



LEADING THE WAY

# Healthline

Summer 2017

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Fremont Health





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**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."

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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 from our president and CEO, Patrick Booth

# PARTNERSHIPS— THE KEY TO THE FUTURE

**OUR NATION'S** healthcare system continues a rapid cycle of change. Many healthcare leaders refer to the last five years and the next five years as a "transformative period" in our industry. This transformation has been mostly positive for patients, and the future holds great promise. We have witnessed incredible medical breakthroughs, amazing new technology, medicines and treatments that offer real cures, and newly designed "systems of care" that keep people healthy. The next five years could see exponential change. Nine out of 10 health system leaders say their organizations are or will be investing in virtual care systems—telemedicine, home monitoring, and electronic health records—that can be quickly accessed and shared by a team of caregivers to provide the best care to their patients. Five out of 10 leaders believe their systems will deploy multiple robotic devices, and they will participate in genomics research and various stem-cell treatments.

All of that is wonderful news for patients, doctors, and nurses, but these advances are incredibly expensive. And "healthcare" already costs too much. Most of the legislative efforts to reform our health system have thankfully not been aimed at the clinical aspects of how care is provided. Instead, the Affordable Care Act passed during the Obama Administration was an attempt to re-arrange how healthcare was financed—who paid and how. Essentially, as the federal government expanded the number of people it insured under the Exchanges and Medicaid, Medicare payments to providers (hospitals, doctors, nursing homes, etc.) were cut \$500 billion over 10 years. This forced many of those same providers to increase their prices, which in turn drove premiums higher for those with private insurance. It is clear that The Affordable Care Act (Obamacare) has failed to deliver on many of its promises of expanded coverage and lower costs. While our leaders in Washington continue to struggle to find alternative solutions, providers such as Fremont Health continue to seek creative ways to transform the

healthcare delivery system. Meanwhile, we have patients and families to care for, and at Fremont Health, our MISSION is "Improving the Health of People in the Communities We Serve." We want to be a part of the exciting transformation that is occurring in healthcare, but we have learned over the years that we can't be successful by ourselves. Although we operate the largest county-owned hospital in the State of Nebraska (70 licensed beds), Fremont Health Medical Center is the ONLY community hospital in the greater-Omaha market that stands alone. (Nebraska Medicine, Methodist Health System, Bryan Health, and CHI all own and operate multiple community hospitals in our region.)

Compared to other hospitals serving in a small town and rural setting, we are also proud to say that we have one of the largest medical staff organizations—more than 150 physicians in more than 30 medical and surgical specialties. Clearly, our proximity to the highly competitive Omaha market is challenging, but we are so pleased that we have been able to partner with a number of physicians to bring their talents and skills to Fremont.

Now, we would like to tell you more about some of the most impactful partnerships we have forged over the years—partnerships with physicians and with other health systems. We strongly believe these collaborations, and others yet to be developed, hold the key to our future success. Partnerships allow us to provide services in our region that we would be unable to provide on our own. Partnerships also help us keep costs down, as we share expensive resources—people and technology. Of course, we are highly selective about who we form these partnerships with—always looking for best practices in medical care and leadership. Finally, because we are so close to Omaha, partnerships offer us an opportunity to participate in the broader regional market. Please take the time to read about some of our partnerships, and as always, thank you so much for your interest in and support of Fremont Health.

## HEMATOLOGY & ONCOLOGY CONSULTANTS, P.C.

In 2010, we partnered with Hematology and Oncology Consultants, P.C., to provide radiation oncology care for our cancer patients.



Beginning in September, **Omaha's top digestive health providers, Midwest Gastrointestinal Associates (MGI), will offer services at Fremont Health!** Look for more information on this exciting partnership in our next issue.

## ORTHONEBRASKA (FORMERLY ORTHOWEST)

Our 2015 partnership with OrthoNebraska brought physicians with certain subspecialties to Fremont. In April 2017, OrthoNebraska assumed management of Fremont Health Orthopaedics and Sports Medicine (now OrthoNebraska at Fremont Health), and now eight OrthoNebraska physicians see patients in our orthopaedic clinic. They also provide orthopaedics coverage in the Emergency Department, and surgical services at the Medical Center and Fremont Health Surgery Center.



## METHODIST PHYSICIANS CLINIC HEART CONSULTANTS

Our partnership with Methodist Physicians Clinic (formerly Heart Consultants, PC) began in 2011. A core group of five physicians provide diagnostic and interventional cardiology services at our Medical Center.



## FREMONT HEALTH PARTNERS

In 2013, Fremont Health Partners, a group of 80 members of our medical staff, formed and has been effective in improving quality and reducing cost of care in several areas.



## NEBRASKA CANCER SPECIALISTS

In 2009, Fremont Health partnered with Nebraska Cancer Specialists to provide enhanced medical oncology services.



## VISITING NURSE ASSOCIATION (VNA)

In 2013, Fremont Health partnered with the VNA to enhance existing home care and hospice services.



## HEALOGICS™

In 2010, we partnered with Healogics, Inc., the nation's largest provider of advanced wound care services with a network of nearly 800 wound healing centers.

## AIR METHODS

In 2013, Air Methods relocated its LifeNet Air Medical Services helicopter base to Fremont Health Medical Center.



## avera HEALTH

In 2016, Fremont Health partnered with Avera eICU CARE for 24/7 monitoring of our critically ill patients by board-certified intensivists.

## NEBRASKA HEALTH NETWORK

In 2017, Fremont Health joined Methodist Health System and Nebraska Medicine in the Nebraska Health Network (NHN) to provide more seamless coordination of care, shared guidelines for treatment of certain conditions, and quality and cost initiatives that lead to better health outcomes.



# STRENGTHENING OUR ORTHOPAEDIC SERVICES

An expanded partnership with one of the region's premier orthopaedic groups allows even more patients to receive bone, joint, and muscle care close to home.



Bryan Bredthauer, MD



David Brown, MD



John Galligan, MD



Steve Kumagai, MD

**ON APRIL 1**, OrthoNebraska (formerly OrthoWest)—a 25-physician orthopaedic practice that serves patients throughout Nebraska and western Iowa—assumed management of Fremont Health Orthopaedics & Sports Medicine. The move was the next step in the growth of a relationship that began in 2015, when OrthoNebraska orthopaedic surgeons Andrew Thompson, MD, and Michael Thompson, MD, began seeing patients at Fremont Health. Now, several of their OrthoNebraska colleagues have joined them.

Scott Reynolds, MD, Eric Samuelson, MD, John Galligan, MD, and David Brown, MD—along with Bryan Bredthauer, MD, and Steve Kumagai, MD, both of whom joined OrthoNebraska from Fremont Health, and the Drs. Thompson—see patients at Fremont Health. They also treat patients in our Emergency Department and perform surgeries at Fremont Health Medical

Center and Fremont Health Surgery Center. With so many orthopaedists now available at Fremont Health, patients have access to more musculoskeletal services than ever before, including some subspecialties that were not previously available locally. That means they can stay in the community they know best when they need orthopaedic care the most.

“OrthoNebraska is one of the longest standing orthopaedic specialty practices in the region and includes 25 of the most respected, fellowship-trained, and/or board-certified orthopaedic physicians and surgeons,” says Brett Richmond, Chief Operating Officer and Senior Vice President of Fremont Health. “We are committed to providing the highest quality of care to the people in our communities, and we are excited to have this partnership with OrthoNebraska, one of the area’s most trusted physician teams.”

**FOR LOCATION  
AND SCHEDULING  
INFORMATION FOR  
ALL PHYSICIANS  
ON THE MEDICAL  
STAFF AT FREMONT  
HEALTH, SEE THE  
PHYSICIAN DIRECTORY  
IN THE CENTER OF  
THIS MAGAZINE.**



Scott Reynolds, MD



Eric Samuelson, MD



Andrew Thompson, MD



Michael Thompson, MD



# PUTTING SUCCESS ON THE MENU

Student athletes devote time to developing their physiques and skills, but developing a nutritious, well-balanced diet is just as essential for any league of athlete.



Michael Breunig, DO

**TODAY'S STUDENT ATHLETES** feel a lot of pressure to succeed. To meet these expectations, these athletes need to take care of themselves.

"When we think of sports performance, we can usually narrow down a person's success by looking at three categories: training, rest, and nutrition," says Michael Breunig, DO, Family Practice and Sports

Medicine Physician on the medical staff at Fremont Health. "While getting adequate rest and training is not easy for student athletes, fueling their bodies through the proper nutrition can often be the most challenging goal to achieve."

It is tempting for these young players to try quick fixes in the form of powdered drinks or pills to attain the nutrients their bodies need, but real results are not likely to be found in such products.

"Most of an athlete's nutrition needs should be met through a well-balanced diet," Dr. Breunig says. "For training athletes, I usually recommend 45 to 65 percent of their calories come from carbohydrates, 25 to 35 percent from protein, and the remainder from healthy fats."

In addition to the foods an athlete eats, what they drink is equally as important.

"Proper hydration is essential, especially in the summer months," Dr. Breunig says. "Studies show that being dehydrated by just 5 percent can have a major impact on athletic performance."

Dr. Breunig recommends athletes drink at least 80 ounces of water a day—enough water so their urine is clear.

## A HEALTHY DOSE OF HELP

There's a lot that goes into eating healthily—especially for athletes—and combining all of this into a training regimen can seem like a complex task to achieve. Dr. Breunig offers the following tips to help athletes stick to a plan:

## SUBBING WITH SUPPLEMENTS?

While a balanced diet is all an athlete needs to find success, supplements can serve a purpose when properly utilized.

"In the busy world we live in, it's not always feasible to get the right nutrients at the right time," says Michael Breunig, DO. "That's when the convenience of supplements through shakes, for example, can come in handy."

However, be wary of products that make extraordinary promises or the ability to cure or treat medical conditions.

"Sport supplements aren't subject to FDA approval, so you don't always know what you're going to get," says Dr. Breunig. "I advise sticking to well-established brands with a USP verified mark."



- ✦ **Seek advice.** Every athlete is a different size with different goals, so there's no one-size-fits-all solution. Visiting a doctor, nutritionist, and/or trainer before adopting a fitness or nutrition plan can greatly benefit athletes long term.
- ✦ **Use apps.** Plenty of apps are available to help athletes keep track of what food they've eaten and what fluids they have had to drink. Apps provide a quick and easy way to track consumption and make the best dietary decisions.
- ✦ **Team up.** Athletes benefit from pairing with someone who shares similar goals. This could be a teammate or family member. Having a like-minded training partner can help you stay focused on your training and nutrition goals.



*Need nutritional advice to help you with your training? Visit [www.fremonthealth.com/NutritionServices](http://www.fremonthealth.com/NutritionServices) to discover how our registered dietitians can help.*

# WELCOME NEW PHYSICIANS

**FREMONT HEALTH** is pleased to introduce the newest members of its Medical Staff who will provide quality services and expertise in the areas of Family Medicine, General Surgery, Internal Medicine and Pediatrics to Fremont and the surrounding communities.



Todd Eberle, DO

## FAMILY PRACTICE

Two new Family Medicine physicians will be joining Drs. Michael Breunig and James Sullivan at Fremont Health Family Care in August. Todd Eberle, DO, a David City native, earned his medical degree from Des Moines University Osteopathic School of Medicine and completed his residency at Mercy Family Medicine also in Des Moines, Iowa.

Sarah Grauman, MD, earned her medical degree from and completed her Family Medicine residency at Creighton University School of Medicine. In addition to being a physician, she is a certified Lactational Counselor and an experienced registered nurse. Dr. Grauman is a member of the American Academy of Family Physicians as well as the Nebraska Academy of Family Physicians.



Sarah Grauman, MD

## GENERAL SURGERY

Joining the Medical Staff at Fremont Health is Chris Gartin, MD. Dr. Gartin earned his medical degree from the University of Nebraska Medical Center and completed his residency in surgery at the University of Kansas – Wichita. He will be joining Drs. Keith Leatherbury and Adam Pentel at Fremont Health Surgical Group. An Omaha native, Dr. Gartin enjoys playing sports and is an accomplished artist.



Chris Gartin, MD

## INTERNAL MEDICINE

Jason Dinsmoor, MD, will be joining the staff at Fremont Health Internal Medicine in September. Dr. Dinsmoor received his medical degree and completed his residency in Internal Medicine at the University of Nebraska Medical Center College of Medicine (UNMC). He earned numerous scholarships and awards during his time at UNMC. We are pleased to have him on our Medical Staff at Fremont Health.



Jason Dinsmoor, MD

## PEDIATRICS

Erin Schmitz, MD, has joined Drs. Groppe, MacDonald and Olgun at Pediatric Partners. Dr. Schmitz earned her medical degree and completed a pediatric residency at the University of Nebraska Medical Center, where she received numerous awards. She is a member of the American Academy of Pediatrics and the Nebraska Medical Association.



Erin Schmitz, MD



## FREMONT HEALTH MEDICAL CENTER NAMED TO TOP 100 LIST

**FREMONT HEALTH** Medical Center was recently named one of the Top 100 Rural and Community Hospitals in the United States by iVantage Health Analytics and the Chartis Center for Rural Health.

“This achievement is very gratifying and validates our daily commitment to providing the best healthcare possible to our community,” says Patrick Booth, Fremont Health President and Chief Executive Officer. “I am particularly proud of our top-level performance in the areas of quality and outcomes, which are a result of our many years of focused efforts in those areas.”

Fremont Health Medical Center scored in the top 100 of rural and community hospitals on iVantage Health Analytics’ Hospital Strength INDEX®. The INDEX is the industry’s most comprehensive rating of rural providers. It provides the data foundation for the annual Rural Relevance Study and its results are the basis for many of rural healthcare’s most prominent awards, advocacy efforts and legislative initiatives.

The Top 100 Rural and Community Hospitals play a key role in providing a safety net to communities across America—and the INDEX measures them across eight pillars of hospital strength: Inpatient Share Ranking, Outpatient Share Ranking, Cost, Charge, Quality, Outcomes, Patient Perspectives, and Financial Stability.

“Across the spectrum of performance indicators, there are rural providers that are writing the blueprint for success as they transition to value-based healthcare,” says Michael Topchik, national leader of the Chartis Center for Rural Health. “Our analysis shows that this group of top performers exhibits a focused concern for their community needs.”

# IMPROVING FLOW THROUGH UROLIFT

Over time, most men deal with an enlarged prostate gland that can affect normal urine flow and disrupt their work, play, and sleep. Now, thanks to the UroLift® procedure, they can find lasting relief.

**THE PROSTATE GLAND** sits below the bladder. When this gland becomes enlarged—a condition known as benign prostatic hyperplasia—it takes over the urethra's space, interfering with proper urine flow. Though prostate enlargement may cause no symptoms, some men experience:

- ✦ Waking up often to urinate
- ✦ Problems emptying the bladder
- ✦ Weakened urine flow
- ✦ Urgency to urinate
- ✦ Dribbling urine
- ✦ Pain or blood with urinating

If you experience these symptoms, see a doctor, who may perform a digital rectal exam to determine the state of your prostate. After other tests, including a urine flow test along with blood work to rule out cancer, an enlarged prostate diagnosis may follow.



Ansar Khan, MD

## WHAT NEXT?

"We take a conservative approach to enlarged prostate, offering patients lifestyle accommodations, possible medications, and information about treatment steps while closely monitoring symptoms over time for signs of improvement," says Ansar Khan, MD, Urologist on the medical staff at Fremont Health.

When symptoms linger, Dr. Khan talks with patients about their treatment options, starting with UroLift, a minimally invasive option.

"The UroLift procedure pins the enlarged prostate back on both sides using implants to maintain these positions permanently,"



## MEDICATIONS AND MODIFICATIONS

Some men do well on a regulated bathroom schedule, which involves limiting fluids before bedtime. Those who find stress relief through exercise also tend to fair better than those who do not have a healthy way to relieve tension.

Medications may also provide relief. Certain drugs block hormones, possibly curbing prostate growth, while others work to ease symptoms and better regulate urine flow.

If these attempts are ineffective for men diagnosed with enlarged prostate, the outpatient UroLift procedure may be recommended.

Dr. Khan says. "This all takes place using one device to locate the prostate and release the implants to their proper locations. After undergoing this procedure, patients go home the same day."

## WHY THIS METHOD?

The UroLift procedure offers men an option that helps avoid undergoing more extensive surgery.

"Some men do not find satisfactory relief from lifestyle modifications or taking medications," Dr. Khan says. "This treatment rearranges the prostate, resolving the issue while keeping the anatomy intact."



*If you are experiencing urological issues, discuss them with your doctor. To learn more about Urology Services at Fremont Health, visit [www.fremonthealth.com/urology](http://www.fremonthealth.com/urology).*





# MAKE YOUR HEALTH CHOICES KNOWN

Discussing your health wishes with family members may feel uncomfortable at first, but it helps to come to the conversation prepared.

**BUILDING A HEALTHCARE DIRECTIVE** in advance can set the groundwork for your healthcare wishes and indicate your preferences for the management of your health in the event illness or injury leaves you without a way to communicate.

This plan may be created with the help of legal counsel and will likely include information about artificial nutrition and hydration, cardiopulmonary resuscitation, breathing support, holistic comfort care, and organ and tissue donation.

## IDENTIFY AND SHARE

Some people consider quality of life diminished if they can no longer eat or breathe on their own, while others think the most important thing is to receive quality care to prolong their life. There is no wrong choice, but there are services to help patients and their families facing a life-limiting or terminal illness or injury. Two such programs are palliative care and hospice care. Palliative care provides patients physical and mental comfort at any phase of illness, even when curative treatments are viable. Hospice provides similar services to terminal patients with a prognosis of six months or less to live, helping the patient maximize the quality of the remainder of their life.

Deciding if you would want either of these types of care, if it were needed, and putting it into writing, can help your family know what to do if they need to make healthcare decisions for you. Pick a spouse, sibling, child, or close friend to serve as your advocate for the care you want in the event of an emergency, and provide a healthcare durable power of attorney outlining your wishes. Include information about housing options you may want to consider, such as living with family or at a long-term healthcare facility, if the need were to arise.

It is never too late, and you are never too young or old to discuss these important topics.



Visit [www.fremonthealth.com/AdvanceDirectives](http://www.fremonthealth.com/AdvanceDirectives) to download a PDF of the Nebraska living will declaration or a healthcare durable power of attorney.

## DOCTORS: YOUR ADVOCATES FOR GOOD HEALTH

Regular doctor's office visits are important for everyone, not just those dealing with a major illness or chronic condition.

**YOUR PRIMARY CARE PHYSICIAN** can play a pivotal role in your life, whether it's by spotting early signs of illness or relaying the latest information about everyday health choices. Make time to schedule and attend annual exams and health screenings to give your healthcare provider the details he or she needs to form a plan for your care. During these visits, talk openly about any ongoing issues affecting your physical, mental, or emotional well-being.

## RELATIONSHIPS THAT PAY OFF

Maintaining relationships with your healthcare providers is good for your health—these are the people who will walk with you for much of your health journey, and know your story well as a result. What's more, a primary care provider can work closely with other members of your health team and can pair you with additional support, when needed.



Don't have a doctor? Find one by visiting our website at [www.fremonthealth.com](http://www.fremonthealth.com) or see the insert in this issue.



ASHLEY FISHER, MEDICAL SOCIAL WORKER AT DUNKLAU GARDENS, DISCUSSES ADVANCE DIRECTIVE WITH A RESIDENT.

# Watch for These **Upcoming Events**

## CHILDBIRTH AND INFANT CARE CLASSES

TO REGISTER FOR A CLASS, OR FOR MORE INFORMATION ABOUT CHILDBIRTH EDUCATION CLASSES, CALL (402) 727-3759.

### Understanding Birth

(Monday & Tuesday)  
Sept. 11 & 12; Nov. 13 & 14  
6–8:30 p.m.

### Understanding Birth, Baby Basics, & Better Breastfeeding

Oct. 7 (one-day class)  
8 a.m.–1:30 p.m.

### Maternity Center Tours

Available upon request or take a virtual tour at [www.fremonthealth.com/virtualtour](http://www.fremonthealth.com/virtualtour).

### Baby Basics & Better Breastfeeding

Sept. 5 (Tues); Nov. 6  
6–9 p.m.

## SUPPORT GROUPS/CLASSES

### American Chronic Pain Association

(402) 727-3439  
Aug. 7 & 21; Sept. 4 & 18; Oct. 2 & 16; Nov. 6 & 20  
7–9 p.m.

### Breast Cancer Support Group

(402) 727-3439  
Aug. 14; Sept. 11; Oct. 9  
Noon–1 p.m.

### Compassionate Friends Support Group

(402) 727-3439  
Aug. 10; Sept. 14; Oct. 12; Nov. 9  
7–9 p.m.

### Fresh Hope Support Group

Meets Thursday evenings  
7–8:30 p.m.  
Dunklau Conference Room at Fremont Health Medical Center

### Grief Support Group

(402) 727-3663  
Oct. 5, 12, 19 (adult/child groups)  
6:30–8:30 p.m.

### Look Good ... Feel Better

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

### Fremont Family Support Group National Alliance for Mental Illness

Aug. 8; Sept. 12; Oct. 10; Nov. 14  
6:30–8:30 p.m.

### Understanding Hearts: Suicide Survivor Support Group

(402) 727-3439  
Aug. 15; Sept. 19; Oct. 17; Nov. 21  
5:30–7:30 p.m.  
Dunklau Conference Room at Fremont Health Medical Center

### Preventing Diabetes

(402) 727-3355  
Meets quarterly from 5:30–8:30 p.m.  
Aug. 3; Nov. 2

## SCREENING PROGRAMS

No registration necessary.

### Blood Pressure Screening

Fremont Mall  
Aug. 15; Sept. 19; Oct. 17; Nov. 21  
8:30–10:30 a.m.

### Community Wellness Blood Draws

Aug. 8; Nov. 7  
7–9 a.m.  
Fremont Health  
Health Park Plaza, 3rd Floor  
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.

## UPCOMING EVENTS

### AgeLess Prevention Connection

(402) 727-3844  
Aug. 16; Sept. 20; Oct. 18; Nov. 15  
8:30–10 a.m.  
The Gathering, 750 N. Clamar, Fremont  
Watch our website at [www.fremonthealth.com](http://www.fremonthealth.com) for monthly program topics or information about joining our AgeLess program.

### Leukemia & Lymphoma Patient & Family Support Group

Call (402) 941-7363 for information.  
Sept. 14; Oct. 12; Nov. 9  
11:30 a.m.–12:30 p.m.  
(Lunch provided)

### Diabetes Self Management

(2 sessions per class)  
Aug. 2 & 16; Sept. 6 & 20; Oct. 4 & 8; Nov. 1 & 15  
First session: 11 a.m.–2 p.m.  
Second session: 11 a.m.–3 p.m.  
Call Sara Bishop at (402) 727-3355 to register.  
Program fees covered by Medicare, Medicaid, and most private insurance companies.

### Tobacco Cessation Classes

Free of charge  
Call for more information.  
(402) 727-3439

*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.*

# YOUR SUPPORT

# IN ACTION



FROM LEFT TO RIGHT: BRETT RICHMOND, CHUCK DIERS, CHARLIE DIERS, ANNE FOLKERS

When you make a donation to the Fremont Health Foundation, you not only help fund quality medical care, but you also make it easier for members of our community to get the services they need. Take a look at how your support is making a difference.

**IN MID-2016**, the Fremont Health Foundation received an urgent request. The 12-year-old transportation bus used to drive patients to and from appointments was in need of repairs and had become too costly to maintain. The added, unexpected expense quickly became a top priority because the bus provides the essential service of helping community members who have no other means of transportation get to Fremont Health for physical and occupational therapy, cardiac rehabilitation, imaging appointments, and laboratory services.

"Our bus travels throughout Dodge County, and to Arlington and Cedar Bluffs," says Cory Moss, Materials Manager at Fremont Health. "During the most recent fiscal year, we traveled more than 10,000 miles and gave 1,512 rides."

Without the bus, many people would be left in a difficult position.

"People who live alone, are recovering from an accident or surgery, or whose spouse works during the day often have no way to get to their appointments, which hampers their ability to recover," says

Anne Folkers, Director of the Fremont Health Foundation. "For us to be able to provide transportation is a testament to our continued focus on the mission of improving the health and wellness of people in the communities we serve."

The Fremont Health Foundation reached out to Charlie and Mary Lou Diers of Diers Ford Lincoln to see if they could help find the right bus. They not only found a bus that meets the community's needs, but they also funded a large portion of the costs. With the support of the Diers family and two anonymous donors, the Fremont Health Foundation purchased the bus at the beginning of 2017. It has room for 12 passengers and two wheelchairs, and features a lift capable of supporting 1,000 pounds—an upgrade from the previous vehicle, which supported 800 pounds.

"Without the generosity of the Diers family and our donors, we wouldn't have been able to get a bus this quickly," Folkers says. "Donating to the Fremont Health Foundation makes a direct impact on the individuals and people we serve. The transportation bus is just one example of this impact and how donors make a difference."



Visit [www.fremonthhealthfoundation.org](http://www.fremonthhealthfoundation.org) to learn more about how you can make an impact in the lives of your friends, family, and neighbors.



## CONGRATULATIONS, SCHOLARSHIP RECIPIENTS

### Fremont Health Foundation Impact Scholarship

Brant Ridder, Archbishop Bergan Catholic High School

### Robert Weinberg Memorial Scholarship

Trece Hickman, Fremont High School

### Fremont Health Foundation Scholarship

Lindley Daubert, Elkhorn South

Nora Kloke, North Bend

Hannah Novotny, Logan View

Dannika Shanahan, North Bend

### Fremont Health Foundation Employee Child Scholarship

Evan Halbmaier, Mead

Amelia Schlichting, Lyons-Decatur

To learn more, visit [www.fremonthhealthfoundation.org](http://www.fremonthhealthfoundation.org) and select "Scholarships."



# THANK YOU SPONSORS!

## Presenting HDR

### Horsepower, Derby Race

Sid Dillon Chevrolet - Fremont

### Spirit of the Fremont Health Foundation Award

First National Bank Fremont

### Lucky Cup

First State Bank & Trust Company

### Wine Pull

Charlie Diers Ford Lincoln

### Wine, Beer and Bourbon Tasting

Eagle Distributing

### Winner's Circle

Blue Cross and Blue Shield of Nebraska

Family First Dental

Fremont Beef Company

Security Equipment, Inc. (SEI)

Prairie Fields Aesthetics

Fremont Health Medical Staff

Hoegemeyer Family Foundation

### Table Sponsors

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Getzschman Heating

Joe and Peg Kennedy

Midland University

Dave and Sheila Monke

OrthoNebraska

Pinnacle Bank

Dr. Monty and Lynnette Sellon

Sidner Law

Urology Health Center

Dr. F. Thomas and Carol Waring

## OFF TO THE RACES

Many sports enthusiasts call the Kentucky Derby the greatest two minutes in sports. For the Fremont Health Foundation, it is that and so much more.

The Derby is the event that brings a night of excitement, fashion, food, fun, and philanthropy. With presenting sponsor, HDR, the Fremont Health Foundation hosted its 5th annual Derby Party on May 6, 2017.

Dressed in their best Derby-themed attire, over 300 guests attended the event at Midland University's Wikert Event Center to enjoy an array of delicious food, sample fine Kentucky bourbon, signature cocktails, and watch the 143rd Run for the Roses. Guest Emcee, Chief Meteorologist Rusty Lord of WOWT Channel 6 welcomed and entertained guests throughout the evening.

"We are so grateful for all of our sponsors, guests, and volunteers who helped to make this year's event our most successful ever raising almost \$100,000," says Anne Folkers, Director of Development. "This has become such an important fundraising event and also an important opportunity to share with our community the many great things happening at Fremont Health and our Foundation."

The Foundation also took time to thank those who have gone above and beyond as advocates, benefactors, and volunteers by presenting the Spirit of the Fremont Health Foundation Award. This year's recipients were Joel and Jan Jelkin. Joel and Jan have been long time supporters of Fremont Health with Joel serving 14 years on the Fremont Health Board of Trustees and generously giving his time on the Fremont Health Foundation Board of Directors for many years prior.

"Individuals like the Jelkins help us grow and develop the resources we need to advance patient care and clinical excellence at Fremont Health," says Folkers. "It is an honor to be able to call them friends and to recognize their years of service and generosity."

The funds raised at this year's event will help sustain the ongoing work of the Fremont Health Foundation to improve health and wellness for individuals throughout Fremont and the communities we serve.

"It was such a great night in support of Fremont Health and our Foundation. The generosity shown from the community is truly wonderful," says Folkers. "The funds we raise throughout events such as the Derby Party help make Fremont Health a premier location for medical care and help ensure all patients who come through our doors have access to the education, resources and support needed for health and healing."

## MARK YOUR CALENDARS



Join us for our 16th Annual Golf Classic, which will be held Monday, September 18, at the Fremont Golf Club. We hope to see you there!



# A TOUGH PILL TO SWALLOW

Don't let the rising costs of prescription drugs scare you or your wallet.

**IF YOU TAKE PRESCRIPTION** medication, you're probably all too aware of how drug prices have soared the last several years. In fact, four of the top 10 prescription drugs in the United States have experienced a price jump of more than 100 percent since 2011. Consider these strategies for successful prescription drug management.



Larry Kisby, PA-C

## STEP 1: KEEP CALM AND TALK TO YOUR PRIMARY CARE PROVIDER (PCP)

A steep medical bill can certainly cause anxiety, but don't let cost cloud your judgment.

"When faced with expensive medication, people's first instinct may be to take half dosages, skip some dosages, or forgo the

medication altogether," says Larry Kisby, PA-C, at Fremont Health Family Care. "This is a bad idea as it prevents you from receiving the appropriate care."

## STEP 2: DO SOME HOMEWORK

If your insurance company is not covering your prescription, find out why. Ask the pharmacist to check with the prescribing physician or PCP about alternative brands that qualify for better coverage or less expensive co-payments. Check to see if different or supplemental coverage plans might be a good option for you.

## STEP 3: ASK FOR HELP

There are people on your side in this situation—namely, your doctor or PCP and pharmacist.

"Communication is very important as I've seen patients save hundreds of dollars each

## MEET MAP

The Medication Assistance Program (MAP) at Fremont Health helps patients apply to receive medications at a reduced or no cost from pharmaceutical manufacturers. Uninsured and underinsured patients, no/low income patients, and some Medicare Part D patients may be eligible.

**Contact the Fremont Health Medical Center Outpatient Pharmacy at (402) 727-3624 to learn more.**

month simply by asking for advice," Kisby says. "Your care provider or doctor may be able to offer a different prescription that can lower the cost without compromising your quality of care."

Common solutions include switching to generic medications, advice about how you may be able to reduce the amount of medication you need, help with insurance companies, or assistance finding discount cards from certain pharmaceutical companies.

"Never just assume that you have to pay elevated costs," Kisby says. "Your PCP can help you. All you have to do is bring it to our attention."



**For more information on the services offered through Fremont Health Pharmacy, visit [www.fremonthealth.com/pharmacy](http://www.fremonthealth.com/pharmacy).**