

FIND THE HIDDEN APPLE FOR YOUR CHANCE TO WIN **\$50 IN FREMONT BUCKS!**



LEADING THE WAY

# Healthline

Summer 2016

Fremont Natives  
Become **Fremont  
Health Leaders**

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Rest Easy with  
**Fremont Health  
Sleep Center**

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ACHIEVING A  
BETTER QUALITY  
OF LIFE THROUGH  
**BREAST  
REDUCTION**

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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:

## Public Relations

### Fremont Health

450 East 23rd Street

Fremont, NE 68025

Or visit our website at [www.fremonthhealth.com](http://www.fremonthhealth.com), and click on "Contact Us."

All entries are due by **August 31, 2016**.

Correct entries will be entered into a drawing.

Must be 18 or older to enter. **Jean Ruwe from**

**Arlington** was the winner of \$50 in Fremont Bucks from the Spring 2016 issue.

## Fremont Health



### Connections to Your Centers of Excellence

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Visit our website: [www.fremonthhealth.com](http://www.fremonthhealth.com)

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

As a loyal *Healthline* reader, you know that Fremont Health's mission is "Improving the Health and Wellness of People in our Community." Throughout our 76-year history, Fremont Health has remained a locally owned and governed nonprofit health system. We are proud of our record of collaboration with physicians and staff, and pleased to offer a very wide range of services. If you searched the country it would be difficult to find another small and independent health system like ours—on the edge of a highly competitive major market.

At the same time, there are many changes impacting the healthcare industry: legislation, such as Obamacare; reimbursement pressure from Medicare, Medicaid, and private payers; declining hospital admissions; and hospital acquisitions and system consolidation.

Our Board of Trustees has renewed its commitment to our mission and to our guiding principle: "To preserve and strengthen Fremont Health as a locally governed organization." Our leadership team is working hard to make that happen. I have highlighted a number of initiatives below, and in some cases, we humbly ask for support from you and the community.

First, our small size and local control benefit us in many ways, but very few hospitals and health systems are truly independent these days. Roughly two years ago, Fremont Health was instrumental in founding the Enhance Health Network. Enhance is based in Lincoln and includes more than 60 hospitals and health systems from Nebraska and western Iowa. Enhance is committed to helping its members improve quality and service while reducing costs, sharing best practices, sharing expensive technology and resources, and by buying products and supplies together. Some of the Enhance hospitals and health systems in our region include Nebraska Medicine, Methodist Health System, Saunders Medical Center in Wahoo, and St. Francis in West Point.

Second, Fremont Health Partners, our physician/hospital organization, has joined the Nebraska Health Network (NHN). NHN is a clinically integrated provider network based in Omaha that represents seven hospitals and more than 1,000 area physicians in their dealings with insurance companies and large employers. NHN focuses on improving quality and service while reducing patient care costs through care coordination, evidence-based medicine, wellness efforts, etc. NHN was founded by Nebraska Health Partners and Methodist Health Partners, and we look forward to working with them.

Third, as you consider your healthcare options—insurance plans, primary care physicians, medical and surgical specialists, hospital and other programs—please consider local providers. Residents of our regional community have many outstanding options ranging from primary care and critical access hospital care in small towns to the very large academic medical centers in Omaha. We believe the most important relationship is between each unique patient and his or her primary care physician. Your local primary care physician is in the very best position to help you navigate the increasingly complex health system.

As always, thank you for your interest in and support of Fremont Health. We wish you and your family a happy and healthy summer!



Sincerely,

Patrick Booth, President and CEO, Fremont Health

# New Physicians at FREMONT HEALTH

The medical staff at Fremont Health is stronger than ever with the addition of three new physicians.



Katherine Brown, DO

**KATHERINE BROWN, DO**, is a board-certified vascular surgeon. Dr. Brown earned her medical degree from Kansas City University of Medicine and

Biosciences in Kansas City. She completed an internship and residency in general surgery at the University of Illinois at Chicago, and a fellowship in vascular surgery at Northwestern University Feinberg School of Medicine in Chicago. Dr. Brown provides vascular surgery services at Fremont Health Medical Center.



Gulsah Olgun, MD

**GULSAH OLGUN, MD**, a pediatrician, is a fellow of the American Academy of Pediatrics and board-certified by the American Board of Pediatrics.

Dr. Olgun earned her medical degree from Hacettepe University Medical School in Turkey, and she completed her residency at the University of Illinois at Chicago. Dr. Olgun joined Drs. Paige Groppe-Giesselmann and Madeleine MacDonald at Pediatric Partners.



Joe Auxier, DO

**JOSEPH AUXIER, DO**, is a pulmonologist who specializes in internal medicine and critical care medicine. A graduate of Des Moines University Osteopathic

Medical Center, Dr. Auxier completed his residency at the University of Nebraska Medical Center, where he also completed a fellowship in pulmonary and critical care. Dr. Auxier, a Nebraska native, sees patients at Fremont Health Medical Center.



Learn about specialists on the medical staff at Fremont Health online at [www.fremonthealth.com/doctor](http://www.fremonthealth.com/doctor).

## YOUR AWARD-WINNING HEALTH SYSTEM

After demonstrating that we meet stringent patient safety and care standards, Fremont Health received The Joint Commission's Gold Seal of Approval for Hospital Accreditation. This means our patients receive medical care that follows the latest scientific protocols and is approved by experts throughout the field of healthcare.

To meet these high standards, our staff works together to thoughtfully develop new approaches to patient care. These solutions must be proven by

measures of infection prevention, medication management, and response to emergencies, as well as the manner in which staff members, from nurses to physicians to hospital leadership, conduct their work.

The Joint Commission, a nationally recognized healthcare quality measurement organization, re-accredited Fremont Health in March 2016. Fremont Health has been accredited since 1964.



# FROM FREMONT HIGH STUDENTS **TO FREMONT HEALTH LEADERS**

For the President and Vice President of Fremont Health’s Medical Executive Committee, professional decisions are personal, affecting their lifelong friends, families, and neighbors.



Nicole Dix, DO

**ONE OF THE EARLIEST** memories Nicole Dix, DO, President of the medical staff and OB/GYN at Fremont Health is caring for patients at what was then A. J. Merrick Manor while completing her college degree. Dr. Dix, then a certified nursing assistant, would soon relocate to Des Moines, Iowa, and later Tulsa, Oklahoma, to complete her osteopathic medical degree and residency. But a love of the Fremont region and a desire to raise her two sons near family brought the Fremont High School grad home. Her commitment to her hometown plays a role in the compassionate, quality-focused perspective she brings as the President of the Medical Executive Committee.



Angela Sukstorf, MD

Dr. Dix isn’t the only physician with deep ties to the area. Angela Sukstorf, MD, Vice President of the medical staff and infectious disease/travel medicine physician at Fremont Health, is also a former Fremont High Tiger. “This is my hometown and my hospital,” Dr. Sukstorf says. “I grew up surrounded by hardworking people who wanted to make a difference and make things better.”

Dr. Sukstorf shares the local values of diligence and civic improvement, and they drive her contributions to the Medical Executive Committee.

“People really care about each other here,” she says. “We all like being here and want good things for the community and residents.”

## THE HOMETOWN ADVANTAGE

Living and working in the region in which they were raised gives Drs. Dix and Sukstorf insight into the needs of our community. It also helps them maintain a focus on the doctor-patient relationship as they make executive decisions for the medical staff.

“When you see people at church and your kids are in activities together, it helps you build relationships with patients and their families,” Dr. Dix says. “You get to know the people you treat.”

From their youth in Fremont, Drs. Dix and Sukstorf have considered Fremont Health as their hospital. It’s where their families have been treated, and that personal connection gives clarity to the issues they face as local hospital leaders.



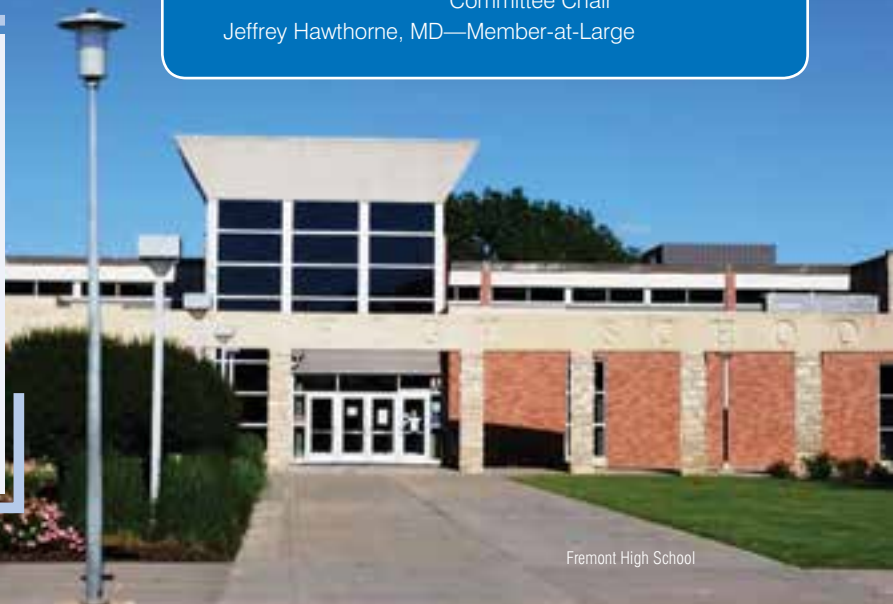
To schedule an appointment with Dr. Dix, call (402) 721-3133. To make an appointment with Dr. Sukstorf, call (402) 941-1359.

The Medical Executive Committee at Fremont Health is a team of physician leaders who align the medical staff’s work with the health system’s goals and the community’s needs. The committee is made up of:

- Nicole Dix, DO—President
- Angela Sukstorf, MD—Vice President
- Paul Glowacki, MD—Medicine Department Chair
- Keith Leatherbury, MD—Surgery Department Chair
- Bryce Lund, MD—Credentials Committee Chair
- Rodney Koerber, MD—Patient Care Review Committee Chair
- Jeffrey Hawthorne, MD—Member-at-Large

*“I think most people have a special connection to the place they are from. They want the best of everything for the community, and that includes health.”*

— NICOLE DIX, DO, PRESIDENT OF THE MEDICAL STAFF AND OB/GYN AT FREMONT HEALTH



# WHY BREAST REDUCTION?

More than a cosmetic procedure, breast reduction surgery may lead to improved overall wellness.

**CAUSING BACK PAIN**, neck pain, shoulder discomfort, and even difficulty exercising, breasts that are out of proportion with a woman's body can dramatically affect daily life. Many women find relief with breast reduction surgery.



Nagi Ayoub, MD

"When performed for the right reasons by an experienced, knowledgeable surgeon committed to educating each patient about expectations, breast reduction surgery is usually very successful," says Nagi Ayoub, MD, plastic surgeon on the medical staff at Fremont Health. "Ninety-nine percent of the time, patients are happy

because their expectations are met."

Many patients report the benefits listed below following breast reduction surgery:

- ✦ Ability to lose weight more effectively
- ✦ Improved appearance of breasts
- ✦ Increased levels of physical activity
- ✦ More restful sleep
- ✦ Reduced pain

Additionally, women may also find clothes more easily when shopping and even enjoy more time going out with friends and family.

"It is difficult to quantify these emotional benefits because patients may not come in and complain about how macromastia, breasts that are too large for the body's frame, is interfering with their social life," Dr. Ayoub says. "However, once the challenges have been resolved by proper breast reduction surgery, the results are very powerful."

Many insurers consider breast reduction medically necessary and therefore a covered expense. These procedures do require a prior authorization, and the process begins at the time of consultation.

## INFORMED OPERATIONS

Nagi Ayoub, MD, works with his patients to make sure they understand key information about breast reduction surgery prior to the procedure. Patients have the opportunity to review informed consent resources set forth by the American Society of Plastic Surgeons and to talk with Dr. Ayoub about what to expect after the procedure is complete.

"With every operation comes anxiety related to the unknown," Dr. Ayoub says. "Through clear communication and education, we're able to reduce anxiety. We pride ourselves on creating the best possible environment and experience for patients."

Among the other surgeries Dr. Ayoub performs at Fremont Health are mommy makeovers, abdominoplasty, tummy tuck, breast augmentation, breast reconstruction, liposuction, skin cancer excisions, and hand surgery.

## THE MEDICAL EXPERIENCE

Prior to the procedure, Dr. Ayoub will work with patients to develop a simulated picture of how the breasts will look after surgery.

During the procedure, Dr. Ayoub works to reduce the size of the breast, including the areola and the skin envelope. Additionally, the surgeon may relocate the nipple to be higher on the breast and complete a breast lift.

Scarring is usually minimal and many patients can expect to go back to work and other activities about a week after surgery. Healing of minor pain, scars, and swelling is usually complete within six weeks.



To schedule a consultation or to learn more about breast reduction, contact Dr. Ayoub's office at (402) 829-6384.



## TICK CHECKPOINT

Summer's here, and that means ticks are, too. Are you prepared?

**ONLY A FEW TICK** species bite and transmit disease to humans. In Nebraska, the ugly arachnids with the potential to spread serious tick-borne illnesses include the American dog tick, brown dog tick, Lone Star tick, and Rocky Mountain wood tick.

### A SAFE SPACE

To avoid tick bites:

- ✦ Avoid tick-prone areas, such as wooded, brushy, leaf-littered, or high-grass areas.
- ✦ Use a repellent containing between 20 and 30 percent DEET on your skin and clothes to ward off these creepy crawlers.
- ✦ Check pets for ticks daily so Fido and Sparky aren't bringing them into your house. Talk with your veterinarian about preventive options.
- ✦ Create a tick-safe zone in your yard by removing old leaves, keeping your lawn mowed, and placing about a 3-foot boundary of wood chips or gravel between your yard and wooded areas around your house.

If you know or suspect you have been bitten by a tick and experience fever and chills, aches and pains, or a rash within a few weeks, consult your primary care provider promptly about an evaluation for tick-borne diseases.



To find a physician at Fremont Health, visit [www.fremonthealth.com/doctor](http://www.fremonthealth.com/doctor).

## COLOR YOURSELF HEALTHY

**IF YOUR KIDNEYS** are functioning properly, the color of your urine indicates how hydrated—or dehydrated—you are and can even be a warning sign of an underlying medical condition.

### TRUE COLORS

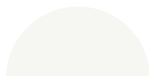
Healthy urine color can vary from pale yellow to deep amber. Colors

outside of this range are not normal and can be a sign of a medical condition or disease. It's vital to seek medical attention if you notice any of the following:

- ✦ Blood in your urine
- ✦ Dark or orange urine accompanied by pale-colored stools and yellow skin and eyes



Pale yellow is the optimal urine color, indicating you're hydrated.



Clear urine indicates you're overhydrated and may need to drink less water.



Bright or dark yellow urine can indicate dehydration, but it can also result from taking B complex vitamins or certain medications, eating foods containing carotene, or using laxatives.



Cloudy or milky urine can either be caused by a urinary tract infection (UTI) or the presence of bacteria, crystals, or other fluids in your urine.



Brownish-yellow urine means your urine is concentrated, often due to exercise or dehydration.



Light brown, pink, or red urine can be caused by eating beets or blackberries or taking certain medications. It can also point to potential medical conditions such as hemolytic anemia, porphyria (a rare disorder of the red blood cells), or a UTI.



Brown, transparent urine is a potential warning sign of a liver disorder.



Green or blue urine can be caused by food coloring, certain medications, or UTIs.



Interested in learning more about your health? Check out page 9 for upcoming classes and events or visit [www.fremonthealth.com](http://www.fremonthealth.com) for monthly program topics.

# SIGNS OF CHANGE

Every woman knows menopause is part of aging—but do you know when it's most likely to happen, or what it feels like?

**THE PROCESS OF MENOPAUSE**, triggered by changing estrogen levels, typically lasts around four to five years and most often occurs between the ages of 47 to 55.

## SYMPTOMS

Perimenopause symptoms are different for every woman. The most common symptoms include:

- ❖ **Hot flashes**—Sudden feelings of heat in your face and upper body that can last for up to several minutes are called hot flashes and can happen at any time. While some women experience them only a few times a month, they can happen as often as several times a day for other women.
- ❖ **Night sweats**—The nighttime cousin of hot flashes, night sweats can cause you to wake up, disrupting your sleep cycle.
- ❖ **Vaginal changes**—Because estrogen levels are lower after menopause, vaginal dryness may occur, and you may be more prone to infection.
- ❖ **Urinary tract changes**—These changes increase your risk of urinary tract infection and could cause more frequent urination.

The onset of menopause becomes evident through emotional symptoms, as well. Hormonal changes can cause mood

swings, as well as a heightened sense of stress and anxiety. Your risk of depression may also increase.

## RELIEF IS OUT THERE

Fortunately, your gynecologist can often help counteract the effects of menopause.

"There are many options that can be used to help relieve menopausal symptoms," says Karen Lauer-Silva, MD,



Karen Lauer-Silva, MD

OB/GYN on the medical staff at Fremont Health. "These range from behavior changes through non-prescriptive options to full hormone replacement. Solutions are tailored to the individual and take many factors into account."

Talk with your doctor when you begin experiencing symptoms of menopause. In many cases, these symptoms can be controlled, giving you relief from the discomfort that can accompany this life change and allowing you to enjoy the freedom that relief brings.



*For more information, visit our website focused solely on women's health at [fremonthhealth.spirithealth.com](http://fremonthhealth.spirithealth.com).*

## MENOPAUSE AND YOUR SLEEP HEALTH

One of the most noticeable effects of perimenopause is how it disrupts your sleep. Because the chemicals in your body are going through changes, including the chemicals in your brain, your sleep cycle can change considerably, which may lead to insomnia.

Fortunately, there are ways to counteract the negative effects changing hormone levels can have on your sleep habits. Sleeping in a dark, cool room without a television or other electronic devices on is a big one. Setting a routine is also important: go to bed at the same time each night, with the same pre-bed rituals such as showering or drinking a glass of warm milk. Exercising during the day can also help you sleep through the night.



# SET YOUR BODY TO SLEEP MODE

Sleep is central to boosting your productivity and your health. Don't miss out on the zzz's you need.

**TROUBLE IN SLEEP LAND?** Check how sleep-friendly your bedroom is. Disconnect from electronic devices at least 30 minutes before bed. Close the curtains. Turn off the lights. Find a suitable background noise, such as a fan or white noise machine, to block out sounds. Apply a sleep mask.

Bad habits, such as eating big meals, drinking too much alcohol, and using tobacco products, can also throw your body off a good sleeping routine. If correcting these problems doesn't help you sleep better, it's time to seek help.

## WHEN LACK OF SLEEP PULLS ONE OVER ON YOU



Brian Brodd

"When your body goes into overdrive and doesn't take time to sufficiently recover with sleep, you risk conditions like hypertension, which can lead to coronary heart disease, even stroke," says Brian Brodd, RRT, Director of Cardiopulmonary Services at Fremont Health. "Kidney disease and Type 2 diabetes are other conditions that may be affected by sleep disorders."

Sleep disorders are a common problem, and you may not realize you have one.

Obstructive sleep apnea (OSA) is, by far, the most common sleep condition treated at the Fremont Health Sleep Center. OSA develops when soft tissue relaxes and collapses within your airway, pausing your ability to breathe.

## TAKE A SNOOZE, GET RESULTS

"If someone notices you wake up due to lack of oxygen or you snore heavily, these could mean you are a likely candidate for OSA. If so, talk to your doctor, who can then refer you to our sleep services," Brodd says. "We've treated people who have lived with these episodic events for years without realizing there are treatments available that can transform their sleep quality."

For overnight sleep studies, all you need to worry about is scheduling an appointment. We will run the diagnostics necessary to evaluate your sleep patterns.

*"We care about your overall health, and sleep is an important part of that. Our new Sleep Center is another way of showing our commitment to the overall health and wellness of our patients in the Fremont area."*

— BRIAN BRODD, RRT



Fremont Health's new two-bed Sleep Center was recently constructed and includes advanced technology in a comfortable setting. Call (402) 727-3738 to learn more.



# 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)  
July 18 & 19; Sept. 12 & 13  
6–8:30 p.m.

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

Oct. 1  
8 a.m.–1:30 p.m.

### Maternity Center Tours

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

### Baby Basics & Better Breastfeeding

July 11; Sept. 6  
6–9 p.m.

## SUPPORT GROUPS/CLASSES

### American Chronic Pain Association

(402) 727-3439  
July 18; Aug. 1 & 15; Sept. 5 & 9; Oct. 3 & 17  
7–9 p.m.

### Breast Cancer Support Group

(402) 727-3439  
July 11; Aug. 8; Sept. 12; Oct. 10  
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  
July 14; Aug. 11; Sept. 8; Oct. 13  
7–9 p.m.

### “Erase the Risk” Prediabetes Class

(402) 727-3355  
Aug. 4 (meets quarterly)  
5:30–8:30 p.m.

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

July 12; Aug. 9; Sept. 13; Oct. 11  
6:30–8:30 p.m.

### Grief Support Group

(402) 727-3663  
Oct. 6, 13, & 20 (adult/child groups)  
6:30–8:30 p.m.

### Leukemia & Lymphoma Patient & Family Support Group

Call (402) 941-7363 for information.  
Sept. 8; Oct. 13  
11:30 a.m.–12:30 p.m.

### Living Well with Diabetes Support Group

(402) 727-3355  
Aug. 30 (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  
July 19; Aug. 16; Sept. 20; Oct. 18  
5:30–7:30 p.m.  
Dunklau Conference Room at Fremont Health Medical Center

### Taking Charge (Diabetes Education Group Class)

July 20; Aug. 17; Sept. 21; Oct. 19  
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.

Visit [www.fremonthealth.com/calendar](http://www.fremonthealth.com/calendar) to search Fremont Health's complete calendar listings.

## SCREENING PROGRAMS

No registration necessary.

### Blood Pressure Screenings

Fremont Mall  
July 19; Aug. 16; Sept. 20; Oct. 18  
8:30–10:30 a.m.

### Community Wellness Blood Draws

Fremont Health Medical Center, Health Park Plaza, Third Floor  
Aug. 9  
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  
July 20; Aug. 17; Sept. 21; Oct. 19  
8:30–10 a.m.  
The Gathering, 750 N. Clamar, Fremont  
Visit [www.fremonthealth.com](http://www.fremonthealth.com) for monthly program topics or information about joining our AgeLess program.

### Community CPR

(844) 437-3666  
Aug. 18  
5:30–7:30 p.m.  
Cost: \$50

### Community First Aid

(844) 437-3666  
Aug. 18  
7:30–9:30 p.m.  
Cost: \$50

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



## SAVE THE DATE— FOUNDATION GOLF CLASSIC

SEPTEMBER 19, 2016, AT THE FREMONT  
GOLF CLUB

### THANK YOU TO OUR EVENT SPONSORS:

- HDR: Presenting
- First National Bank Fremont: Spirit Award
- Sid Dillon Chevrolet: HorsePower/Derby Race
- First State Bank & Trust: Lucky Cup
- Eagle Distributing: Wine, Beer, and Bourbon Tasting
- Northwestern Mutual, Cerner, Family First Dental, and Fremont Health Medical Staff: Winner's Circle

Thank you to all who purchased a table, provided auction items, and supported our event!



# A DAY AT THE RACES

More than just a social event, the Fremont Health Foundation Derby Party is the Foundation's biggest annual fundraiser.

**WITH BEAUTIFUL HATS** for the ladies and dapper derby wear for the gentlemen, supporters of the Fremont Health Foundation came together on Saturday, May 7, to watch the 142nd Run for the Roses. Held at Midland University's Wikert Event Center in Fremont, the party featured delicious food, signature drinks, a live and silent auction, a live viewing of the 2016 Kentucky Derby, and raised more than \$90,000.

The first-ever Spirit of the Fremont Health Foundation Award sponsored by First National Bank Fremont was also given at this year's Derby Party. The 2016 recipients were Dr. Tom and Carol Waring, who have long been supporters of the community and the Fremont Health Foundation.

"We wanted to recognize benefactors who have been generous to our organization in many ways with their time, talents, and financial gifts," says Anne Folkers, Director of Development at the Fremont Health Foundation. "The Warings are wonderful people, and you cannot find better advocates for our hospital. They are passionate about the work we do, and they are compassionate, inspiring, and generous in their support. They are truly the spirit of the Fremont Health Foundation."

### AN IMPACT THAT MATTERS

The night featured many fun activities, such as a Wine Pull, bourbon tasting, and a chance for guests to win a diamond

horseshoe necklace. However, it was most importantly focused on philanthropy and support for the mission of the Fremont Health Foundation. Support that makes a critical impact to the patients, families, programs, technologies, and services of the Medical Center and the communities it serves.

To focus on this important mission, the night featured a video about the lifesaving story of a patient, Danyelle Klima. After a normal pregnancy, Danyelle's uterus had turned inside out while giving birth to her daughter, Raven. A transfer to Fremont Health—and a higher level of care—saved her life.



Anne Folkers

"She would not be here today for her two children if it was not for the experienced physicians, surgical team, technology, and outstanding facilities of our Medical Center," Folkers says. "We wanted to share Danyelle's story because it highlights the extraordinary care our organization offers and most importantly, what that care means to patients and their families."

Philanthropic support helps make sure that more stories like Danyelle's are possible.



To learn more about giving to the Fremont Health Foundation, visit [www.fremonthealth.com/foundation](http://www.fremonthealth.com/foundation).



## NEW MISSION, SAME SUPPORT

Through the work and guidance of the Board of Directors, Fremont Health Foundation has a new mission statement:

*The mission of the Fremont Health Foundation is to develop relationships and resources to advance patient care and clinical excellence at Fremont Health.*

With a renewed commitment to community connections and enhanced quality of care, the mission statement better reflects the long-term, strategic goals of the Foundation.



### FOR MOMS AND BABIES

The Fremont Health Foundation is starting a new initiative to support our smallest, youngest patients through the Mom & Baby Home Care Fund. Now underway at Fremont Health, the program makes sure a mom who needs extra support can have one to three home visits once she goes home with her new baby. Free for those referred by a physician, Mom & Baby Home Care helps assure parents that their home is safe for a newborn and that caregivers are educated about how to keep children safe and healthy.

Through \$11,500 in funding, the Fremont Health Foundation is helping to enhance and expand these uncompensated services to even more moms in the community.

“For new mothers who may be in a high-risk category, these home visits fill a need for health and wellness education and community support,” says Patty Nash, RN, Manager of Home Care at Fremont Health. “Support from the Foundation will allow us to not only support more moms, but bring in more resources, such as cribs or transportation vouchers, to help moms in the program.”

### SUPPORTING OUR STUDENTS

Helping area students continue their education and pursue their dreams through scholarships has been a part of the work of the Fremont Health Foundation since 1989. By awarding scholarships, the Foundation hopes to help local students not only further their education but also encourage more individuals to become healthcare providers.

Many recipients have gone on to serve the Fremont community as nurses, physicians, physician assistants, therapists, and more.

“Each year, we continue to see the number of applicants increase,” says Anne Folkers, Director of Development. “I think this demonstrates not only the continued interest of students in pursuing a course of study in healthcare, but also the continued financial assistance they need. We are so grateful to those who support scholarships through our Foundation to continue to be an organization helping students further their education.”

The 2016 High School Scholarships winners included:

**Robert Weinberg Memorial Scholarship:**

Payton Hofer, Fremont High School

**Fremont Health Foundation Impact Scholarship:**

Kelly Cech, Howells-Dodge High School

Kinzie Lorence, North Bend Central High School

**Fremont Health Foundation Scholarship:**

Lacey Oliver, Fremont High School

Noelle White, North Bend Central High School

**Fremont Health Foundation Employee Child Scholarship:**

Nick Hines, North Bend Central High School

Dillon Whitmarsh, Arlington High School

Olivia Bures, Oakland-Craig High School

*To learn more about scholarships available through the Foundation, visit [www.fremonthealth.com/foundation](http://www.fremonthealth.com/foundation) and click “Scholarships.”*



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## It's Happening Here

As the region's most comprehensive healthcare system, we offer more services, programs and technologies that mean life-changing care for our community. From 3D surgery to our advanced approach to treating migraines, and from hyperbaric oxygen therapy for wound care to all-in-one maternity suites, we deliver progressive medicine right here, every day. That's what leading the way is all about.

See what's happening at [FremontHealth.com/LeadingTheWay](http://FremontHealth.com/LeadingTheWay)  
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