

THE pulse

 **syracuse**
AREA HEALTH



WINTER 2018
INSIDE THIS ISSUE:



**SYRACUSE AREA HEALTH
IS NOW OPEN**



MEET DR. JANA E DUDGEON



**NEW SERVICES FOR
OUR COMMUNITIES**

LETTER FROM THE CEO

Dear Friend,

Welcome to the inaugural issue of *The Pulse Magazine*, the community publication of Syracuse Area Health. With this magazine, we hope to achieve many things:

Each issue will spotlight notable achievements on the part of Syracuse Area Health staff members, as well as stories from our area communities.

We also strive to bring you suggestions and encouragement for living a healthy lifestyle. We will feature health tips and other ways to get the most out of your healthcare and your life.

The Pulse will feature important updates from Syracuse Area Health—whether it's information about our new facility, a new service line or new technology, we'll strive to give you the latest information to impact your health and wellbeing. We want you to be involved and truly recognize that Syracuse Area Health is not a community hospital, but *your* community hospital. We feel connected to our area communities as we bring you quality healthcare; we hope this will help you feel more connected to us.

Sincerely yours,

Michael Harvey
CEO



New Facility Opens

SYRACUSE AREA HEALTH HAS AN EYE ON THE FUTURE



When it was clear that the old hospital couldn't keep up with infrastructure needs and community growth, the faculty and staff at Syracuse Area Health knew it was time for a change.

"Age and space were the main reasons we were looking at a new facility," explains Michael Harvey, CEO. "We've experienced a lot of growth in the past decade, which is a good thing, but we didn't have the capacity for it at our old facility."

Since the old campus was landlocked and no longer a location that allowed future growth, the decision was made to move to a location that had room for growth. "Now we have a brand new building and site that's 28 acres, with lots of room to grow for the next 50 years. We've gained about

20,000 square feet in space and the design is much more efficient—both in terms of energy per square foot and workflow," says Michael. "We also have a lot more room to expand and add services so that we can grow with the needs of our patients."

DESIGNED WITH PATIENTS IN MIND

The new facility is much more patient-friendly than the old building. The emergency department, operating rooms, and rehabilitation areas got the most attention. "Patient privacy was a big concern for us," says Michael. "We also wanted to make sure our patients felt comfortable. Rooms are larger and have more amenities now."

"The large, individual rooms have been designed with an open feel," adds Derek Greenwald, CNO. "They all have private bathrooms and plenty of seating for visitors." Derek says that the new

rooms not only benefit patients, but nursing staff as well: "We no longer have to squeeze by equipment to care for our patients at their bedside," he says. "Nurses do what they do because they want to help other people, and having a facility such as this, which allows us to focus on the patient, is a dream come true."

Donna Armknecht, RN BSN, is Director of Medical and Emergency Services for Syracuse Area Health. She agrees that the space issue was more than resolved in the new facility. "Our ED admissions have grown 45% since 2013," she says. "We are so fortunate to benefit from the expansion of the emergency department. Patients are offered much needed privacy and confidentiality. The spacious exam rooms allow for multiple staff members and equipment without overcrowding so we can care for the patient efficiently."

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GRAND OPENING

It was with great excitement that Syracuse Area Health celebrated the opening of the new facility. "We've all been waiting a long time for the Grand Opening and couldn't be more excited to embark on this new journey with the remarkable citizens of all the communities we serve," says Laura Lea Fossenbarger, BS, CFM, PIO, Director of Foundation and Community Outreach for Syracuse Area Health.

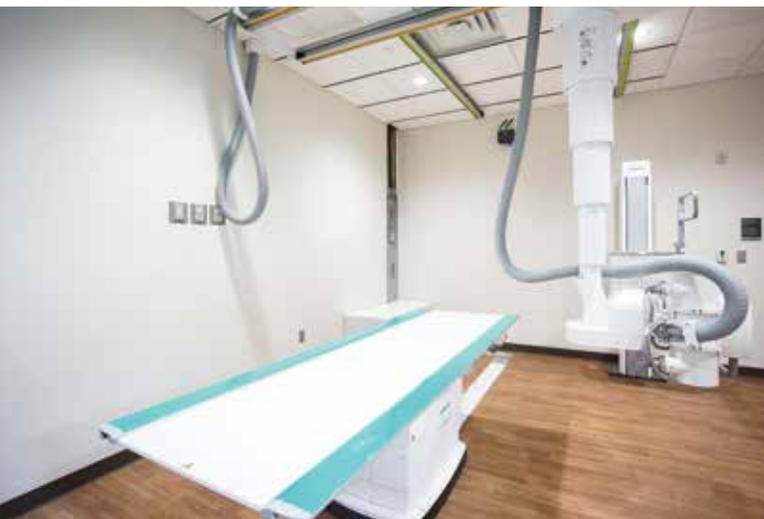
Dignitaries, USDA, Board Presidents and City Council all praised the opening of Syracuse Area Health and highly emphasized the importance of having access to high quality healthcare in rural Nebraska, close to home.

Lieutenant Governor of Nebraska, Mike Foley, said "I want to thank all the visionary leaders who worked so hard for so long to bring us to this day. This is really a special day. You can be very, very proud of what you have accomplished. I think Syracuse has truly hit a home run with this magnificent new facility so congratulations one and all." Also, Lieutenant Governor Foley read and presented Michael Harvey, CEO, a signed formal proclamation including NOW, THEREFORE, I, Pete Ricketts, Governor of the State of Nebraska, Do Hereby Proclaim the 1st day of November 2018, as SYRACUSE AREA HEALTH DAY and finished his speech with "Congratulations Syracuse, well done."

Following the Grand Opening ceremony, there was a community open house with self-guided tours of which almost 500 people attended. Local fire and rescue services, Star Care helicopter and law enforcement were present for attendees to get a closer look at their equipment and visit with the team of services that work every day to keep our area communities safe.



A peek inside the new facility...



winter wellness

Staying active, *despite the weather*



Winter is upon us, and it's the time of year for cozying up by the fire, with a mug of hot cocoa beside you, book in hand, and furry companion in your lap. Staying cocooned at home is one of the joys of the season, but it's not the only good thing about winter.

Winter can—and should—be enjoyed from the outside as well. We know how tempting it is to go into your own type of hibernation when the temperature gets low, but staying active in winter is important for several reasons.

First, it's important to stay healthy—and that means plenty of exercise to go with your comfort food and comfort beverages. If you're concerned about your safety on slippery paths, try ice traction cleats or venturing out with a partner.

Second, holing up indoors can be bad for your mental health. Vitamin D deficiency is linked to seasonal affective disorder. Careful exposure to sunshine can help boost Vitamin D levels, which is another great reason to get outside.

The weather outside may be frightful, but that's no excuse for not balancing a cozy indoor season with some time in the great outdoors. Hours of sunshine are few, so take advantage of them while you can and cherish your moments in our winter wonderland.

TIPS FOR MOTIVATION



If you don't feel particularly motivated, try scheduling walks or hikes with a friend or loved one. Others can help you be accountable and make the journey fun.



If you have kids, get outside and play in the snow or join them in building a snowman



Dogs make great motivators too. They don't mind the cold and will not mind if you do!



SEASONAL RECIPE:

Ruth's Butternut Squash Soup

COOK TIME 45 minutes (approx.)

SERVING Makes 7 (one cup) Servings

DIRECTIONS

Brown onion, red and green pepper in the 2 Tbs. butter on medium heat, until soft and tender. Add stock and simmer slightly. Add squash, cut in bite size pieces, and the cream. Increase heat but do not boil. For a thicker soup, puree in blender or use an emersion blender.

You may top with toasted pumpkin seeds or serve with whole-wheat toast points and granny smith apples. This recipe also freezes well, so make a big batch at once and freeze for a winter of warmth.

NUTRITIONAL INFO

Nutrition Information per cup:

100 calories, 7g. Fat, 10g. Carb., 3g. Fiber, 2g. Protein

INGREDIENTS

- 2 Tbs. butter (or olive oil)
- 3/4 c. onion, chopped
- 1/4 c. red pepper, chopped
- 1/4 c. green pepper
- 2-14 oz. cans chicken broth
- 2 c. or more cooked or baked squash
- 1/4 c. whipping cream
- 2 tsp. cumin (or more)
- 1-1/2 tsp. fresh minced garlic
- 1/4 tsp. white pepper
- 1/8 tsp. Tabasco

a solid foundation

HELPING SYRACUSE AREA HEALTH FROM THE GROUND UP

Healthcare can be expensive, but better outcomes tend to come from better environments. That's where Syracuse Area Health's Foundation comes in: to help the facility serve our area communities with the best possible care and resources.

The Foundation has been going strong with the generous support of the community since 2012 when it became a 501c3 organization. "We've been able to provide equipment upgrades, specialty clinic equipment, and more," says Foundation Executive Director, Laura Lea Fossenbarger. "It's gratifying work because everyone benefits from these things: patients, providers, our area communities, and our staff."

The Foundation is supported by people of all walks of life. The annual golf tournament is the biggest event of the year for the Foundation. "2018 was our most successful golf outing netting over \$13,000," says Laura Lea.

While the new facility was made possible with the help of a USDA loan, many important extras were funded by the Foundation. "We just wrapped up a capital campaign where over 270 generous donors contributed almost \$1.5 million to fund upgrades for the new campus," says Laura Lea.

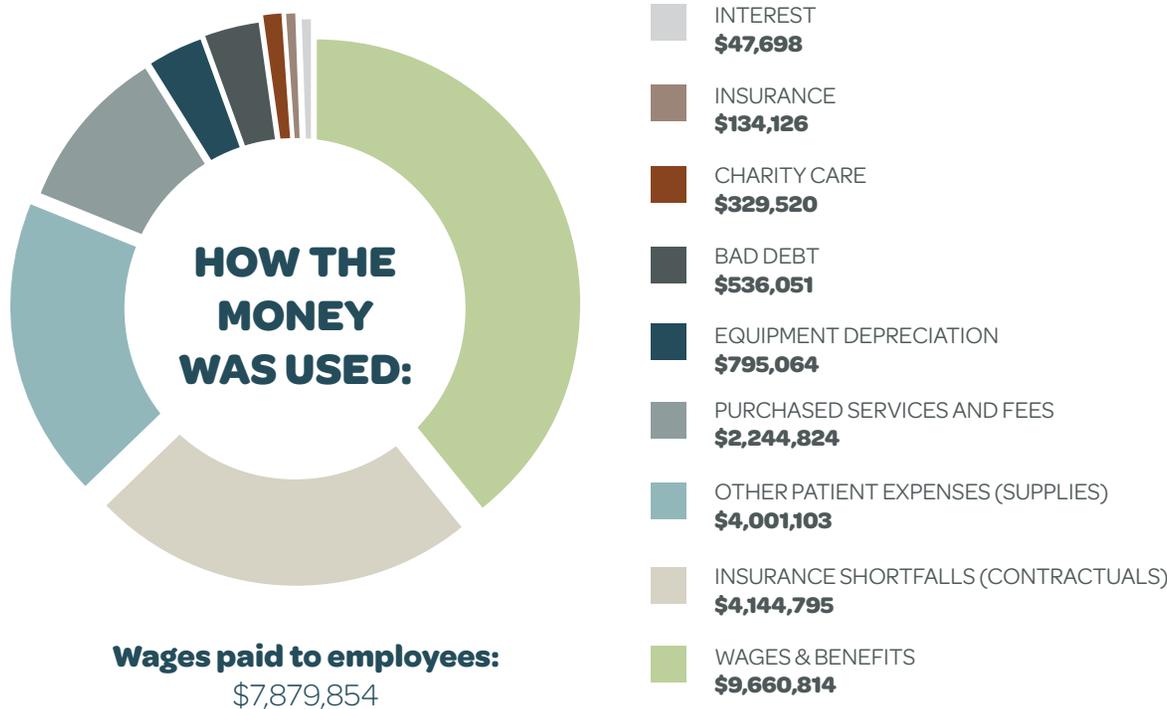
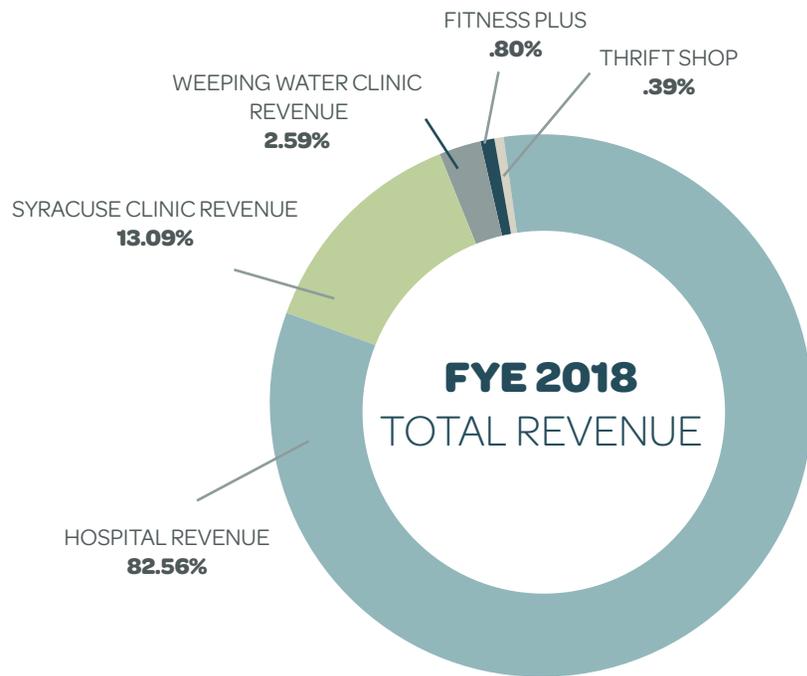


Upgrades included a campus walking trail, healing garden and new equipment. "These enhance the new facility in serving our communities and make it as nurturing and functional as possible for patients and families," says Laura Lea.

The mission of the Foundation is to "encourage charitable giving by maintaining the trust of the Syracuse Area Health community." This mission, says Laura Lea, is not possible without the support of the people it serves. "We count on our community's support now more than ever," she says. "Medical advances and the cost of providing high quality care continues to outpace the medical reimbursements we receive, so tax-deductible gifts are what allows us to stay at the leading edge of medicine and provide hope, healing, and recovery for all of our patients."

HOW TO DONATE

Would you like to make a difference in someone's life, it may even be your own? By making a donation through the Foundation, you will be impacting the lives of your family, friends and neighbors, near and far. Contact Foundation Executive Director, Laura Lea Fossenbarger, at **402.269.7658** or **Lfossenbarger@syracuseareahealth.com** today.



Fiscal Year Ending June 30, 2018 STATISTICS

Inpatient /Swing Bed Days.....	436
Hospice Inpatient Days	21
Cardiac Rehab Visits.....	680
Emergency Dept. Visits.....	1,366
Laboratory Tests.....	29,447
Mammograms.....	436
CT Scans.....	835
MRI Scans.....	96
Sleep Studies	100
Specialty Clinic Visits.....	2,071
Surgical Procedures (includes GI).....	323
Occ. Therapy Sessions.....	2,580
Physical Therapy Sessions.....	8,376
Syracuse Clinic Visits.....	11,358
Weeping Water Clinic Visits	2,843
Fitness Plus Memberships.....	399



of Nebraska Medical Center before attending medical school there. After graduation, Dr. Dudgeon completed her family medicine residency at Lincoln Family Medicine Residency Program.

Dr. Dudgeon sees patients at both Syracuse and Weeping Water Clinics as a family practice physician. Her career here ticks both the “science” and “helping people” boxes. “I enjoy the mix of personal interaction and science that being a physician offers,” she says.

Another aspect of the job that she loves, says Dr. Dudgeon, is the broad range of people and cases she encounters every day. “Working at Syracuse Area Health allows me the ability to treat whole families—from infants to grandparents, across the entire age spectrum,” she says. In fact, “taking care of families” is the career accomplishment Dr. Dudgeon is most proud of so far.

Although she has special interests in pediatrics and women’s care, the

opportunity to help families is what keeps Dr. Dudgeon passionate about her work. “I enjoy caring for them in all aspects of their lives,” she says.

Dr. Dudgeon spends as much of her free time as possible outdoors. She loves to run, travel, and spend time with her family, which includes two children and two dogs. “As a family, we enjoy outdoor activities such as walking, hiking and exploring,” she says. “In my personal life, I’m proudest of being a mom, wife, and daughter to those I love and cherish.”

Although some medical professionals travel the world practicing medicine, there’s no place Dr. Dudgeon would rather be than at home in Nebraska. “I was born and raised in a small town in Nebraska, so I especially appreciate the benefits of the close community here.”

Dr. Dudgeon sees patients at:

Syracuse Clinic :
402.269.2411

Weeping Water Clinic :
402.267.5330

Syracuse Area Health Medical Staff



Zak Tempelmeyer, MD



James Steckelberg, MD



Janae Dudgeon, MD



Melissa Tompkins, PA-C



Lindsey Elder, APRN



Cindy Keckler, APRN



Chad Kelly PA-C,
RN, EMT-P



Tim Rosfeld, PA-C

NEW WAYS TO BETTER SERVE YOU

Highlights of our specialty services

From day one, the mission of Syracuse Area Health has been to exceed expectations in providing high quality healthcare to the communities we serve. As part of our commitment to this mission, we're constantly looking for ways to improve our service offerings. Here are just a few of the new and exciting offerings we're bringing to you. To make an appointment with any of our physician specialists, call 402.269.7636 today.



Advancements in orthopedics

Do you know NAVIO®? You do now! NAVIO® is the latest technology for orthopaedic knee procedures. The system is a robotic device operated by our expert surgeon, **Dr. Scott Strasburger**. It provides more accuracy and a better outcome for knee replacements without the hassle, time, and cost that other image-based robotic-assisted technologies require.

Syracuse Area Health is the exclusive provider of NAVIO between Denver and Des Moines. Patients have travelled over 250 miles to take advantage of this procedure.



Chilling out with knee pain

Our new iovera® procedure is a game changer for knee pain. The treatment uses the body's natural response to cold to treat peripheral nerves and immediately reduce pain, without the use of drugs.

The treatment can last up to 90 days, with some reporting pain relief for more than 150 days. It can be used in conjunction with surgery or as a substitute for it in some cases. **Dr. Scott Strasburger** and **Travis Tonniges**, CRNA, MSN specialize in iovera® at Syracuse Area Health.



Oncology consults

Dealing with cancer is difficult enough without having to travel long distances for follow-up care. To help make things a little easier, Syracuse Area Health is now offering oncology services close to home. We are pleased to announce our partnership with Southeast Nebraska Cancer Center, which allows us to provide oncology care right here in Syracuse. **Dr. Scott McHam** is available for consultations and follow-up visits.

Syracuse Area Health Calendar

Start your healthiest year ever! Join us for the first community events of 2019 held in our brand new building. For more information, visit SyracuseAreaHealth.com/events.

MEDICARE UPDATES

Tuesday, January 8, 2019

Time: 10:30 a.m.

Cafeteria Conference Center

Jonathan Burlison, Training Specialist with Nebraska Department of Insurance Senior Health Insurance Information Program (SHIIP) will speak on **Medicare Updates** for 2019.

KEEPING YOUR HEART HEALTHY

Tuesday, February 5, 2019

Time: 10:30 a.m.

Cafeteria Conference Center

Join nurses Rachel Werner and Tammie Mead for a talk about **heart health** and our **new specialty clinic offerings**.

KNEE SURGERY ADVANCEMENTS

Thursday, February 7, 2019

Time: 6-7:30 p.m.

Main Lobby

Learn more about the **NAVIO® surgery assisted robot** from expert orthopaedic surgeon, Dr. Scott Strasburger. This presentation will help the public understand their options for full or partial knee replacement and answer questions about this new technology. Light meal provided. RSVP by Feb 1 at syracuseareahealthnavio.com