



aspire

Fall 2022

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With a mission to partner with our community to heal, nurture, and promote wellness, Memorial Community Hospital and Health System displays commitment to that mission through offerings and support of community needs.

mchhs.org



Dear Community Members,

Each and every time I call Memorial Community Hospital and Health System (MCH) a rural hospital I feel like I am a bit off the mark. Our close proximity to a metro area, while also being a gateway to more rural areas, makes it seem like a gray area to use the term "rural." However, we are in fact designated as a rural Critical Access Hospital (CAH). This is a very valuable designation to our facilities and our communities that we serve.

For MCH, CAH status does not mean that we provide limited medical services compared to other facilities, but that the services we offer are tailored to meet our communities' unique needs. We utilize a Community Health Needs Assessment (CHNA) to guide our review of current and future needs. The CHNA also assists our governing board in the setting of our strategic plan.

Our service area primarily includes Washington and Burt Counties with facilities in Blair, Fort Calhoun and Tekamah. We are immensely proud to serve these populations, which are diverse in many ways. Most obviously, they are distinct in the way they morph from a very rural setting toward the north of our service area to an almost suburban setting in the south of Washington County. In reality, we serve a population that reaches from the north of Omaha well into our surrounding more rural counties.

The mission of MCH is to partner with our community to heal, nurture and promote wellness. MCH's staff leads the charge in developing long term professional relationships with our patients. Our physicians follow their patients through all stages of life, from the very beginning through pregnancy and birth, until the end of life. Physicians often mention strong doctor-patient relationships as a primary motivator to practice in a rural setting.

MCH is committed to being a strong steward of our resources and we are fortunate that we are able to continue to evaluate opportunities for growth in the services that we can offer our community. Our modern facilities allow our patients to receive first class care close to home, whether it is in our three primary care clinics, from one of our many specialists, or from our wide range of ancillary health staff. When you come to MCH, you can count on being a member of the family and not just an account number.

Many of our community members avail themselves of the services offered here in Blair, Fort Calhoun and Tekamah and I want to thank them for their continued support. If you have not yet had an opportunity to experience our services, I ask that you consider supporting your local healthcare system in the future.



Sincerely,

A handwritten signature in black ink that reads "M. Banner".

Manny Banner, RN, MHA, FACHE
President and CEO



NOVEMBER IS PANCREATIC CANCER AWARENESS MONTH



RISKS

Know the risks & symptoms of **PANCREATIC CANCER**



AGE



PANCREATITIS



OBESITY



DIABETES



SMOKING



FAMILY HISTORY



STOMACH PAIN



UNEXPLAINED WEIGHT LOSS



LOSS OF APPETITE, NAUSEA



MID-BACK PAIN



JAUNDICE (Yellowish Eyes or Skin)



INDIGESTION



CHANGES IN STOOL



NEW-ONSET DIABETES

EARLY DETECTION SAVES LIVES

New Providers



Dr. Edward Szuszcwicz joined the orthopedic team at the MCH Specialty Clinic in September, offering specialty care in total joint replacement with a focus on hip and knee replacement as well as orthopedic trauma, fracture care and general orthopedics. He replaced Dr. Steven Kitchen, who retired in June. Dr.

Szuszcwicz adds nearly 30 years of experience to the MCH ortho team which includes Dr. Thomas Saylor, who specializes in the shoulder and elbow, and Dr. Daniel Ocel, who specializes in the ankle and foot. Also part of the orthopedic team are Bruce Town, PA-C, and Tera Rand, Orthopedic Nurse Navigator.



MCH is excited to welcome Dr. Alanna Janssen to its team of providers at the Blair Clinic in December. Dr. Janssen is a Family Medicine physician, coming to MCH from Avera Sioux Center Medical Clinic in Sioux City, Iowa. Dr. Janssen attended medical school at Kansas City University of Medicine and Biosciences. She completed her residency in Family Medicine at the Siouxland

Medical Education Foundation in Sioux City, Iowa and is certified by the American Board of Family Medicine.

October is Breast Cancer Awareness Month

October is Breast Cancer Awareness Month, and MCH's Diagnostic team certainly stayed busy the entire month, performing around 200 mammograms. During the month of October, patients received a t-shirt and other goodies for having their annual exam, and Saturday appointments were available to make it convenient for those who were unable to schedule their appointment during the week.

The Diagnostic team at MCH truly cares about their patients and understands the importance of annual exams. According to the American Cancer Society, when breast cancer is detected early, and is in the localized stage, the 5-year relative survival rate is 99%. Early detection includes doing monthly breast self-exams, and scheduling regular clinical breast exams and mammograms. Angie Hodson, manager of Diagnostic Services, stressed the importance of annual exams and self-exams, saying "Early detection is key. MCH has a wonderful team who are dedicated to offering top notch diagnostic services. Taking care of yourself and making sure you have a mammogram every year is something you can do for yourself. And it could save your life."

There are seven technicians in the department who perform mammograms at MCH.



Top row: Angie, Shelby, Carrie. Bottom row: Karra, Michelle, Casey, Kara.



How to Reduce Your Risk of Type 2 Diabetes

Type 2 diabetes is a common disease in the Western world. People with type 2 diabetes have too much glucose in their blood. Type 2 diabetes is an illness that can cause horrible complications such as nerve damage, atherosclerosis, strokes, heart disease, blindness, and kidney problems.

Are you worried that you are at risk of developing type 2 diabetes? Here are some steps you can take to reduce your odds of getting this impactful ailment:

Eat Fewer Carbohydrates

Whenever you consume carbohydrates, your body releases a hormone called insulin. The function of insulin is to move sugar from your bloodstream to your cells. If you eat too many carbohydrates, the cells in your body will begin to resist insulin. If your cells resist insulin, the sugar will remain in your bloodstream. Your body reacts to this by synthesizing more insulin. If you have too much sugar and insulin in your blood, it can eventually cause type 2 diabetes.

Some people think that only sugary snacks such as candy and cake contribute to type 2 diabetes, but this is not correct. All carbohydrates are converted into sugars by the human body. It is, therefore, sensible to limit the number of carbohydrates you ingest if you want to lower your risk of type 2 diabetes. Yet, some carbs are better than others.

When consuming carbohydrates, avoid sugary snacks, pasta, and white bread. Instead, choose oatmeal, wholegrain bread, fruit, and vegetables to get the carbohydrates your body requires.

Manage Your Weight

There is a correlation between visceral fat in the abdominal cavity and type 2 diabetes. Are you carrying extra weight? If so, consider going on a weight-loss diet. When you lose some of your visceral fat, you lower your risk of developing type 2 diabetes.

If you wish to lose weight, pay extra attention to what you put on your plate. Aim to cook from scratch using healthy fats, lean proteins, complex carbohydrates, and vegetables that do not contain a lot of starch. Control the size of the portions you consume.

Exercise More

Regular exercise can do a lot to help prevent type 2 diabetes. When you exercise, your cells burn energy. Consequently, they become less resistant to the hormone insulin. This increased insulin sensitivity means it's easier to control your blood sugar levels. Cardiovascular exercise and strength training encourage your cells to be more sensitive to insulin, so include both in your routine. Try to exercise for at least 30 minutes every day to prevent type 2 diabetes and keep yourself generally fit and healthy.

Drink Water

Many beverages that people consume each day contain lots of sugar. Unfortunately, drinking a lot of soda and sweet fruit juice will increase your likelihood of developing type 2 diabetes. Choose water instead of sugary drinks to keep your risk of type 2 diabetes low. For variety, try carbonated water. Carbonated water contains plenty of bubbles. It may make you feel like you are drinking a soda but without the sugar. You could also add fresh lemons or limes to your water to make it taste less boring.

Stop Smoking

Quitting smoking is always an excellent idea. There is a strong association between smoking and several potentially fatal diseases, including type 2 diabetes. When you quit smoking, it can decrease insulin resistance in your cells. Furthermore, when you stop smoking, your pancreas may secrete less insulin. If you are not ready to give up cigarettes just yet, gradually reduce how many you smoke. Quit altogether as soon as you feel you can.

Eat More Soluble Fiber

Eating an adequate amount of fiber keeps your colon healthy. Eating fiber can also help you manage your weight because it makes you feel full after eating. Soluble fiber can also help you manage your blood sugar levels. Soluble fiber mixes with liquids in your stomach to form a gel. Once the fiber mixes with water and forms a gel, the digestive system absorbs it more slowly. This slowed absorption means your blood

sugar increases at a more gradual pace, too. When your blood sugar increases steadily rather than rapidly, your pancreas secretes less insulin.

How can you include more soluble fiber in your diet? Oats, apples, carrots, barley, beans, peas, and citrus fruits contain soluble fiber. Ensure you eat plenty of these foods to increase your soluble fiber intake.

Avoid Processed Foods

Eating highly processed foods is not the wisest choice for anyone wishing to avoid type 2 diabetes. Highly processed food contains unhealthy ingredients such as sugar, preservatives, and fat. It is, therefore, not surprising that a link exists between type 2 diabetes and processed foods.

What kind of highly processed foods should you avoid eating to minimize your chance of getting type 2 diabetes? Potato chips, cookies, hot dogs, salami, sweetened breakfast cereals, pizza, and candies are all examples of highly processed foods.

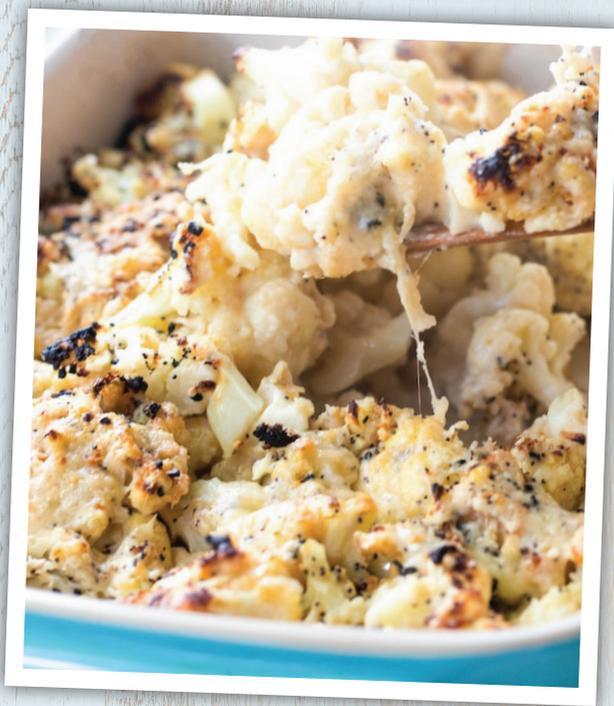
Instead of buying heavily processed foods, cook all your meals using whole-food ingredients. If you need any help doing this, look for healthy recipes online or in cookbooks.

Drink Coffee

Drinking black, unsweetened coffee or green tea can help you avoid type 2 diabetes. Both coffee and green tea contain plenty of antioxidants called polyphenols. Polyphenols may help improve the insulin sensitivity of cells. The more coffee and green tea you drink, the less likely you are to develop type 2 diabetes. If you cannot handle black coffee, try adding a splash of skimmed milk or plant milk to your beverage. Do not add any sugar to your coffee or green tea. Consuming sugar increases your risk of type 2 diabetes.

Be Proactive

If you are worried about your blood sugar levels and the possibility of getting type 2 diabetes, don't panic; rather, become proactive. Adhering to the guidelines you have just read will do a lot to help you avoid type 2 diabetes and the symptoms associated with it, allowing you to live a longer and healthier life.



Everything Bagel Cauliflower Casserole

A lighter thanksgiving dish that is cheesy, salty and garlicky all in one bite. Low carbohydrate, vegetarian and high in fiber.

INGREDIENTS

- 3 tablespoons of unsalted butter
- 5 cloves of garlic, sliced
- ½ cup whole wheat flour or white whole wheat flour
- 1-2 cups skim milk
- ½ tsp of black pepper
- 2 large heads of cauliflower, cored and cut into florets
- 1.5 cup parmesan cheese, shredded
- 2 tablespoons of everything bagel seasoning

INSTRUCTIONS

1. Prepare a casserole dish by using non-stick cooking spray and preheat oven to 425F.
2. Melt butter in a large stock pot over medium high heat on the stove. Once butter begins to melt, add in sliced garlic, being careful not to burn the garlic.
3. Once garlic is fragrant, begin making a roux by adding in 1 tablespoon of flour, whisking to combine with butter and garlic.
4. Slowly add ¼ cup milk to mixture, still whisking to combine. Continue with remaining flour and milk until a thick roux forms and no clumps remain. You may need to add more flour to thicken depending on how much milk you used.
5. Once the roux is ready, turn heat down to medium and add in cauliflower. Stir to combine or until the cauliflower is well coated with the roux. Add in pepper and mix to combine.
6. Pour cauliflower into prepared casserole dish and bake for 35 minutes or until cauliflower is tender.
7. While cauliflower is cooking, toss parmesan cheese and everything bagel seasoning in a small bowl.
8. When the cauliflower is tender, remove from oven and top with cheese and everything bagel seasoning mixture. Turn the oven to broil and watch carefully for 2-3 minutes until the cheese turns a deep golden color.
9. Remove from oven and enjoy!



Jadie Hamm, MCH Specialty Clinic Oncology Nurse Navigator and Cheryl Slominski, MCH Specialty Clinic Manager.

Ladies' Night at Bomgaars

For the last six years, Bomgaars in Blair and Tekamah have hosted Ladies' Night, a night of festive fun and fall shopping, to kick off the holiday season. During this one evening, Bomgaars gives a generous discount to shoppers and donates 5% of the total sales to cancer centers or hospitals in the community in which they serve. MCH has been the recipient of such donations in years past and has used the donation for the diagnostic department and chemo room. MCH employees supported the event on October 23rd by thanking shoppers and having a booth with MCH giveaways.



MCH staff Daniell Krause and Blair Magill.

Trunk or Treat in Tekamah

Staff members from the Cottonwood Clinic once again set up on main street to hand out goodies to all the boys and ghouls during their annual Halloween parade. Every year, MCH participates in this fun event for the youth of Tekamah.

Chamber of Commerce After Hours



Each fall, MCH hosts Chamber After Hours social events in Blair and Tekamah. This year, community members from the Tekamah Chamber of Commerce joined together on September 19th at the Cottonwood Clinic to enjoy an evening of drinks and food catered by Cindy Chatt.

On October 13th, the main hospital in Blair hosted members from the Washington County Chamber of Commerce for an evening of food and drinks as well. Chamber After Hours are generally held monthly, in which local area Chamber business members attend to network and support each other's organizations.

MCH Baby Expo

MCH Labor and Delivery is Growing



On October 18th, MCH hosted its 7th Baby Expo for expectant moms in our service area. The new moms and their families were able to sign up for a tour with our three delivering physicians, receive a tote bag of information and giveaways from community organizations, and enter into a raffle for a chance to win great

baby items. Items included in the raffle were a pack-n-play and car seat. In addition, just for coming, the mom-to-be also received a sound machine. MCH gave 14 tours in the three-hour window this year; increasing the number of tours over the Spring Expo. While the Baby Expo is becoming a regular event, tours of our Labor and Delivery Suites can be arranged at any time by calling 402-426-1153.

Childbirth Education Classes

New in 2022, MCH's delivering physicians began hosting a free childbirth education class to patients and expectant parents in the community. During each class there is a birth and postpartum care section, a tour, and breastfeeding section. While we hope each mom and partner will attend all three sessions, we understand some seasoned moms may just need a tour or breastfeeding refresher. Be on the lookout for advertisements for our free class or call 402-426-1494 to sign up for the next class.



Marshall Caring Kind Award Winner

For many years, the Nebraska Hospital Association has been honored to bestow awards to Nebraska health care employees that have risen to the top by providing service excellence and dedication to their profession. This year's Caring Kind Award goes to Sally Marshall, Patient Access Representative. Below are a few words about Sally.

"Sally is always empathetic to every patient that comes in the front doors of our facility, she takes time to not only make sure they are registered fully and correctly she also makes them feel comfortable throughout the entire check in process. I see Sally walking patients to where they need to be if they are unsure and her kindness and professionalism has been mentioned by patients to the radiology staff on numerous occasions."

Sally was recognized at the Annual NHA Conference in October.

MCH Receives Growth and Prosperity Award

MCH was awarded the Gateway Development Corporation Growth in Prosperity Award. The Growth in Prosperity Award honors a local company and its industry for enhancing economic development in Washington County. Key selection criteria include for an organization to have increased the stability of the county with economic expansion and/or improvement, made ongoing efforts to maintain excellence in the workplace, continue to improve its local business through expansion and innovation, and significantly contributed to Washington County and its communities.

MCH has been a fixture in the community dating back over a hundred years and has continued to grow with technological advances and evolve with the needs of the community. MCH completes a Community Health Needs Assessment and Improvement Plan every three years to determine what the highest health needs of the community are. Access to quality and affordable healthcare was a top priority for the 2019-2022 plan, prompting changes at MCH that included attending to patients with a higher acuity and accepting swing bed patients for those unable to go home, but who are not as critical to utilize inpatient services. This service meets an important need in the community; to keep patients close to home while giving care at a higher level.

Other important additions addressing access to quality and affordable healthcare include the local telehealth providers on the inpatient floor with 24/7 coverage. In addition, MCH introduced MDSave, a discounted pay-ahead program for patients seeking specific healthcare services. In many cases, MDSave can save a person hundreds of dollars.

Orthopedic services and surgery have grown exponentially with the addition of three orthopedists. By offering a full practice of orthopedic care including hip, shoulder, knee and ankle replacements, the new services have met a need within our community by allowing patients quality care next door.



Shown in the photo are MCH representatives Jennifer Newby, Manny Banner, Molly Dahlgren, Amy Zimmer, Kris Nielsen, and Laura Willey, and Michael Rooks of Gateway Development Corporation.

FIVE Ways to Stay Motivated to Exercise



Sometimes it's tough to get the motivation to exercise. You may be tired, stressed out, or just not into it. It's easy to convince yourself you don't have time to exercise, that it's too hot outside, or you're so tired from work that you should sit on the couch with your cat and watch Netflix. But that won't help you reach your goals or stay fit and healthy, will it? Let's look at some ways to stay motivated when there are ten other things you'd rather do than work out.

Upgrade Your Playlist

Exercising with music can help you get more out of your workout. Some research even shows it can improve exercise performance. Why not take advantage of that? If you're running, try switching up your speed by increasing or decreasing the tempo of your tunes. If you're lifting weights, add an extra rep when the chorus comes on for a song you love.

Music can help you get in the mood and make your workout feel less like work and more like fun. It also provides an effective distraction from uncomfortable sensations like burning muscles and fatigue -- which are all part of the process of working out!

Don't get stuck in a tune rut! Branch into new ones. Replace those oldies with tunes that get you pumped up, such as upbeat pop songs. If you have an iPhone or Android device, search for "exercise playlists" on Spotify or iTunes -- or create one yourself. Add songs that put a smile on your face or make you feel energized and ready to take on the world.

Motivate Yourself with Positive Mantras

The power of positive thinking is a well-documented phenomenon. Studies show that people who believe they can do something are more likely to achieve

it, whether it's losing weight or quitting smoking.

The same is true with exercise: If you think positively about exercise and yourself, chances are you'll get off the couch and get moving!

For example, if you're trying to get in shape but don't feel like exercising, repeat these affirmations until they become real: "I am beautiful and fit." "I am strong." "I can do anything I set my mind to." These affirmations can help change your negative thoughts into positive ones, so that you'll eventually start believing them and taking action on them. Nike realized the power of words when they adopted the slogan, "Just do it."

Learn about the Science of Exercise

Exercise is good for your health -- there's no question about that. But how does it work? How does exercise affect your body? What are some benefits of regular exercise? The more you understand how exercise affects your body, the more motivated you may be to keep moving. Here are some tips from experts on how to learn more about the science of exercise:

Read books and fitness magazines: Books can be a great resource for learning about fitness. They often go into more detail than websites, and tend to provide a more balanced view of the subject matter.

Watch videos: Videos are another great way to learn about exercise and training. There are plenty of channels on YouTube that focus on fitness, including channels from professional trainers and athletes who share their knowledge with others through video tutorials.

Get advice from professionals: If you're looking for advice on how to get in shape, seek the advice of a therapist or personal trainer who specializes in

fitness. These professionals can help identify problems that might be holding back your progress and help you develop a training plan that works best for your lifestyle.

Think about How Exercise Makes You Feel

Stop focusing so much on getting six-pack abs and losing 10 pounds. Instead, concentrate on the short-term benefits. Think about how relaxed exercise will make your body feel in the moment and right after a workout. Exercise can help you feel more motivated, clear headed and focused. It also reduces stress and makes you feel good. And it's not just a temporary high that goes away after 20 minutes.

Exercise also increases your energy levels, which makes it easier for you to get things done throughout the day. If exercise is something you dread or put off, consider how it might improve your life in other ways. Completing a workout will also give you a sense of accomplishment.

Find Your Ideal Workout Time

Make sure your workout fits into your schedule. Some people get up early in the morning to fit in their workouts before work, while others prefer to exercise after work when they have more time. Experiment with exercising at different times of the day. You might find certain times are more convenient for your schedule. For example, some people find early morning workouts are more energy-boosting than evening workouts. Others find that exercising in the afternoon helps them unwind after work.

How's your sleep? Studies show morning workouts are best for optimizing sleep. Find what works for you!

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Memorial Community Hospital & Health System

Blair • Fort Calhoun • Tekamah

810 N 22nd St. | Blair, NE 68008



Tree of Life Campaign

2022 Tree of Life Campaign

MCH's Annual Tree of Life campaign will soon be underway! The annual campaign gives others an opportunity to sponsor the "Holiday Tree," by giving a donation in honor of a close friend or relative, or someone special that is gone but not forgotten. The tree is placed in the hospital's main lobby for everyone to enjoy during the holiday season.



The funds raised through this year's Tree of Life campaign will be used to purchase Prime TC Transport Chairs. Every aspect of the Prime TC Transport Chair is designed to help create a welcoming and safe environment that speaks volumes to caregivers, patients and their family members. Obvious touchpoints help make operation intuitive for all users.

Special ergonomics have been incorporated into the design to help reduce the bending and reaching that may be associated with caregiver injury. A rigid frame helps enhance durability and aids in the well-being of patients and caregivers.

The support of the hospital's many donors plays an important role in ensuring that MCH exceeds the needs of their patients and families. To make a donation to this year's Tree of Life campaign, simply complete the donation form and return it to Molly Dahlgren at MCH, 810 North 22nd Street, Blair, NE 68008. To learn more, please call 402-426-1464.

Please include my tax deductible gift in the MCH Health System's annual Tree of Life campaign in the amount of:

\$25 \$50 \$100 \$250 \$500 \$1,000 Other _____

My gift is in **HONOR** of:

My gift is in **MEMORY** of:

Please make checks payable to:

MCH Foundation
Attn: Public Relations
P.O. Box 250
Blair, Nebraska 68008

In order to receive tax information please send acknowledgment of my gift to:

Name _____

Address _____

City, State, Zip _____

Phone Number _____

For your convenience, we also accept MasterCard and Visa.

M/C _____ Visa _____ Exp. Date _____

3-digit security code on back of card _____

Card Number _____

Card Holder _____

Amount of Gift _____

Signature _____

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