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To the family of:

Tips for Making Good New Year's Resolutions

There is a right way and a wrong way to make a New Year's resolution. Here are a few expert tips to see that your resolution actually makes a difference:

1. Create a Plan

Setting a goal without formulating a plan is merely wishful thinking. In order for your resolution to have resolve, (as the word "resolution" implies), it must translate into clear steps that can be put into action. A good plan will tell you A) What to do next and B) What are all of the steps required to complete the goal.

2. Create Your Plan IMMEDIATELY

If you're like most people, then you'll have a limited window of opportunity during the first few days of January to harness your motivation. After that, most people forget their resolutions completely. It is imperative that you begin creating your plan immediately.

3. Write Down Your Resolution and Plan

myGoals.com is a website that exists to help you formulate a plan, which then helps you stick to it. But even if you don't use myGoals.com, commit your resolution and plan on writing it down someplace, such as a notebook or journal.

4. Think "Year Round," Not Just New Year's

Nothing big gets accomplished in one day. Resolutions are set in one day, but accomplished with a hundred tiny steps that happen throughout the year. New Year's resolutions should be nothing more than a starting point. You must develop a ritual or habit for revisiting your plan. myGoals.com helps you stick to your plan by providing email reminders that arrive when it's time to work on a given task.

And finally...

5. Remain Flexible

Expect that your plan can and will change. Life has a funny way of throwing unexpected things at us, and flexibility is required to complete anything but the simplest goal. Sometimes the goal itself will even change. Most of all, recognize partial successes at every step along the way. Just as a resolution isn't accomplished the day it's stated, neither is it accomplished the day you reach your goal. Rather, it's accomplished in many small increments along the way. Acknowledge these incremental successes as they come.

Source: <http://www.mygoals.com/about/NewYearsTips.html>



First Total Ankle Replacement Performed

Vicki Jansen, 53, of Norfolk struggled with arthritis in her ankle for two years, trying many different treatment options that were unsuccessful. Jansen is now the first patient at Faith Regional to receive a total ankle replacement with the expertise of Dr. Lawrence Rubens, an orthopaedic surgeon at Faith Regional Orthopaedic Services.

Total ankle replacement involves replacing the damaged parts of the three bones that make up the ankle joint with artificial joint parts. The artificial ankle joint used in the replacement procedure was composed of a combination of metal on the bottom and plastic on the top. The short two-hour procedure replaced joint surfaces of the main ankle joint.

“The total ankle replacement is designed to treat the ankle arthritis and slow down arthritis from moving into secondary joints of the ankle,” said Dr. Rubens. “Good candidates for the procedure involve individuals with an isolated case of arthritis in the ankle joint.”

Like all joint replacements, there is risk of infection and blood clotting, and a risk that the prosthesis could loosen.

Additional complications can also occur due to a decrease of circulation in the ankle compared to other areas of the body such as near the knee or hip.

A successful total ankle replacement requires that the tibia and fibula heal together along

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Nurse Anesthesia Program Begins at Faith Regional

In January, Faith Regional will be included as an affiliate site for the BryanLGH College of Health Science Nurse Anesthesia program. The program offers a unique Master of Science Degree in Nurse Anesthesia allowing registered nurses the chance to complete extensive clinical practicums and rotations in community hospitals.

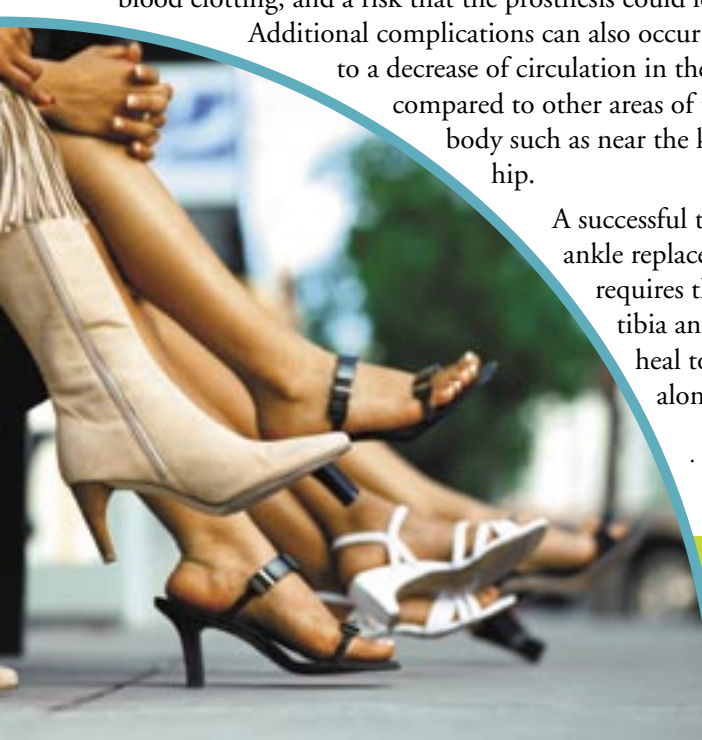
Each student is assigned a “home hospital” clinical site at either BryanLGH Medical Center in Lincoln or The Nebraska Medical Center in Omaha and requires clinical rotations in several additional affiliate clinical sites throughout Nebraska, including Faith Regional. “Faith Regional was chosen due to their great staff and the former student ties to our program,” said Jim Cuddeford, BryanLGH Nurse Anesthesia Program Director.

Students complete clinical rotations in smaller community hospital sites during their first and second years of their clinical experience. These community hospital rotations allow for further experience with regional anesthetic techniques. The student may also choose up to three additional optional rural anesthesia practice rotations.

“This program allows students to gain real-world experience while also learning the value of teamwork,” said Charles Nordhues, CRNA and FRHS Nurse Anesthesia program clinical coordinator. “We hope that it will create exposure for the great anesthesia team we have here at Faith Regional and offer the possibility to bringing new graduates back to our facility.”

Norfolk native Rachel Tietz is the first Nurse Anesthesia student to do rotations at Faith Regional. Additional students are anticipated to complete their rotations in the coming months.

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What's Inside.....●

- ★ Physicians Board Certifications
- ★ Countdown to Tobacco-free
- ★ NENCAC Receives Grant
- ★ Nursing Excellence Award

Total Ankle Replacement

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with the prosthesis, before walking on the ankle is allowed. Thus the recovery is typically longer than for other joint replacements.

“When I decided to do the total ankle replacement, I didn’t want to drive 150 miles every time that I had an appointment,” said Jansen. “Dr. Rubens called me at home and reassured me that he would not do the surgery if he didn’t think he could do it here. He explained everything that was going to happen and I trusted him. Dr. Rubens, his nurse and receptionist were wonderful and made me feel really comfortable.”

For more information about total ankle replacement or Orthopaedic Services at Faith Regional, call (402) 844-8158.

Nursing Anesthesia Program

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The students gain experience in a variety of institutions from small rural facilities to major medical centers ultimately preparing them to successfully practice in any setting after graduation.

This opportunity adds to the growing list of health care education programs that Faith Regional participates in. In addition to numerous Nursing programs, Faith Regional also participates in educational programs in the areas of Radiologic Technology, Surgical Technology, Pharmacy Technology, Physical Rehabilitation, Health Information, Respiratory Care, Radiation Therapy, Nuclear Medicine, Social Work, Laboratory Services, Emergency Services, Residency and Physician Assistant Studies.



Countdown to be a *tobacco-free* hospital



Why Implement a Tobacco-Free Campus Initiative?

Health systems are in the business of providing healthcare, and as such, have a special responsibility to set an example for other organizations and the communities served. The movement toward more progressive policies is beginning to gain momentum as a result of heightened awareness surrounding tobacco issues. This effort communicates a consistent pro-health message and more importantly can improve community health and reduce tobacco-related healthcare costs. Evidence has shown that tobacco-free policies in enclosed workplace settings are associated with reduced daily cigarette consumption and increased cessation among employees.

Did You Know? Health insurance coverage for comprehensive tobacco cessation benefits costs between \$1.20 and \$4.80 per member annually. In comparison, the annual cost (in lost productivity and increased medical costs) of tobacco use for employers is \$3,400 per tobacco user.

Tobacco-free November 20, 2008

Hospital Medicine Physicians Receive Board Certification

Three Hospital Medicine physicians have received Board Certification in Internal Medicine. Hospital Medicine physicians, called Hospitalists, specialize in internal medicine and are trained to provide inpatient care for a wide variety of patients. At Faith Regional, patients may be referred to a hospitalist by their physician. The hospitalist will manage their inpatient care while staying in close communication with their primary care physician. The Hospital Medicine Service is available 24 hours a day, seven days a week.



Julie Fletcher, M.D. received her medical degree from the University of Nebraska Medical Center (UNMC). She went on to complete her Primary Care/

Internal Medicine Residency at UNMC.



Bhaskar Rao, M.D. received his medical degree from Rajiv Gandhi University of Health Sciences in Mysore, India. He completed a Clinical Teaching and Research Fellowship at St.

George’s University, St. Vincent, West Indies. Dr. Rao completed his Internal Medicine Residency at the University of Louisville in Kentucky.



Nabin Sapkota, M.D. received his medical degree from Shanghai Second Medical University in Shanghai, China. He went on to study Internal

Medicine at Cook County Hospital in Chicago.

Meet the Doctor



Pimpawan Boapimp, M.D.
Infectious Disease Services

Dr. Pimpawan Boapimp specializes in prevention, diagnosis and treatment of infectious and tropical diseases. She is skilled in post-surgical infections and infectious disease consultation of inpatient and outpatient, adult immunizations, travel medicine counseling, and long-term antibiotic infusion. Dr. Boapimp is Board Certified in Internal Medicine and Infectious Disease.

How many people are in your family? *Four*

What do you like to do in your spare time? *I like to read books and magazines, watch movies and go bowling.*

What is your favorite type of music? *Pop Rock*

What is your favorite food? *Thai food*

What is your favorite movie(s) of all time? *Harry Potter*

What do you think is the greatest invention? Why? *Computer - It is an access to the whole world from home.*

What is your most rewarding accomplishment? *My most rewarding accomplishment was being an Attending Physician in my medical school and having a chance to teach medical students.*

Why did you choose to practice in Norfolk? *Norfolk is a small but friendly community. It is a nice place to start practicing. I had a very good experience when I came here for my job interview.*

If you could leave on vacation today, where would you go? *Caribbean*

Uecker Receives Award for Excellence



Sandra Uecker, Case Manager, was recognized in the Top 25 Nurse Award Winners for the 2007 March of Dimes Excellence in Nursing Award. The Third Annual March of Dimes Excellence in Nursing event

was held in November sponsored by the March of Dimes, Nebraska Chapter. Nominations for any RN or LPN who has been employed by a Nebraska employer for at least one year were submitted by nurses, nurse managers, patients, physicians and the general public.

Joan Thies, RN in the float pool, was also nominated.

Groundhog Shadow Days

Faith Regional Health Services and Northern Nebraska Area Health Education Center are teaming up to offer high school juniors and seniors the opportunity to participate in the 2008 Groundhog Shadow Days. This event gives students a behind the scenes look at careers in the medical field.

Groundhog Shadow Days will be held on January 29 and March 4. On those dates, students will begin the day at the hospital learning about health careers and college opportunities, and will also participate in hands-on-learning activities. During the afternoon session, students will have an opportunity to job shadow an area of specific interest to them.

Job shadowing provides students with academically motivating activities that demonstrate how the skills they learn in school relate to the workplace.

Along with Faith Regional Health Services, several Norfolk area health organizations, clinics and medical offices have agreed to host shadow students and to show them what it is like to be a member of the healthcare field.



Learn More

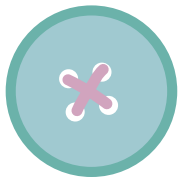
To learn more about Groundhog Shadow Days, contact Lacey Hoelsing in Education Services at (402) 644-7216.

...Thank You

... Thank you very much for the beautiful plant you sent for Patty Beardette's funeral. Your kindness was much appreciated. The plant has been put in the room that was hers when she was here. *Debbie Beardette, Brian Beardette and Ron Beardette family*

... We would like to thank everyone for their thoughts and prayers this past year through the loss of our son Kasey and Bill's mother, Irma. It was greatly appreciated. *Bill and Kathie Short*

... Thank you for the bouquet of flowers you sent to me following my surgeries. Your thoughtfulness was greatly appreciated. *Cindy Arens*



The Season of Giving



Blankets! Blankets! Blankets!



Pam Wieser from Norfolk Catholic High School organized her class to assemble fleece tie-blankets to donate to four deserving organizations within the community for the holiday season. The Northeast Nebraska Child Advocacy Center (NENCAC) and the Pediatrics department were selected at Faith Regional to receive some of the blankets. Pictured above (l-r): Jill Junck, RN, Pediatrics; Kari Kraena, Health and Human Services; Christina Rotherham, NENCAC; Laurie Baumert, Agape Pregnancy Care Center; Pam Wieser, Norfolk Catholic

Remembrance Tree

Faith Regional Foundation sponsored this Remembrance Tree. Ornaments were purchased to honor or remember loved ones during the holiday season.



Cardiac Rehab

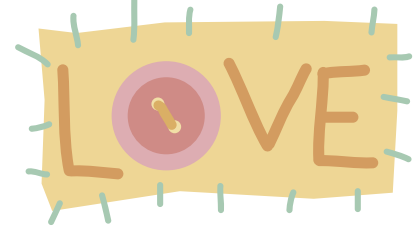


Cardiac Rehabilitation used the many donations of mittens, gloves, socks and hats received to decorate their tree. Pictured (l-r): Vern Smith, Tom Classen, Jim Watteyne, Marilyn Alexander, Phyllis Dahlkoetter and Eleanor McIntosh

St. Joe's Open House



The residents and staff of St. Joseph's Rehabilitation and Care Center enjoyed an Open House on Sunday, December 9. Family and friends were invited to help decorate the rooms of loved ones and share the Christmas spirit with singing and treats.



Sock Tree

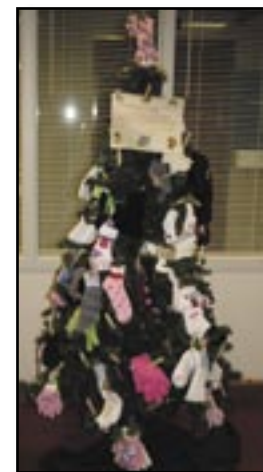
Donations of new, warm socks, ear muffs, scarves, mittens and stocking caps were removed from the trees by the cafeterias on West and East campus and taken to Salvation Army and Bright Horizons. The items were donated to deserving families.

Registration Toy Drive



The Registration department organized a toy drive before the holidays. A great response of many wonderful toys filled the large collection box twice. All donations were taken to the Salvation Army.

Thank you to everyone who made donations to make these efforts a success!



TIPS FOR WORKING WITH AN INTERPRETER

Whether you are working with an interpreter face-to face, or over the telephone, here are some tips to making your experience positive for yourself and your limited English speaking customer or patient.

BRIEF THE INTERPRETER – Provide specific instructions of what needs to be done or obtained.

SPEAK DIRECTLY TO THE CUSTOMER – You and your customer can communicate directly with each other as if the interpreter were not there. The interpreter will relay the information and then communicate the customer's response directly back to you.

SPEAK NATURALLY, NOT LOUDER – Speak at your normal pace, not slower.

SEGMENTS – Speak in one sentence or two short sentences at a time. Try to avoid breaking up a thought. Your interpreter is trying to understand the meaning of what you're saying, so express the whole thought if possible. Interpreters will ask you to slow down or repeat if necessary. You should pause to make sure you give the interpreter time to deliver your message.

CLARIFICATIONS – If something is unclear, the interpreter will ask you to clarify what your statement meant.

ASK IF THE CUSTOMER UNDERSTANDS – Don't assume your limited English-speaking customer understands you. In some cultures a person may say 'yes' as you explain something, not meaning they understand but rather they want you to keep talking.

DON'T ASK FOR THE INTERPRETER'S OPINION – The interpreter's job is to convey the meaning of the source language and

under no circumstances may he or she allow personal opinion to color the interpretation. Also, do not hold the interpreter responsible for what the customer does or does not say.

EVERYTHING YOU SAY WILL BE INTERPRETED – Avoid private conversations. Whatever the interpreter hears will be interpreted. If you feel that the interpreter has not interpreted everything, ask the interpreter to do so.

AVOID JARGON OR TECHNICAL TERMS – Don't use jargon, slang, idioms, acronyms, or technical medical terms. Clarify unique vocabulary, and provide examples if they are needed to explain a term.

LENGTH OF INTERPRETATION SESSION – When you're working with an interpreter, the conversation can often take twice as long compared with one in English. Interpreters will use more words to interpret what the original speaker says simply because of the grammar and syntax of the target language.

READING SCRIPTS – People often talk more quickly when reading a script. If you are reading prepared text slow down to give the interpreter a chance to stay up with you.

CULTURE – Professional interpreters are familiar with the culture and customs of the limited English proficient customer (LEP). During the conversation, the interpreter may identify and clarify a cultural issue they may not think you are aware of, and may ask you to rephrase the question.

Source: Language Line Services

REMEMBERING THE FUTURE

By: Jim Wonnacott, Spiritual Care

There is an intricate connection between our past and our future.

The "Back to the Future" movies highlighted how intricately connected one's past to one's future is. Where I am today is dependent on where I have been.

Christmas Day and New Year's Day are over. So we move on. How we move on is critical. The tendency at New Year's is to wipe slates clean, begin again, and disconnect from what has come before.

Sometimes it is important for us to "disconnect" ourselves from parts of our past in order to have a sense of hope for the future. But if we can stay connected to our past—by remembering and honoring

it—we will know a deeper blessing. For what has gone on before is life giving.

As we stand on the cusp of a New Year and look forward to our future, it is helpful to look back on our past. Remembering our future helps to connect us to our life's meaning.

"And at the end of eight days . . . he was called Jesus . . ." Luke 2:21 ESV. Here a couple is naming a baby (a completely common experience, one to which all parents can relate). But the name given by the angel is critically significant: "Jesus" which means "Yahweh saves."

Naming speaks powerfully of grasping the essence and of an essential way of knowing. Being

able to name our hopes and dreams (not only as they might be captured in the name given to a newborn, but also as they might be projected for a new year) is vital! Remembering helps us to find meaningful names.

As we move on we do well to remember our past. Remembering the future can be very painful and hard work. With the given name—Jesus—we can go on our way. Our step may be precarious, but we can stride right with the promise of Immanuel: God being very much with us.

Note: This title is derived from David A. Hogue's book entitled Remembering the Future, Imagining the Past: Story, Ritual, and the Human Brain.

Child Advocacy Center Receives Grant

The Northeast Nebraska Child Advocacy Center (NENCAC) partnering with Oasis Counseling International, Norfolk Family Medicine and Norfolk Family YMCA have received a grant from the Department of Health and Human Services to develop their ability and work more effectively in servicing the needs of disadvantaged youth in the area.

The NENCAC will receive approximately \$59,000 a year for the next three years totaling \$177,000. NENCAC plans to develop curriculum for two research-based prevention programs, expanding its services from aftercare to include abuse prevention.

“Prevention services have always been a long term plan for our center,” stated Mark Zimmerer, Coordinator of the NENCAC. “With the addition of the grant we are going to be able to offer these services much sooner. This grant also offers an opportunity to partner with three great local agencies to improve services to youth in Northeast Nebraska.”

The NENCAC has added Prevention Specialist Kim Neemeyer to assist with development of a child abuse prevention curriculum focused on bullying, child abuse and computer safety in schools. In addition, a shaken baby prevention program will be created for parents of newborns before they are discharged from the hospital.

“I will also train individuals on how to implement the curriculum,” said Neemeyer. “It is a privilege to have this opportunity to create curriculum that will reach so many children, parents and educators.”

The NENCAC provides hope and healing to victims of severe child abuse and utilizes a joint investigative team approach. Professionals from child protective services, law enforcement, prosecution, victim advocacy agencies and medical and mental health communities work as a team to investigate and intervene in cases of suspected child abuse. In 2006, the NENCAC provided services to 259 victims of abuse and advocacy services to 905 of their supportive family members.

The ultimate goal of the awarded funds is to aid in the decrease of child abuse cases and increase safety for vulnerable children throughout Northeast Nebraska.

Community Spotlight:

A GIFT TO REMEMBER

Mary Rowley is 10 years old and a 5th grader at Northern Hills elementary school in Norfolk. Mary is a typical young girl who loves stylish clothes and shoes, “Bratz,” “Hannah Montana” and horses. She has been battling Undifferentiated Sarcoma cancer for 2 years. She receives chemotherapy treatments Monday- Friday for two weeks, then takes a week off and then repeats the cycle. Her oncologist in Omaha, Dr. Abromowich, periodically scans the tumor and it shows it to be slowly regressing.



Mary holding the gift from Veronica.

When treatments began in June 2007, the employees in the Critical Decision Unit (CDU) were individually trained in Mary’s chemotherapy so that she could stay in Norfolk to receive her treatments at FRHS. This allowed her to continue to go to school full time and be with family since chemo treatments for her will continue indefinitely.

Veronica Zavadil is 11 years old and a 6th grader at St. Leonard Catholic School in Madison. As a class assignment, Veronica was asked to write an essay for the Modern Woodmen of America essay contest with the topic “Best Volunteer Project Ever.” Veronica chose to write about giving gifts to children with cancer and include what it meant to the patient and herself. Her essay was picked as one of the winners at her school. Veronica and her classmates were encouraged by writing these essays and wanted to follow through on the projects. During a visit to the hospital, CDU

was asked if any children received cancer treatment at FRHS. CDU arranged for Veronica and Mary to meet in December. Veronica was then able to fulfill her “Best Volunteer Project Ever.” The girls found they have very similar interests and have become good friends. They continue to keep in contact with one another through email.





Whose Line Is It Anyway?

How well do you know Faith Regional?
Which department do the following clues describe.

1. Our department sends at least one staff member to every Blue Alert and RRT.
2. We decorated our Christmas tree with gauze poinsettias and a nurse angel.
3. In 2006, our department employees gave birth to 14 babies in a 12 month time period.
4. In 2007, our department passed the 100 mark for open heart surgeries.
5. In November 2007, we admitted over 140 patients to our department.
6. We have 52 employees in our department.

Cheers to a new year and another
chance for us to get it right.

- Oprah Winfrey

Pre-Diabetes Class

\$25

January 7, 4:00 p.m. – 6:00 p.m., Madison Room

Did you know it is estimated that nearly 40% of adults have pre-diabetes? Join us to discuss pre-diabetes and lifestyle changes you can make to help prevent diabetes and other health problems. Topics covered include healthy weight, nutrition, cholesterol, high blood pressure and glucose levels. Instructed by Michelle Zwiener, Certified Diabetes Educator and Renae Broders, RD, LMNT. Call the Health Resource Center at 644-7348 to register.

Look Good, Feel Better

FREE

February 19, 9:00 a.m. – 12:00 p.m., Madison Room

An American Cancer Society program for women undergoing cancer treatment. Participants will learn about makeup techniques, skin care, nail care and options related to hair loss such as wigs, turbans and scarves. Each participant will receive a FREE cosmetics kit for use during and after the workshop. Call the Health Resource Center at 644-7348 to register.

Healthy U classes are free unless otherwise stated and feature information on important health matters. Register today as classes fill quickly! Call 644-7348 to register for any of the Healthy U classes.

Hey! Ladies . . .

It's All About You

An Evening of Laughter and Learning

The evening will feature:

* **JULI BURNEY, COMEDIAN AND AWARD WINNING AUTHOR.**

Learn how to survive the chaos of today's busy times, enjoy the simple things and find perspective and humor in our lives.

* **WHAT'S IN YOUR CLOSET?** Beth Rowse and Kandi Pile, owners of That's Neat, demonstrate practical methods of organization to help bring more order to your home and life.

* **MEAL SOLUTIONS FOR BUSY WOMEN.** Kristin Lutt, R.D., shares time-saving tips on preparing healthy family meals.

WHEN: January 24, 6:00 - 8:45 p.m.

WHERE: Faith Regional Health Services, Nebraska Room

COST: \$5 per person, FREE to FRHS employees

REGISTER: Call (402) 644-7348

