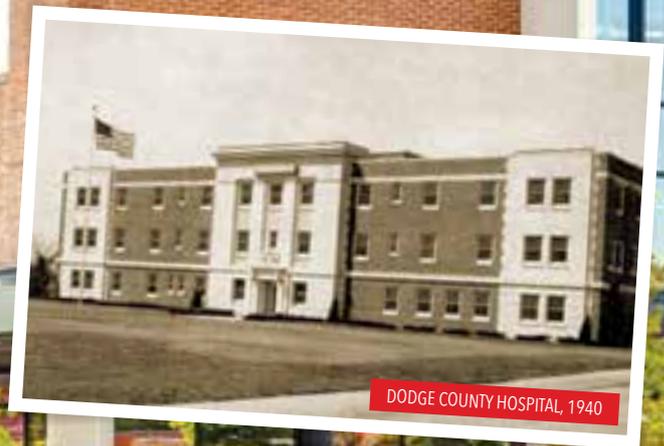


BUILDING A HEALTHY FUTURE

Fremont
Health
MEDICAL CENTER



DODGE COUNTY HOSPITAL, 1940

Healthline

Special Edition, 2017

Leading the Way at Fremont Health





We are excited to present this special edition of *Healthline*.

This publication celebrates and highlights some of the most significant changes across our organization. You will hear firsthand from the patients who have experienced these changes, as well as from some of the benefactors who helped support this project through their donations. We are proud to be a part of this community, proud of the health system we are today, and very honored to share this journey with you.

Building

a Healthy Future for Fremont

After years of thorough planning and construction, Fremont Health’s Building a Healthy Future project is nearly complete.

- **THE PROJECT:**
Building a Healthy Future—a multifaceted, multimillion-dollar project to update the functionality and aesthetic of Fremont Health Medical Center and Dunklau Gardens.
- **THE FOCUS:**
Bolstering Fremont Health’s mission of improving health and wellness in the community, the project goal was to **enhance treatment processes and healthcare delivery throughout the facility.**
- **THE INVESTMENT:**
\$42 million. Funds came from existing cash reserves, long-term financing, future operational cost savings, and generous philanthropic support from the Fremont community through Fremont Health Foundation fundraising efforts. Support from the community, in addition to a generous lead gift from the late Rupert Dunklau and the Rupert Dunklau Foundation, helped advance this critical project. (See more on page 11.)
- **THE TIMELINE:**
In September 2013, the medical center began improvements. Fast forward to 2017, and a **fully renovated** Fremont Health Medical Center, tower addition and Dunklau Gardens is proudly serving the people of Fremont and the surrounding communities.
- **THE RESULTS:**
The Building a Healthy Future project has transformed Fremont Health Medical Center patient rooms, waiting rooms, work spaces, maternity suites and Dunklau Gardens—Fremont Health’s first-class, long-term care and short-term rehabilitation facility—paving the way for a modern, high-efficiency, state-of-the-art facility that will serve as a **hub for leading-edge healthcare** for the future.

Fremont Health



Connections to Your Centers
of Excellence

Foundation Office (402) 727-3566

Human Resources (402) 727-3318

Patient Information (402) 721-1610

Public Relations (402) 727-3844

Visit our website: www.fremonthhealth.com

Patrick Booth, *President and Chief*

Executive Officer

Public Relations Department, *Executive Editor*

Healthline is published by Fremont Health, 450 East 23rd Street, Fremont, NE 68025. For permission to reprint any portion of this magazine, to let us know you are receiving more than one copy, or if you would prefer not to receive the publication, visit www.fremonthhealth.com and click on “Contact Us” or call (402) 727-3497.

Fremont Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. For more information, see link on our home page at www.fremonthhealth.com.

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

THE TRANSFORMATION

Trust Fremont Health Medical Center to provide you the highest quality of hospital care from qualified nurses and staff. The newly transformed hospital features facility, technology, and security upgrades to enhance your experience, including:



Expanded patient suites, **2X the size** of former rooms, featuring flat-screen TVs, handicap-accessible bathrooms with walk-in showers and overnight accommodations for family



Expanded family waiting rooms and lounges



20-bed Inpatient Behavioral Health Unit for adult and geriatric patients



Improved workspaces for physicians, nurses and staff, including work spaces outside patient rooms and **communication centers** on each floor



“When we improve our facilities, it’s for the patients. It creates a healing environment where patients want to come and top medical professionals want to practice. This project meets our current and future community needs.”

—Patrick Booth,
President and CEO at Fremont Health



BUILDING ON OUR HISTORY

1897
The original Fremont Hospital was completed.

1947
The hospital expands, opening a North Wing.

1972
The hospital expands and is renovated, creating a six-story Acute Care Tower.

2017
The Building a Healthy Future project renovations are scheduled for completion.

1981
Fremont Health's fifth floor is completed, adding 30 new beds.

2014
The hospital and its affiliates re-brand as Fremont Health to better reflect the hospital's system status.

1940
Fremont Health Medical Center opens its doors as Dodge County Hospital in its current location.

1960
Fremont Health's long-term care unit, then known as the Chronic Disease Annex, opens.

1976
The Fremont Health Foundation is established.

2013
Broke ground for the Building a Healthy Future project.

2015
Fremont Health celebrates 75 years of service.



FAMILY-CENTERED MATERNITY CARE

Physicians and nurses who are a part of Fremont Health's maternity team have served the local community for years. Some have welcomed multiple generations of babies to area families, delivering a personal brand of care that you simply won't find in larger facilities.

BREASTFEEDING IS BEST

Fremont Health provides breastfeeding instruction and information to new moms. Breast milk offers babies the most robust level of the nutrition and may also:

- Enhance bonding between mom and baby
- Help mom burn extra calories
- Reduce a mother's risk for breast and ovarian cancers

Delivering **Future** Generations

EXPERIENCE THE GOLD STANDARD in maternity care at Fremont Health Medical Center, where spacious, all-in-one labor, delivery, recovery, and postpartum suites are designed to accommodate mom, dad, baby, and other family members.

CONSISTENT COMFORT

Traditionally, new moms visited a number of rooms during the birthing process, transitioning from a labor area to a delivery or operating room and finally, to a postpartum recovery area. To eliminate the shuffle, we offer moms expansive suites to stay in throughout the birthing experience. Complete with private bathrooms, the family-centric floor plan offers enough space for family members to stay close to mom during the memorable experiences of labor, delivery, and recovery. Around-the-clock anesthesiologists are available should moms in labor need pain relief, and if a cesarean birth is necessary, a special surgical suite is located within the unit.

PRIVACY, PLEASE!

When it's privacy you prefer, we respect that. Supplies are restocked through hallway cabinetry, giving families more private time than a traditional

setting. If new moms need time for naps or to recover following a cesarean birth, visitors are welcome to wait in our nearby family waiting room, made possible by donors.



Toni Dean, RN, has cared for babies in the Fremont Health Medical Center nursery since 1980.

What Our Patients Say

"The nurses were **absolutely fantastic**.

Everyone made sure my husband was included ... and that I understood what I needed to do to take care of myself and my daughter. I was pleased that everything went so well. Everyone was so helpful and courteous. It was a great visit."

"**YES.** This is one of the best birthing centers in the area. I would **definitely recommend it** to anyone looking for labor and delivery in one room. The nurses made you feel important and like you had someone waiting on you."

"Everything was great. It was ... **the best birth** experience I have had."

LET US GIVE YOU A TOUR!
(402) 941-3991
OR, TAKE A VIRTUAL TOUR BY VISITING

FREMONTHEALTH.COM



Fremont Health maternity suites offer comfort and space for the whole family to greet their newest member.

Our OB Services Team
DELIVERS

97%



Patient Satisfaction

Based on the 2016 NRC Health - Hospital Consumer Assessment of Healthcare Providers & Systems survey

CLINICAL EXCELLENCE CLOSE TO HOME

Families don't have to travel far to get the highest quality of maternity care. Our obstetric area is equipped with a **Level II nursery** and the tools to address many neonatal medical conditions.

Additionally, our team of mother/baby nurses work closely with you to provide **skin-to-skin bonding** with your baby, as well as **breastfeeding guidance** for moms who choose it. And, if you previously delivered a baby by Cesarean birth but want to have your next baby vaginally, Fremont Health Medical Center's maternity experts are practiced in guiding women through trial of labor after Cesarean (TOLAC) and vaginal birth after Cesarean (VBAC). Ask your maternity healthcare provider if you might be a candidate for this delivery option.



Building a Healthier Community

Fremont Health = personalized, friendly, professional medical care in a comforting environment.

Extra-large rooms feature spacious, **wheelchair-accessible bathrooms** and a pleasing design. These large, single-occupancy rooms are more than just a convenience. They have been shown to be better for patients by reducing stress levels, noise levels, and sleep disturbances and improving patient outcomes.

Welcoming family waiting areas on each floor invite our patients' loved ones to stay close by, even when patients need privacy.

Patients experience **fewer interruptions** from staff, who use two-sided supply cabinets accessible from the hallway to restock supplies.

Experienced, qualified nurses utilize hallway mini-stations for charting, keeping the nurses close at hand while offering patients more privacy.

Integrated and digital technology provides an advanced level of care. The eICU uses telemedicine to connect patients with critical care specialists to provide an extra level of intensive care coverage 24 hours a day, seven days a week. Digital technology puts the patient's medical records at his or her fingertips through our secure, online patient portal. When discharged from the hospital, patients can use the portal to access discharge instructions, patient history, and more.

Fremont Health Is Built on Award-Winning Care:
Women's Choice Award® as one of America's Best Hospitals
for Emergency Care • Certificate of Accreditation with
Commendation as a Community Hospital Cancer Program from
American College of Surgeons' Commission on Cancer (CoC) •
The Joint Commission Gold Seal of Approval®

"First National Bank Fremont believes strongly in supporting our local community in every way. We have a long history of supporting Fremont Health, not only in monetary donations, but also with employees volunteering their time. A healthy medical community and campus is vital to everyone's success, including our own. Fremont Health is a cornerstone business to a healthy, vibrant community."—Barry Benson, President
First National Bank Fremont



"I have witnessed firsthand the excellence in care provided to the people of Fremont and the surrounding communities. We are blessed to have highly skilled physicians, nurses, technicians, and support staff. Pat and I felt it was important to give back and make a gift to the Building a Healthy Future project to show our appreciation for the integral part Fremont Health has played for over 26 years in my Oral and Maxillofacial Surgery practice and in enriching our lives."—Dr. Stephen Wendt,
Foundation Board of Directors

Fremont Health

29

MEDICAL
SPECIALTIES

178

DOCTORS ON
MEDICAL STAFF

909
EMPLOYEES

190 VOLUNTEERS

12 CLINIC LOCATIONS

COUNTLESS
COMMUNITY PROGRAMS

1 GOAL

To Improve Your
Health and Wellness.

"The hospital has really changed. I like the staff and doctors and the nurses ... they all took good care of me. The rooms are much nicer. They're quieter, more comfortable, and [there's] easier accessibility to the bathroom."

BEHAVIORAL HEALTH UNIT

Improved access to behavioral health care has long been needed in the communities we serve. The recent opening of Fremont Health Medical Center's Behavioral Health Unit provides this advantage in our area.



STATE STATS TELL THE STORY

In 2011, **Nebraska received a "D" grade** for mental health.

Only 47% of adult Nebraskans who experienced mental illness received treatment, presumably due to lack of awareness and access to treatment.

Nebraska ranked 32nd for per capita spending on mental health services in 2013.



2015

MAKING A DIFFERENCE LOCALLY

DECEMBER 2015 – Fremont Health opened the inpatient behavioral health unit, providing diagnostic intervention, medication, therapy, and more.

2016 – **375** behavioral health inpatients were treated at Fremont Health Medical Center. About **50%** of admissions were from our primary service area.

A **20% DECREASE** in transfers to Omaha, Lincoln, and Council Bluffs, and other out-of-state facilities has resulted since the inpatient behavioral health unit opened.



WHY IT MATTERS

Most mental illnesses are medically treatable. Increased access to behavioral healthcare is linked to:

- **Decreased domestic violence** and child abuse rates
- **Decreased homelessness** and unemployment rates
- **Increased high school graduation** rates
- **Improved quality of life**





Building a **Home** away from **Home**

Extended Care at Dunklau Gardens is **all about the people**, whether they're becoming a long-term part of our community or here for short-term rehabilitation following surgery or injury.

SHORT-TERM REHABILITATION

Patients staying in the 22-bed short-term rehabilitation unit, named in memory of Dr. A. J. Merrick, a physician and longtime supporter of Fremont Health, focus on enhancing their ability to move and live independently before returning home.

"At least six days a week, these patients are in physical therapy, occupational therapy, and/or speech therapy to rehabilitate from conditions that hamper their ability to return home safely," says Rachel Reiman, PT, Administrator of Dunklau Gardens at Fremont Health. "Therapy, dining, and planned activities are all within the unit, so patients build their own small community during their stay,"

Most patients stay about 20 days before returning home. The overall atmosphere of this unit is inviting, with daily activities, homelike amenities, and opportunities to bond with other patients and visitors.

LONG-TERM CARE

Dunklau Gardens is anything but a stereotypical nursing home. The 106-bed long-term care facility focuses on creating a community atmosphere for residents who cannot live on their own. Something unique about Dunklau Gardens is that residents take pride in their new home and in the expert care—including round-the-clock nursing care—they receive.

"Our goal is to enhance quality of life and interaction," says Reiman. "We hold seasonal activities, entertainment programs, and events with families in our large dining area. Our outdoor courtyards have a covered pavilion, opportunities for gardening in raised planter beds, and outdoor dining."

WHAT OUR PATIENTS SAY

"Even though I am not a therapy person, I had a **nice experience**. This is my second time, and if I had to have therapy again, I would like to come back here."

"Best decision I ever made. The therapists were **awesome**. They helped me reach my goal to walk again. I am very thankful."

"The staff was **friendly, concerned, and considerate**. They were kind and helpful and very sweet to me ... I thank you all."



Dunklau Gardens

Offers the Community

- ✓ Private and companion rooms
- ✓ Spacious bathrooms
- ✓ Beauty/barber services
- ✓ Dining halls and small solarium dining areas
- ✓ Large courtyards and a healing garden
- ✓ Flat-screen TVs and cable
- ✓ Large chapel with Bible study and worship services
- ✓ Entertainment and wellness programming
- ✓ Adjoined acute care hospital for a higher level of medical care
- ✓ Local outings
- ✓ Transportation to and from local doctor appointments
- ✓ Four hospice suites



HOSPICE SUITES

Providing a home away from home for hospice patients is important to Fremont Health. Recently, the Hospice area expanded from two private family suites to four, increasing our capability for this service.

"The suites, with the help of generous donors like the Wikert Family and Ruth Dunklau, provide individuals near the end of life and their families with space to be together yet still receive inpatient hospital care," says Karin Ricker, RN, Hospice Clinical Manager at Fremont Health. "Each suite has a large bedroom area and an attached family area with a pull-out sofa, so family members can stay with their loved ones."

"My family was faced with a sudden hospice decision for my husband four years ago. **We were thankful** that there was a room available at that time. We wanted other families to have the same access in the future as we found the hospice suites comforting during a very difficult time."

—Marty Wikert



Fremont Health Foundation Derby Party Fundraiser



Fremont Health Medical Center New Family Waiting Area

Built by Community

Fremont Health’s Building a Healthy Future Campaign raised funds to help renovate and expand Fremont Health Medical Center and Dunklau Gardens inside and out for patients and their families.

Through generous individuals and organizations, the Fremont Health Foundation raised over \$3 million in their most significant campaign effort ever for one of the most transformational projects in Fremont Health’s 75-year history. This support helped to enhance spaces such as family rooms, waiting areas, courtyards, a new Chapel, hospice, long term care, and the overall facility to create an extraordinary healing environment for patients and residents.

“Since this was our first ever major gift campaign, we took a personal approach to fundraising, reaching out first to individuals and organizations that have longstanding relationships with Fremont Health,” says Anne Folkers, Director of Development. “The willingness and amazing generosity of these benefactors makes it such an honor to be a part of this great organization in this great community.”

Building
a Healthy
Future donors
contributed over
\$3 million to
this project!



LEGACY BUILDERS

A FREMONT HEALTH NAMESAKE

Fremont Health's extended care facility, now known as **Dunklau Gardens**, was fully redesigned as part of the Building a Healthy Future project. The late **Rupert Dunklau**, who passed away in early 2016, had a heart for Fremont Health and the Fremont community, as reflected in his **30+ years** of service on our Board of Trustees.

Mr. Dunklau and his foundation helped spearhead the campaign, making a generous lead gift. This generosity helped to ensure the newly renovated extended care facility would be a home and place of comfort for long-term care residents by advocating for larger, more private rooms. The renovated facility now houses **60+** private rooms, **44** companion rooms, and **4** hospice suites.



Rupert Dunklau

The Building a Healthy Future campaign offered donors the opportunity to make an impact and leave their legacy on one of the most significant projects for our hospital and community. We are truly grateful to all the individuals and organizations who helped us build a healthy future. We would like to recognize those who generously made a gift or pledge at our Leadership, Recognition, and Naming levels.

NAMING & RECOGNITION LEVEL DONORS:

- Nursing Home – Rupert Dunklau, Rupert Dunklau Foundation
- Chapel – Dale and Fern Olson
- Hospice Suites – Ruth Dunklau
- Hospice Suites – The Family of Richard Wikert
- Family Courtyard, North – Patrick and Judy Booth
- Family Courtyard, South – First National Bank Fremont
- Family Room, Surgical Unit, 4th Floor – Dr. F. Thomas and Carol Waring
- Family Room, Medical Unit, 3rd Floor – Linda and Terry McClain Family
- Consultation Room, Surgical Unit, 4th Floor – Dr. Stephen and Pat Wendt
- Family Waiting, 4th Floor, LDRP – Gene and Peg Steffensmeier
- Family Waiting, 4th Floor, Surgery – First State Bank & Trust Company
- Family Waiting, 3rd Floor – Dr. Monty and Lynnette Sellon Family
- Family Waiting, 3rd Floor ICU – Pinnacle Bank

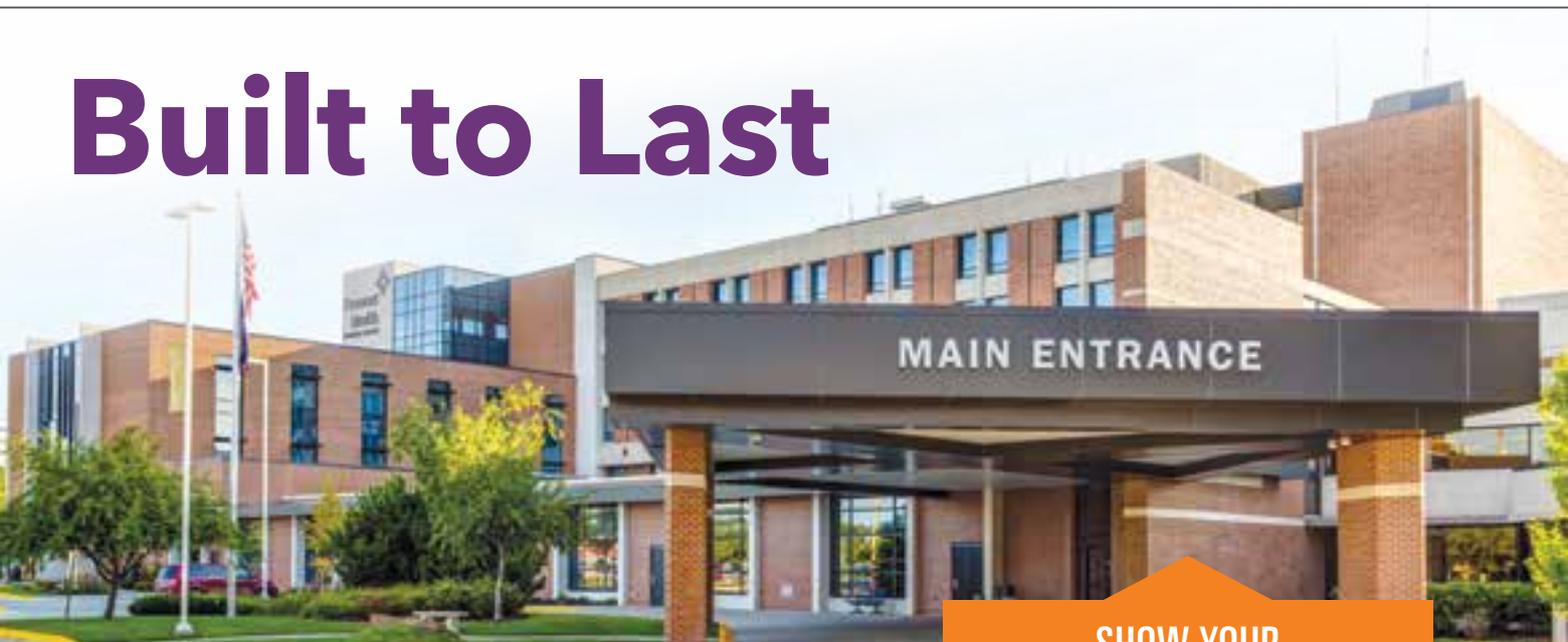
LEADERS LEVEL DONORS:

- Charlie and Mary Lou Diers Family
HDR, Inc.

PATRONS LEVEL DONORS:

- | | |
|--------------------------------|--------------------------|
| Debby Durham Family Foundation | Dave and Sheila Monke |
| Ken and Pat Beebe | Steve and Peg Pribnow |
| Thom and Barbara Christensen | Larry and Linda Shepard |
| Dick and Paula Hendriksen | Tom and Sheryl Thomsen |
| Joel and Jan Jelkin | Union Pacific Foundation |

Built to Last



Fremont Health is here to meet the healthcare needs of you and your family, now and for generations to come, and we owe it all to you.

SHOW YOUR
SUPPORT

Make a donation at
www.fremonthealthfoundation.org.

"The multiple programs and services provided by Fremont Health and supported by Fremont Health Foundation touch so many people in such a positive and meaningful way. Hospice Care, Medication Assistance Program, Diabetes Education, and the Mom & Baby Home Care programs are just a few of these services and programs that are so impactful. We feel that an investment in such positive and important programs will pay dividends for years to come by all the lives they impact."

—Dr. Stephen Wendt, Foundation Board of Directors

HOW YOU CAN HELP

Fremont Health Foundation supports Fremont Health Medical Center and our community as a whole, and you are invited to join the cause. Call (402) 727-3566 to discuss ways to get involved.

Direct your contribution to support areas of greatest need, or choose to foster one of these programs:

- Books for Babies
- Cancer Services
- Diabetes Education
- Dunklau Gardens Activities
- Employee Family Crisis
- Hospice and Home Health Care
- Medication Assistance
- Mom & Baby Home Care
- Patient Care Services
- S.A.F.E. (Safe Accessibility for Everyone)
- Scholarships