Vee



To make a gift to the Fremont Health Foundation, visit www.fremonthealth.com/foundation. Save the date for next year's Golf Classic, September 18, 2017!

HAVE YOU MADE YOUR END-OF-YEAR GIFT? AS WE APPROACH AND PREPARE FOR 2017, YOUR CHARITABLE CONTRIBUTIONS HELP US SUPPORT THE PATIENTS AND FAMILIES WHO NEED US MOST.





Santa's Coming to Town!

When planning this year's holiday schedule, make sure to leave a spot free between gift wrapping, caroling, and cookie-baking for Fremont Health's holiday open house.

On Thursday, **December 15, from 5-7 p.m.**, bring your family to our annual holiday open house for old-fashioned festive fun. Held in the Fremont Health Main Lobby this year, our open house will feature our annual visit from Santa Claus and his reindeer—rumor has it Rudolph himself will make an appearance to light the way for the most wonderful time of the year.

With refreshments, musical entertainment, and a chance for kids to share their Christmas lists with jolly old Saint Nick, this year's open house is certain to be a magnificent celebration. Join your neighbors and community members who you may not have seen for a while, and come see us!

Visit www.fremonthealth.com and click "Classes & Events" for more information.