



LEADING THE WAY

Healthline

Spring 2016

**WE'RE
RESPONDING
TO MENTAL
ILLNESS NEEDS
WITH EXPERT,
COMPASSIONATE
CARE**

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Fremont Health



Find the Hidden **Apple** in *Healthline* to Win **\$50** in **Fremont Bucks!**

Send a postcard with your name, address, phone number, and the page number and location of the apple to:

Marketing Department
Fremont Health
450 East 23rd Street
Fremont, NE 68025
Or visit our website at www.fremonthhealth.com, and click on "Contact Us."

All entries are due by **April 4, 2016**. Correct entries will be entered into a drawing. Must be 18 or older to enter. **Marian K. Brockmann from West Point** was the winner of \$50 in Fremont Bucks from the Winter 2015 issue.

Fremont Health



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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

The Fall 2015 issue of *Healthline* featured the newly completed Fremont Health Medical Center project. Our larger and more comfortable medical and surgical inpatient suites have received rave reviews from patients and families. The new Behavioral Medicine Unit opened in early December and has begun meeting a vital community need. Always mindful of our mission of "improving health," we are grateful that we could make these major investments in our facility and technology to better serve the next generation

A significant portion of this "investment" came from within the community itself, through gifts and pledges made to the Fremont Health Foundation as part of the Building a Healthy Future campaign. Mr. Rupert Dunklau, who passed away on February 3, 2016, after 88 wonderful years of life, was the leader of that campaign in many important ways. He left a legacy of love and service to his family, his church, his business and many community organizations.

Fremont Health was so fortunate to be among those organizations. Rupert provided his leadership for more than three decades on our Hospital Board of Trustees, serving as Board Chairman for 28 of those years. He was highly engaged in strategic planning, recruiting physicians, and in building and growing our medical and surgical services. On Sunday, September 7, 2014, we announced a "Lasting Tribute" to Rupert by naming our nursing home "Dunklau Gardens."

It would not surprise anyone who knew Rupert that he was involved in three important decisions about Dunklau Gardens. First, when we showed him an early conceptual design of our nursing home renovation and construction project, he suggested larger resident rooms and more private rooms. "After all," he said, "this is a home, we want our residents and their families to be comfortable."

Second, the Rupert Dunklau Foundation Board of Trustees voted unanimously to

honor Rupert with a \$2 million pledge to the Building a Healthy Future campaign. Rupert wanted to offer the lead gift to set an example for others, and to date, many others have made pledges based in part on Rupert's generous contribution.

Third, Rupert humbly insisted that his friend Dr. A. J. Merrick, after whom the facility was named in 1991, continue to be recognized in a prominent way.

By the time you read this letter, Phase Two of the Dunklau Gardens project will be complete and includes: 1) 80 brand new larger and more private rooms for residents, 2) the new A. J. Merrick Rehabilitation Unit, 3) two beautiful courtyards, and 4) a gorgeous new chapel.

While not considered part of the nursing home, the construction program included a new state-of-the-art Sleep Center with a ground floor location and a private entrance. This Sleep Center will aid our patients and physicians in the diagnosis and treatment of various sleep disorders.

The final phase of the Dunklau Gardens project is already underway and scheduled for completion in the fall of this year. This phase includes a renovation of the remainder of the Cottonwood Unit built in the early 1990s and two additional Hospice Suites.

If you haven't seen the incredible transformation of our nursing home, we welcome you to contact Dunklau Gardens at (402) 727-3795 to arrange for a tour.



Sincerely,

Patrick Booth, President and CEO, Fremont Health

And you can read more on the back page of this issue.

AN END TO MIGRAINE PAIN



A QUICK PROCEDURE, SPHENOCATH NERVE BLOCKING MAY BE ABLE TO STOP YOUR MIGRAINE OR CLUSTER HEADACHES.

LIVING WITH RECURRING MIGRAINES, cluster headaches, or other head or face pain can be a nightmare, especially when conventional treatments don't work. For 90 percent of headache patients, the SphenoCath procedure can stop excruciating head pain in its tracks.

"The SphenoCath is a soft tube used to drip lidocaine, a numbing agent, onto a collection of nerves that sit behind the nose," says Jeffrey Himmelberg, MD, Interventional Radiologist on the Medical Staff at Fremont Health. "This resets the nerve pathways in the head and will often cure headaches instantly. There's no needle used—the medication simply drips from the back of the nose onto the nerve."



Jeffrey Himmelberg, MD

SphenoCath treatment is safe for adults (including pregnant women) and children. Dr. Himmelberg inserts the SphenoCath, applies the nerveblocking chemicals, and removes the SphenoCath. Most patients are back to their

normal routine 20 minutes later.

"The only side effect for some patients is dizziness that lasts for a few minutes," Dr. Himmelberg says. "The treatment won't cure headaches forever, but it will keep the pain controlled. We can also perform the procedure two to four times a year. Many patients find that the more treatments they have, the longer the headache-free period lasts."

If you have questions about SphenoCath or headache management, come to a free screening clinic to meet with Dr. Himmelberg. To find a screening clinic, visit www.fremonthhealth.com and click "Events." See "Rein in the Pain" on this page for details.

REIN IN THE PAIN

In addition to providing treatments for migraines, Dr. Jeffrey Himmelberg offers treatments and free screenings for tendonitis and lower leg pain.

Tendon pain: People who experience tendon pain, such as tennis elbow, jumper's knee, and Achilles tendonitis may find relief from a minimally invasive procedure that quickly and safely removes the source of tendon pain—the TENEX procedure. Dr. Himmelberg performs this procedure without disturbing healthy tissue.

Leg pain: Dr. Himmelberg treats two of the most common causes of leg pain: varicose veins and peripheral artery disease (PAD). The varicose vein therapy leaves no scars and requires no hospital stay. The PAD treatment returns arteries to their normal width and allows proper blood flow.

A free screening for migraines, cluster headaches, and tendonitis, as well as leg pain due to varicose veins and PAD, will occur April 4 from 1 to 3 p.m. at West Shores Medical Clinic at 24110 W. Dodge Road near Waterloo. Screening appointments typically last approximately 15 minutes.

MEDICINE FOR THE MIND



A new Behavioral Medicine Unit at Fremont Health makes it possible to better serve the area's mental health needs.

FOR ADULTS AND SENIORS living in the Fremont region, access to behavioral medicine has often meant traveling long distances. The Nebraska Rural Health Advisory Commission has listed Dodge County and many of the surrounding counties as state-designated shortage areas for psychiatry and mental health.

While Fremont Health already provided outpatient programs including family therapy, a group program for seniors, medication management, and parent-child interactive therapy, the new inpatient unit delivers more comprehensive care. New behavioral medicine therapy programs offer more appropriate ways to respond to a mental health crisis—closing a gap for those in the community who needed more care.

“Over the past several years, we’ve seen behavioral patients become one of our fastest-growing populations,” says Peg Kennedy, RN, Vice President and Chief Nurse Executive at Fremont Health. “For behavioral patients who came to us because they had medical needs, such as treatment for an overdose, we could address their medical problems but didn’t yet have enough

behavioral medicine services to offer. This meant a transfer to Council Bluffs, Omaha, or Lincoln when they were medically cleared.”

RESPONDING TO CHANGING COMMUNITY NEEDS

On Dec. 8, Fremont Health opened our new, state-of-the-art, 20-bed inpatient Behavioral Medicine Unit, making it possible to provide care previously unavailable locally. Our fifth floor is designed specifically to meet security and safety needs for behavioral patients, utilizing special furniture, bathroom facilities, and a new monitoring system.

One-on-one and group therapy is available for patients who experience anxiety, depression, mood disorders, trauma, or disorders such as schizophrenia that may manifest as social disabilities, or those who may exhibit the potential to harm themselves or others. Because behavioral health problems affect whole families when an individual suffers, family therapy is also available.

IMPROVED CARE ALL AROUND

“Our treatment team includes psychiatrists, RNs, advanced practice psychiatric nurses, social workers, activity therapists, and techs working together to provide a multidisciplinary approach to treating acute psychiatric illness,” says Jeff Glosser, Director of Behavioral Medicine at Fremont Health. “We were fortunate to secure many professionals who have experience providing inpatient treatment for mental illness.”

By adding to the behavioral health resources available at Fremont Health, we serve the entire region. Our team works with other behavioral medicine professionals in the community. This allows us to connect patients with the appropriate resources for continued treatment when patients are discharged. In turn, the professionals in the community have another resource for referrals for their patients who need a higher level of behavioral health attention.

To stay up to date about behavioral medicine at Fremont Health, visit www.fremonthealth.com/behavioralmedicine.



MENTAL ILLNESS: MORE COMMON THAN YOU'D THINK

1 in 5 One in five Americans deals with a mental health issue every year.

61,000 In Nebraska, 61,000 adults face what the National Alliance on Mental Illness considers "serious mental illness." That's approximately one of every 25 adults in the state.

2 days per month In Nebraska, adults 65 and older reported that mental health difficulties limited their ability to participate in activities an average of two days per month.

42 million Approximately 42 million Americans have anxiety disorders, 16 million American adults have major depression, and 2.4 million adults have schizophrenia.

"We made a choice to serve the inpatient mental health needs of the community, a big step for any organization. We're trying to reach out and treat folks who may not have had options for this level of treatment, helping them become better integrated and productive within the community."

— PEG KENNEDY, RN, VICE PRESIDENT AND CHIEF NURSE EXECUTIVE AT FREMONT HEALTH

FAQ
Mental Illness

WHAT IS STIGMA?

A stigma is a characteristic that negatively sets individuals apart. Stigma can prevent people suffering from health issues from getting the help they need.

ARE PEOPLE RESPONSIBLE FOR THEIR MENTAL HEALTH ISSUES?

"There are organic or physiological reasons for mental illness, as well as external causes," says Peg Kennedy, RN. "Lifestyle choices, such as smoking or stress, can play a part in affecting your physical and psychological well-being."

HOW CAN I HELP SOMEONE I LOVE WHO HAS BEEN DIAGNOSED WITH A MENTAL HEALTH PROBLEM?

Treat him or her with respect, just as you would anyone else. Offer support if he or she decides to seek treatment, whether through counseling, medication, inpatient care, or a combination of options.



HOW TO SWEETEN HEART HEALTH

Cutting back on sugar may improve cardiovascular health.

“WE’VE ALWAYS made it clear that reducing sodium and trans fat is critical to heart health,” says Andrea Svoboda, Registered Dietitian with Fremont Health Medical Center. “We are learning that lowering added sugar intake may be just as beneficial.”

The American Heart Association (AHA) recommends reducing the amount of added sugars in daily diets to lower the risk of cardiovascular disease. To keep the heart as healthy as possible, the AHA suggests limiting daily sugar intake to:

- ↪ 6 teaspoons or 24 grams per day for women
- ↪ 9 teaspoons or 36 grams per day for men

“To put this in perspective, one can of regular soda contains an average of 40 grams of added sugar,” Svoboda says. “I often recommend that soda drinkers replace their beverages of choice with sparkling water sweetened by a splash of 100 percent fruit juice.”

Naturally occurring sugars such as those in fruit and milk are not considered in the total amount of added sugars. However, sweeteners such as honey, molasses, and table sugars act as added sugars, so be sure to read labels on the ingredients you use when preparing food.

Looking for a help designing a healthy eating plan? Contact a Fremont Health clinical dietitian at (402) 727-3488.



Greek Yogurt Chocolate Mousse

To improve your health, you don’t have to give up desserts. Take this tasty option, for example.

SUGAR CAN HURT your health, particularly if you live with diabetes, but reducing your sugar intake doesn’t mean you have to stop eating dessert altogether. Treat yourself to this creamy mousse for a delicious—but still nutritious—snack.

INGREDIENTS

- 6 mini sugar-free dark chocolate bars, chopped
- 2 cups nonfat, plain Greek yogurt
- 2 tablespoons stevia
- 1 teaspoon vanilla extract
- 1/4 cup skim milk
- 3/4 cup nonfat whipped topping

NUTRITION INFO

- Servings: 6
- Calories: 100
- Fat: 2.5g
- Saturated Fat: 1.6g
- Carbohydrates: 10g
- Sugar: 5g
- Sodium: 45mg
- Fiber: 1g
- Protein: 8g
- Cholesterol: 0mg

INSTRUCTIONS

In microwave-safe bowl, melt chocolate in the microwave for 1 minute, stirring and reheating in 30-second intervals until completely melted.

Using an electric mixer, whip Greek yogurt in a mixing bowl. When yogurt is fluffy, add milk, stevia, and vanilla, and beat together until mixed. Add the chocolate a spoonful at a time, whipping the mixture after each spoonful.

When all the ingredients are mixed together, spoon out six servings into separate bowls. Add whipped topping to each and serve.



Source: www.diabetes.org.



DO YOUR NUMBERS ADD UP TO VIBRANT HEALTH?

Take control of your blood pressure and gain back your health by staying on the preventive track.

HIGH BLOOD PRESSURE means your blood puts excessive pressure on your arteries, potentially causing your heart to weaken over time.

A normal blood pressure is considered anything less than or equal to 120/80, with the top, or systolic, number showing the strength at which blood is leaving the heart and the bottom, or diastolic, number the strength at which the heart is being refilled. A high blood pressure, or hypertension, is anything above 140/90.

"About 90 percent of high blood pressure cases are a function of age," says Dr. S. George Sojka, Director of Cardiac Rehabilitation and Critical Care at Fremont Health, who is board-certified in internal medicine and cardiovascular disease. "In the other 10 percent of cases, there may be other treatable conditions causing high blood pressure that need to be checked out—for example, a possible blockage in the artery to the kidneys."

Not all treatment plans look alike, but some new research is redefining how doctors help patients improve blood pressure levels.

CHANGES AHEAD

"Until recently, treatment plans for high blood pressure attempted to keep people at 140/90 or less, but that seems to be changing," Dr. Sojka says. "During a recent American Heart Association conference, a landmark study was discussed. It turns out if blood pressure is treated to reach the level of 120/70, then there is a 25 percent

reduction in mortality, stroke rate, and death."

One way Fremont Health is helping members of our community accomplish this new ideal range of 120/70 is by changing the way we account for patients' medications.

"In the past, we would normally work with one medication at a time, but now, we've found it to be more effective to have the patient on two or three medications," Dr. Sojka says. "With the additional medications, we can better manage blood pressure and get it closer to this ideal range."

CHECK YOUR PRESSURE

It is important for everyone to be proactive when it comes to blood pressure.

"The federal government now allows patients to receive one free blood pressure screening a year, so take advantage of that," Dr. Sojka says. "Pharmacies and supermarkets also have stations where you can walk in and quickly get your blood pressure read. If you want to check your blood pressure at home, there are many products available, though this should be secondary to actual screens performed by your provider of choice."

SPEAK UP

"Make sure you know your blood pressure numbers and follow your treatment plan, but speak up if a medication is bothering you," Dr. Sojka adds. "If one medication isn't working for you, we can find one that does."

Blood pressure screenings are available at many Fremont Health events; flip to the calendar on page 9 for dates and locations. You can also schedule a comprehensive wellness exam by visiting www.fremonthhealth.com/doctor.

LIFESTYLE CHANGES

"Weight loss and other behavioral changes can help stabilize your blood pressure," says Dr. Sojka. "Even losing 10 pounds in six months could possibly negate your need for certain medications, and that's a big deal."

Dr. Sojka recommends making a few other small changes, as well:

- **For weight loss**, reduce sodium intake and try to eat more nutritious meals at home.
- **For stress reduction**, take part in yoga or physical exercise.
- **For perspective**, reduce anxiety by seeking out a support group, if needed.
- **For overall health**, seek help to quit smoking.

A few preventive health changes can go a long way toward helping you reach your personal goals. For more personalized tips, schedule a wellness check-up today.



S. George Sojka, MD



Right on Tract

Tune up your body's fuel processor to maximize the benefits of your healthy eating habits.

THINK OF YOUR DIGESTIVE SYSTEM as your body's engine. It processes fuel—food—and generates power. When you eat nutritious foods and your digestive system works properly, your body has the energy it needs to make your systems function as they should. Conversely, when your digestive system doesn't work properly, your overall health suffers.

"Over-the-counter medications can take care of some malfunctions—such as the rare case of heartburn or diarrhea—easily,

but more serious issues require expert medical care," says Dr. J. Michael Adams, internal medicine physician on the medical staff at Fremont Health.



J. Michael Adams, MD

"Recognizing the signs is key to knowing when you should talk to your doctor."

IRRITABLE INSIDES

Two common gastrointestinal conditions are irritable bowel syndrome (IBS) and irritable bowel disorder (IBD).

IBS occurs most often in women and is typically characterized by a group of symptoms that cause ongoing discomfort but pose no damage to the gastrointestinal tract. Symptoms include abdominal pain and cramping, changes in your bowel movements, and bloating. Potential causes include sensitivity to certain foods, particularly those rich in carbohydrates or fats, and emotional stress.

The more severe of the two conditions is IBD. This autoimmune disorder is identified by chronic inflammation of the digestive tract due to various underlying disorders. Unlike IBS, IBD is considered a risk factor for colon cancer and includes conditions such as Crohn's disease and ulcerative colitis. Symptoms include abdominal pain, diarrhea, and sometimes fever or weight loss.

WHEN DIGESTION ISN'T COMPLETE

Gallstones and gastroesophageal reflux disease (GERD) are common digestive disorders that occur when the digestive tract isn't functioning at its best.

Gallstones, tiny, pebble-like bits of hardened cholesterol in the gallbladder, are twice as likely to occur in women than men and are often linked to weight issues and obesity, as well as family history. Gallstones often have no symptoms, but many people will experience intense pain in the upper right abdomen.

GERD is caused by an abnormally functioning esophageal tract. The condition involves stomach acid, and in some cases partially digested food, coming back up from the stomach into the throat. Risk factors can include certain medications, as well as obesity and pregnancy.

Learn more at Connect—Connecting the Dots: Your Digestive System and Feeling Healthy, an informative event held March 22 at Fremont Golf Club. Call (844) 437-3666 or check the calendar to the right for more information.

READERS, DIGEST!

Looking for ways to improve your overall digestive health? Try some of these tips from the American College of Gastroenterology.

- Avoid carbonated beverages and pace yourself when you eat or drink to reduce the amount of air you swallow. Excessive swallowed air can lead to problems such as belching or bloating, which can be uncomfortable.
- Want to cut down on bloating? Avoid chewing gum.
- Alcohol and cigarette use, as well as emotional stress, have all been linked to the development of stomach ulcers, so consider cutting back.
- Before attributing any chest pain simply to heartburn or reflux, speak with your doctor to rule out cardiovascular disease.

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)
May 16 & 17
6-8:30 p.m.

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

June 4
8 a.m.-1:30 p.m.

Maternity Center Tours

Available upon request. Call (402) 727-3320 to schedule.

Baby Basics & Better Breastfeeding

May 9
6-9 p.m.

SUPPORT GROUPS/CLASSES

American Chronic Pain Association

(402) 727-3439
March 21; April 4 & 18; May 2 & 16; June 6 & 20
7-9 p.m.

Breast Cancer Support Group

(402) 727-3439
April 11, May 9, June 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
April 14, May 12, June 9
7-9 p.m.

“Erase the Risk” Prediabetes Class

(402) 727-3355
May 5, August 4 (meets quarterly)
5:30-8:30 p.m.

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

April 12, May 10, June 14
6:30-8:30 p.m.

Grief Support Group

(402) 727-3663
April 7, 14, 21 (adult/child groups)
6:30-8:30 p.m.
June 2, 9, 16 (adult group only)
1-3 p.m.

Leukemia & Lymphoma Patient & Family Support Group

Call (402) 941-7363 for information.
April 14, May 12, June 9
11:30 a.m.-12:30 p.m.

Living Well with Diabetes Support Group

(402) 727-3355
May 24 (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.
April 19
7-9 p.m.

Understanding Hearts: Suicide Survivor Support Group

(402) 727-3439
April 19, May 17, June 21
5:30-7:30 p.m.
Dunklau Conference Room at Fremont Health Medical Center

Taking Charge (Diabetes Education Group Class)

March 18, April 15, May 20, June 17
8:30 a.m.-4:30 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

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

SCREENING PROGRAMS

Blood Pressure Screenings

Fremont Mall
April 19, May 17, June 14
8:30-10:30 a.m.

Community Wellness Blood Draws

Fremont Health Medical Center, Health Park Plaza, Third Floor
May 3 & 5
7-9 a.m.

St. Charles Parish
811 Locust St., North Bend
June 27
9-11 a.m.

Scan this code with your smartphone's QR code reader to search Fremont Health's complete calendar listings.



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 10-12 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.

Migraine, Leg Pain, Tendonitis Screenings

(402) 727-3882
April 4
1-3 p.m.
West Shores Medical Clinic, 24110 W. Dodge Road, Waterloo

UPCOMING EVENTS

Connect—Connecting the Dots: Your Digestive System and Feeling Healthy

(844) 437-3666
March 22
11:30 a.m.-1 p.m.
Cost: \$10
Fremont Golf Club, 2710 N. Somers Ave.

Men's Health Seminar

(402) 727-5000
March 31
5:30-7 p.m.

Overactive Bladder

(402) 727-5000
April 6
5:30-7 p.m.

AgeLess Prevention Connection

(402) 727-3844
April 20, May 18
8:30-10 a.m.
The Gathering, 750 N. Clarmar, Fremont
Watch our website at www.fremonthealth.com for monthly program topics or information about joining our AgeLess program.

Shoulder and Knee Pain Seminar

(402) 727-3882
May 23
5:30-7 p.m.

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.



Patrick Booth



Jennifer Benson

Focused on **THE FUTURE**

LAST YEAR, Fremont Health celebrated its 75th anniversary. It was a time to reflect on our history and celebrate extraordinary changes and growth over the years.

It was also a time to celebrate the future. In October 2015, the medical center celebrated the completion of the new inpatient tower of the Building a Healthy Future project and the near completion of the renovated nursing home and skilled rehab facility, Dunklau Gardens.

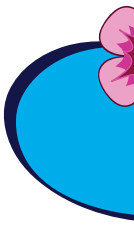
"Being able to celebrate 75 years and thank the community that has continued to support us was really special," says Patrick Booth, President and CEO of Fremont Health. "It is important to celebrate the outstanding services we offer and the state-of-the-art health system we have become. At the same time, it is important for us to remain focused on the future and the continued support we need from our community."

Fremont Health receives no county tax funding and remains a locally governed independent organization. Philanthropic support helps to enhance and expand the programs and services of Fremont Health and support the future.

"The Foundation is an extremely important funding source for the programs and services, technology advancements, and facility improvements of Fremont Health," says Jennifer Benson, Foundation Board President. "To help ensure the very best healthcare services are here in our community for the next generations, the role and impact of the Foundation will continue to grow."

The Fremont Health Foundation is focusing on its important role for the medical center, in the lives of patients and families, and within the community—not just for today, but for tomorrow and beyond.

"We have a great Board of Directors who are passionate about healthcare in our community," Benson says. "We have spent time visioning and planning for the future and want to continue to communicate and engage with the community about the important role of philanthropy to Fremont Health. We are focused on advancing programs, services, clinical excellence and most importantly how best to help patients and their families."



WE TAKE EMERGENCY CARE TO HEART



CARDIOVASCULAR disease and stroke are our nation's number one and number five causes of death. A STEMI (ST-elevation myocardial infarction) is the deadliest type of heart attack, in which blood flow is completely blocked in an artery that feeds oxygen to the heart muscle. Without proper diagnosis, a patient may not survive.

"We treat many different cardiac conditions in the Emergency Department. For a patient with a myocardial infarction, time is muscle," says Pat Callaway, RN, Emergency Department Director at Fremont Health. "Without bloodflow to and oxygen to the heart muscle, the heart starts to die. It is critical for the right care to be started immediately."

Currently, a 12-lead electrocardiogram is the only portable equipment used by emergency medical service (EMS) agencies to determine if a person is experiencing a STEMI and needs to go to a hospital with a cardiac catheterization laboratory, such as Fremont Health. However, the cost of the technology poses a financial challenge for rural EMS agencies.

To help ensure the most state-of-the-art lifesaving technology is available to individuals in our service area, the Fremont Health Foundation and the Fremont Area Community Foundation collaborated for a \$49,999 grant to the American Heart Association's Mission: Lifeline campaign. This initiative helped to place new 12-lead equipment for local and rural emergency response teams that serve individuals throughout Dodge County.

"When the Fremont Health Foundation learned of this important need within our health system's service area, we wanted to offer our support," says Anne Folkers, Director of Development, Fremont Health Foundation. "These patients are often brought by EMS to Fremont Health, and this technology allows for the right care to be started immediately before they even arrive at our Medical Center. It saves lives, and we are honored to partner with the Fremont Area Community Foundation and the American Heart Association on this important initiative."

Fremont Health offers comprehensive cardiac diagnostics in a state-of-the-art cardiovascular catheterization lab. Fremont Health cardiologists treat a full range of heart and vascular diseases and conditions, and our Emergency Department is ready 24/7 with the latest chest protocols.



SAVE THE DATE!

Fremont Health Foundation's Derby Party is coming up, **Saturday, May 7, 2016**, at Midland University Event Center.

Don't miss this one-of-a-kind evening to support the Fremont Health Foundation.

Learn more at www.fremonthealth.com/springgala.



WHY I GIVE

AS A FREMONT HEALTH Foundation board member, Sheila Monke is dedicated to nurturing and supporting



Sheila Monke

a facility that will serve the community for generations to come.

"We have an amazing facility staffed by experienced professionals right here in our neighborhood," Monke says. "If we want Fremont Health to thrive and serve

our children and their children years from now, we want to make sure it's always moving forward in a prosperous way."

Monke was originally inspired to give to the Foundation following the death of a dear friend.

"She was always someone I respected, and her family knew she would want her legacy dedicated to Fremont Health," Monke says. "They organized the donations so professionally, and Fremont Health earned my respect right away. When the hospital asked if I wanted to become a board member three years ago, it wasn't a difficult decision to make."

..... >>> Visit

www.fremonthealth.com/foundation or
call **(402) 727-3566** to discover how
you can help.

GROWING DUNKLAU GARDENS

Dunklau Gardens is transforming into the region's elite long-term care and short-term rehab facility, undergoing renovation and reconstruction as part of Fremont Health's Building a Healthy Future project.



Rachel Reiman

THE DUNKLAU GARDENS renovation significantly increases the size of patient rooms and adds a number of private rooms, as well as a dedicated short-term rehabilitation unit. We project the completion of the entire project will be in the fall of 2016.

"Our goal for Dunklau Gardens is to enhance public areas and private living environments for current and future residents as well as increased efficiency for staff," says Rachel Reiman, Administrator of Dunklau Gardens. "This means making it easier for residents and staff to maneuver by constructing larger rooms and bathrooms. The men and women

who moved into new rooms following the completion of Phase I in February 2015 have mentioned the extra space and privacy as their favorite feature of the new facility."

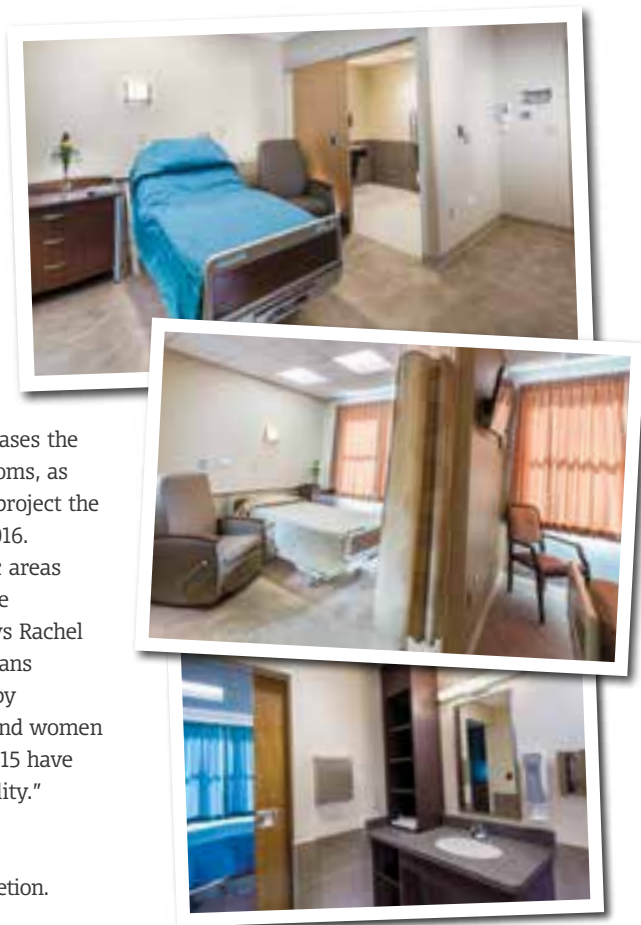
BIGGER AND BETTER

Phase II of the three-phase project began in March 2015 is now coming to completion. At the same time as the Phase II Dunklau Gardens improvements, Fremont Health began the construction of a state-of-the-art sleep center and 24-bed short-term rehab unit.

Phase III, which involves additional renovation and resizing of rooms, commences in March 2016. When work is complete, Dunklau Gardens will feature 106 beds total, which includes four hospice suites, 62 private rooms, and 44 companion rooms.

"This project demonstrates Fremont Health's commitment to long-term care and skilled nursing services," Reiman says. "The support we've received from residents, staff, administrators, and friends of Fremont Health is helping us bring something special to this community."

To arrange a tour of Dunklau Gardens call (402)727-3795.



THE DUNKLAU GARDENS PROJECT FEATURES TWO NEW SPACES DEDICATED TO NURTURING THE SPIRIT: A CHAPEL AND A HEALING GARDEN. THE FACILITY WILL ALSO FEATURE AN ACTIVITIES COURTYARD FOR SHORT- AND LONG-TERM RESIDENTS AND THEIR GUESTS TO ENJOY.