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keeping Faith Regional Health Services' employees connected

## Moving Forward with Electronic Medical Records

Faith Regional will implement the SOARIAN electronic medical records solution from Siemens Corp, Malvern, Pa. to foster collaboration among Faith Regional clinicians, physicians and caregivers inside the walls of the hospital and from neighboring hospitals, care facilities and physician practices.

The health system is at the forefront of a nationwide effort to digitize healthcare. The Obama administration championed the Health Information Technology for Economic and Clinical Health Act (HITECH), which earmarks more than \$20 billion in federal grants and incentives to spur industry-wide technology adoption.

The legislation is designed to reward facilities that achieve “meaningful use” of information technology. Federal health officials stress that “meaningful use” is defined as not simply the implementation of technology, but the use of IT to exchange health information to best inform clinicians at the point of care.

Facilities must have EMR technology in place, and use it in a meaningful way, by Oct. 1, 2010 to qualify for maximum incentive payments. Organizations that do not automate will face significant cuts to their Medicare and Medicaid reimbursements beginning in 2015.

Faith Regional stayed true to the intent of legislation by having its clinical staff play a lead role in the selection of the EMR technology best-suited for its care environment. It also focused on acquiring technology that would enable it to share information with outside facilities and physicians so Nebraskan caregivers can provide a continuum of care for state residents.

The health system also selected Quammen Group, an Orlando, Florida based information systems and management consultancy, to help select the right EMR software and act as project manager for the implementation. Quammen Group’s team has extensive experience in customizing EMR technology to maximize its impact and keeping large-scale projects on deadline.

Faith Regional’s EMR initiative will create a seamless, transparent digital environment that will eliminate the numerous information bottlenecks between patients and providers. The IT infrastructure will take nurses and physicians “back to the bedside” by enabling them to access and document patient information while delivering hands-on treatment.

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## Faith Regional Receives Award for Stroke Care

Faith Regional Health Services has received the American Stroke Association’s Get With The Guidelines<sup>SM</sup>–Stroke (GWTG–Stroke) Silver Performance Achievement Award. The award recognizes Faith Regional’s commitment and success in implementing a higher standard of stroke care by ensuring that stroke patients receive treatment according to nationally accepted standards and recommendations.

“With a stroke, time lost is brain lost, and the GWTG–Stroke Silver Performance Achievement Award addresses the important element of time,” said Dr. Dean French, Vice President of Medical Affairs. Faith Regional has developed a comprehensive system for rapid diagnosis and treatment of stroke patients admitted to the emergency department. This includes always being equipped to provide brain imaging scans, having neurologists available to conduct patient evaluations and using clot-busting medications when appropriate.



Jim Sinek accepts the award at the Go Red for Women event in September. Pictured above (l-r): Lisa Parks, Wende Heckert, Jacque Genovese, Jim Sinek, Governor Dave Heineman and Tracy Kuester, AHA.

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# Stroke Award Received

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To receive the Get With The Guidelines-Stroke Silver Performance Achievement Award, Faith Regional consistently complied for at least one year with the requirements in the Get With The Guidelines-Stroke program. These include aggressive use of medications like tPA, antithrombotics, anticoagulation therapy, DVT prophylaxis, cholesterol reducing drugs, and smoking cessation. This twelve-month evaluation period is the second in an ongoing self-evaluation by the hospital to continually reach the 85 percent compliance level needed to sustain this award.

“The American Stroke Association commends Faith Regional for its success in implementing standards of care and protocols,” said Lee H. Schwamm, M.D., Vice-Chair of the national Get With the Guidelines Steering Committee and Vice-Chair of the Neurology department and director of acute stroke services at Massachusetts General Hospital in Boston. “The full implementation of acute care and secondary prevention recommendations and guidelines is a critical step in saving the lives and improving outcomes of stroke patients.”

Get With The Guidelines-Stroke uses the “teachable moment,” the time soon after a patient has had a stroke, when they are most likely to listen to and follow their healthcare professionals’ guidance. Studies demonstrate that patients who are taught how to manage their risk factors while still in the hospital reduce their risk of a second heart attack or stroke. Through Get With The Guidelines-Stroke, customized patient education materials are made available at the point of discharge, based on patients’ individual risk profiles. The take-away materials are written in an easy-to-understand format and are available in English and Spanish. In addition, the GWTG Patient Management Tool provides access to up-to-date cardiovascular and stroke science at the point of care.

“The time is right for Faith Regional to be focused on improving the quality of stroke care by implementing Get With The Guidelines-Stroke. The number of acute ischemic stroke patients eligible for treatment is expected to grow over the next decade due to increasing stroke incidence and a large aging population,” said Dr. French.

According to the American Stroke Association, each year approximately 795,000 people suffer a stroke — 610,000 are first attacks and 185,000 are recurrent. Every 40 seconds, someone in the United States is suffering from a stroke. This deadly condition accounts for 1 out of every 18 deaths in the United States.



# From the Desk of the CEO

James J. Sinek, President and Chief Executive Officer

## Patient Satisfaction

Over the next twelve months you will be hearing a lot about patient satisfaction and patient experiences at Faith Regional Health Services. A group of FRHS employees, representing most departments throughout our organization, are committed to making a positive impact on our patient satisfaction scores. This group, listed below, have formed the “Patient Satisfaction Impact Team” and have held two organizational meetings thus far. We have medical staff leadership on the Impact Team and have support from the general FRHS Medical Staff. The department directors have been discussing this initiative and are committed to creating an environment within their departments to support and facilitate the customer service initiatives developed by the Impact Team.

We will also be implementing new customer service protocols before we move into our new patient bed addition. It is currently planned that the new bed addition will be turned over to FRHS in January 2010. During the month of February and possibly March (prior to moving into the new patient bed addition) Faith Regional will be “simulating” or “practicing” the provision of care with the new customer service protocols incorporated. Each staff member throughout the FRHS organization will participate and successfully master these new customer service protocols.

Consistent application of customer service throughout FRHS is required for us to improve our patient’s experience during their stay or visit at Faith Regional. Our patient satisfaction is measured through the use of a company called Press Ganey. Press Ganey utilizes written satisfaction surveys with a “statistically significant” number of patients who have received care at FRHS. With this information, we can determine what level of customer satisfaction and patient quality of care we are providing. We will utilize our current scores (3rd Quarter 2009) as our baseline to which we will measure our progress and improvement.

I look forward to working with every employee at FRHS as we pursue one of the most important initiatives on behalf of our patients. Please plan on being a leader in this initiative and supporting the following members of the Impact Team:

- |                     |                         |
|---------------------|-------------------------|
| 1. Jim Sinek        | 19. Lacey Roberts       |
| 2. Dr. John Huscher | 20. Laura Harris        |
| 3. Janet Pinkelman  | 21. Linda Taylor        |
| 4. Ann Steckelberg  | 22. Marcy Brown         |
| 5. Ana Kilpatrick   | 23. Melissa Herley      |
| 6. Bari Feller      | 24. Sharalyn Fowler     |
| 7. Belinda Martinez | 25. Sherry Ruden        |
| 8. Betsy Fillmeier  | 26. Shirley Kleinschmit |
| 9. Bonnie Ludemann  | 27. Traci Doten         |
| 10. Colleen Sampson |                         |
| 11. Diana Gaspers   |                         |
| 12. Gayla Cook      |                         |
| 13. Jody Herley     |                         |
| 14. Joe Davis       |                         |
| 15. Kelly Kelley    |                         |
| 16. Kim Caskey      |                         |
| 17. Kris Hupp       |                         |
| 18. Lacey Hoelsing  |                         |



# Calling Dr. Yellow - Are you Ready?

Dr. Yellow is announced when the Emergency Operation Plan (EOP) is activated.

The Emergency Operation Plan addresses the coordinated response to extraordinary events. These events may be natural disaster (floods, tornadoes, grass fires), man-made (arson, bombs, accidents) or a public health illness (Pandemic flu, West Nile).

The Nursing House Supervisor receives notification of an actual or potential incident/ disaster. Notification may come from Law Enforcement, EMS, National Weather Service, Elkhorn Valley Department, Madison County Emergency Services, Nebraska Emergency Services or other officials.

Once the incident is confirmed, the Nursing House Supervisor will determine appropriate level of response using the following guidelines.

**Level 1** – Resources and supplies already present within FRHS are ADEQUATE to

handle a special incident. Dr. Yellow is not announced.

**Level 2** – Limited additional resources and supplies from outside the hospital or outside agencies will need to be mobilized in order to adequately manage an incident. Dr. Yellow is announced.

**Level 3** – ALL available resources within the hospital and from outside agencies will be needed to manage an incident. Dr. Yellow is announced.

Upon hearing the announcement of the Dr. Yellow, employees should report as follows:

- All members of Executive Team should report to the Incident Command Center as soon as possible.
- Any employee on duty at the time should stay on duty in his or her normal assignment.
- All physicians in the hospital should report directly to the Emergency Department for assignment.

- All employees that are not working should remain at home until called by the Labor Pool or department that they are needed at FRHS.
- When returning to work, employees will enter Medical Offices West. Employees must show their FRHS name badge to enter the building. Then employees report to Labor Pool in the Health Resource Center.
- Employees should not telephone the hospital to see if help is needed as this will tie up the phone lines. Wait by your home phone to be called. If the telephone service is disrupted, listen to local radio stations for announcements.

Once the Dr. Yellow is announced, a Hospital Incident Command Center is established in the Safety Officer's office located in the ambulance entrance. This center is the hub for the coordination of the operations during an incident/ disaster. The Incident Command Center will be reviewed in the next article.

The Emergency Operation Policy is available on the Intranet under Safety > Emergency Operation Policy.

## Prevent the Spread of Flu

Although the winter season can bring many wonderful things, it is also the start of the flu season. According to the Centers for Disease Control, this year's flu activity is escalating to peak levels earlier than typical. The rising spread of influenza has prompted Faith Regional to take precautions to protect patients, staff and visitors from contracting the virus. Currently, the hospital is not limiting visitors but asking that individuals do not visit if they have the following symptoms:

- Fever of a 100 degrees or more
- Chills
- Cough
- Sore Throat
- Headache
- Body and Muscle Aches
- Tiredness and Weakness
- Runny Nose
- Diarrhea or Vomiting

Faith Regional understands that there are some situations in which a visitor who is experiencing these symptoms must visit. Due to these cases, Faith Regional is providing mask and sanitizing hand gel to help prevent the spreading of illnesses. On West Campus, masks are available at the front information desk and the Emergency entrance registration

desk. On East Campus, masks will be available at the respiratory hygiene center by the main entrance. Please assist visitors in locating these items.

These visitors are also asked to keep visits short and avoid entering the cafeteria, gift shop and other common areas of the hospital.

If a patient admitted into the hospital has any of the above mentioned symptoms, they will be asked to wear a mask and use sanitizing gel.

"As a healthcare organization, we are constantly reviewing the current recommendations from the Centers for Disease Control and implementing them to protect our patients, staff and visitors," remarked Laura Hoogestraat, Infection Control Coordinator at Faith Regional.

The hospital recommends that anyone suffering from these symptoms stay at home and avoid public gatherings for at least 24 hours after the fever is gone without the aid of fever reducing medications such as Tylenol or Motrin. If symptoms become severe, they should call or visit their physician.

**EMR**

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The EMR will act as a repository for all the information about a patient's condition and treatment that will be instantly accessible to all caregivers involved in treatment. Benefits of the state-of-the-art clinical environment include:

- Clinical decision support that will help clinicians choose the safest and most effective treatment
- A computerized order entry system that enables physicians and clinicians to quickly and accurately order diagnostic tests and medications
- A "closed loop" medication management system that reduces medication errors by creating a series of checks and reviews of prescribed medications
- "Anywhere, anytime" access to critical medical data that enables physicians, nurses and clinical staff to make better decisions at the point of treatment

# Giving Thanks for Palliative Care

It is not unusual to recognize November as a time for giving thanks but it may not be a common time to recognize it as Palliative Care Month. Thankfulness for these services is not overlooked by Palliative Care patient Virgil Stogdill.

Stogdill has been receiving care from the interdisciplinary Palliative Care team of Jim Wonnacott, Spiritual Care, Christine Chrisman, RN, Palliative Care, and Jan Matthews, Social Services since spring of 2008. His health conditions led him to consider using the program to help obtain the best care possible.

"Palliative Care turned out to be a very good choice for me, because they [Palliative Care team] have helped me through some major health problems and decisions," said Stogdill.

Throughout those decisions, Stogdill's Palliative Care team worked closely with him to coordinate, prepare and support him in whatever ways necessary to ensure his needs and wishes were met.

"They prepared me so well that I have had no regrets or problems after having surgery to amputate my right leg. I got going the day after the surgery and have succeeded to reach my goal of being able to walk as much as I could before," added Stogdill.

Palliative Care focuses on pain management, symptom relief, and emotional and spiritual support. The most important thing Stogdill has gained from his experiences as a Palliative Care patient is to not be afraid to ask for help.

"With Palliative Care, I have found that the more you communicate and the effort you put into it, the more it can help. Everyone is quite ready to help if you ask," Stogdill concluded.

Palliative care is available for Faith Regional patients at any stage of illness so that they can remain comfortable while they receive treatments for healing. Palliative Care offers treatment that enhances comfort and improves the quality for patients with chronic or life-threatening illnesses. The service treats the whole person, aiming to meet the physical, emotional, spiritual and cultural needs of patients and their families. If you think you or someone you know could benefit from Palliative Care services, call (402) 644-7317 or go online at [http://www.frhs.org/hmh\\_palliativecare.html](http://www.frhs.org/hmh_palliativecare.html) to learn more.



Photo (l to r): Jan Matthews, director of Social Services, Jim Wonnacott, Spiritual Care Associate Chaplain, Virgil Stogdill, Christine Chrisman, RN.

## Stewardship

Stewardship is a core value at Faith Regional. As employees, it is possible to be a good steward of the resources, supplies and finances of the hospital as well as a good steward of the environment. Faith Regional and Green Fiber have partnered together in recycling collaborations for some time and employees are invited to share in the efforts. Green Fiber currently recycles paper products into insulation that can be found in residential homes.

The advantageous aspect of this partnership is that Green Fiber currently pays the Faith Regional Foundation for the recycled materials, saving the hospital garbage waste fees and ultimately benefiting the hospital and community. While a penny per pound may not sound like much, it does add up as Green Fiber presently

buys approximately 24 tons of paper materials from Faith Regional each year. FRHS benefits from lower waste fees, the foundation benefits financially and several semi-loads of paper stay out of landfills each year.



  
**1st** CLINIC  
Rehabilitation Therapies

simple  
**steps**  
for your health

### Low Back Pain

"Low back pain is one of the most common diagnoses treated at 1st Step Clinic. Fortunately, it can usually be avoided with proper health and prevention. Maintain a healthy and active lifestyle including daily cardiovascular exercise and core strengthening to keep your back strong. Evidence has shown that exercise can help decrease even chronic back pain. Protect your back

by maintaining proper posture when sitting and standing. Maintaining a healthy weight will reduce extra stress on your back. Avoid lifting objects that are too heavy and use proper body mechanics anytime you lift an object. Protecting your back is important....it is the only one you have!"

—Erin Baumert, PT, DPT

1st Step Clinic is located in Medical Offices North, Suite 2. It is your first step to immediate relief when you need physical or occupational therapy or sports medicine care. Physician referral required, no appointments necessary.

# Open MRI Celebrates Anniversary

It is natural to experience some degree of anxiety before or while undergoing medical testing especially if you are surrounded by large equipment and must lie still in a narrow tunnel. This is the case for patients who undergo a traditional Magnetic Resonance Imaging (MRI) scan.

Thankfully there is an alternative option. Northeast Nebraska Imaging Open MRI, a joint venture with Faith Regional Health Services, has helped to decrease that level of anxiety for patients required to have a MRI scan by offering a state-of-the-art open MRI scanner in the Faith Regional Medical Offices North building.

The open MRI scanner is used for the examination of small parts of the body, such as the extremities like the knee or

shoulder and is more comfortable for people who would have difficulty undergoing a traditional MRI scan.

The major difference between an open MRI and a traditional MRI unit is that instead of lying in a narrow tunnel, the patient lies on an imaging table that has more space around the body so that the unit does not completely surround the person being tested. The innovative open-air gantry design of the MRI provides the opportunity to constantly and directly attend to pediatric patients as well as patients who are larger or experience claustrophobia.

"The procedure was so comfortable that I slept during my MRI," said patient Dr. Donald Smith of Norfolk.

Northeast Nebraska Imaging Open MRI is celebrating two years of service providing advanced procedures for mid-field Open MRI and is accredited by the American College of Radiology. To learn more contact Northeast Nebraska Imaging Open MRI at (402) 844-8187 or go online at [www.openmriofnortheastnebraska.com](http://www.openmriofnortheastnebraska.com).

## Give thanks, with a grateful heart

By: Dale Pracht, Spiritual Care

"Give thanks, with a grateful heart," is the opening line of a song sung in the congregation I attend. It prompted me to wonder how universal gratitude is. And wouldn't you know – there's a web site dedicated to the topic ([www.gratefulness.org](http://www.gratefulness.org)). While I don't align with all that is published there I do find the quotes posted to argue strongly that gratefulness is very close to the core of what it means to be human.

In this season of Thanksgiving I offer four quotes:

"Gratitude is happiness doubled by wonder."

– G.K. Chesterton

"Give thanks for unknown blessings already on their way."

– Native American prayer

"Thankfulness brings you to the place where the Beloved lives."

– Jalaluddin Rumi

"Gratitude is the most exquisite form of courtesy."

– Jacques Maritain

## continues with BIG IDEAS

### Green Fiber Recycling Guidelines

- Clean paper products such as office paper, newspapers, magazines, cardboard, junk mail and pop can boxes. Please do not include dirty products such as pizza boxes.
- Green Fiber requests that binder clips, paper clips and other metals be removed as to not pose a fire risk. Small and limited amounts of staples are okay.
- Materials can be bundled together in paper sacks or cardboard boxes. Please do not use plastic sacks.
- Donations can be dropped off any time to the Green Fiber container located next to Materials Management on West Campus.
- When recycling hospital documents remember to not include any personal/private patient information. This does not take the place of the shred containers.

Employees can participate in this program two ways. First, individuals can bring paper products from home and deposit them in the container located outside of Materials Management on West Campus. Second, staff can also involve their specific departments by

first obtaining permission from their director and then selecting a person or group to head up the project. A plastic bin can be selected and filled with paper products (not containing confidential patient information) and taken to the Green Fiber receptacle on an as needed basis. FRHS wants to maintain its good working relationship with Green Fiber so it is important to follow the guidelines listed in the focus box. When each member of the FRHS family is conscientious of the supplies they use and make an effort to recycle, stewardship is a fun and attainable goal that will continue to make Faith Regional the great place that it is.

On other recycling fronts...

- When using the shred bins remember to include only the confidential information as FRHS pays approximately \$0.15 per pound and shreds about 60 tons per year. The shredded paper is recycled into cardboard boxes in Omaha.
- Currently, there are some small trash can shredders hidden in various departments which should no longer be used. Most are strip cut shredders and no longer meet HIPAA regulations for proper destruction of confidential patient information.

# Meet the Doctors



## Vilma Rodriguez-Cline, M.D.

### Family Medicine

Dr. Vilma Rodriguez-Cline practices Family Medicine at Faith Regional Family Medicine Services, 2600 W. Norfolk Ave. in Norfolk. She is Board certified in Family Medicine.

#### How many people are in your family?

*My spouse, Randy and daughter Ashley, 10, and son, Daniel, 4.*

#### What do you like to do in your spare time?

*I like to run around Skyview Lake and spend time with my family.*

#### What is your favorite movie(s) of all time?

*"It's a Wonderful Life"*

#### What is your favorite food? *Italian.*

#### What was your most memorable childhood toy? *Barbie Dolls.*

#### What is your favorite activity from high school? *Art Class.*

#### Why did you choose to practice in Norfolk?

*My husband and I wanted to raise our children in a small community.*

*The people here are great.*

#### Did you know?

*Dr. Rodriguez-Cline loves to paint, draw and do crafts.*

#### If you could leave on vacation today, where would you go? *Hawaii.*



## Francisco Dozon, M.D.

### Family Medicine

Dr. Francisco Dozon's Family Medicine practice is in the Northwest Specialty Clinic Building, 109 N. 29th St. in Norfolk.

#### How many people are in your family?

*My wife, Luz and children, Dennis, Frank Jr., Kathryn and Kristina.*

#### What do you like to do in your spare time?

*I like to do very little. I help my wife do the house chores and I enjoy mowing the lawn.*

#### What is your favorite type of music? *Soft, easy-listening music.*

#### What is your favorite food? *Chicken Adobo.*

#### What is your favorite activity from high school?

*Playing intramural sports.*

#### What is your most rewarding accomplishment?

*Coming to the United States.*

#### Why did you choose to practice in Norfolk?

*It is an excellent place to raise my kids.*

#### Did you know?

*Dr. Dozon is very shy.*

#### If you could leave on vacation today, where would you go? *I would like to be in a very remote, small island in the Pacific Ocean in South East Asia.*

# Caring Kind Award



Tami Moody (r) received the 2009 Caring Kind Award from the Nebraska Hospital Association.

The Nebraska Hospital Association "Caring Kind" award honors outstanding healthcare employees who have demonstrated compassion for patients, cooperation with co-workers and dedication to excellence in their job responsibilities. Hospitals across the state select one Caring Kind recipient from within their respective institutions to be recognized during the NHA Annual Convention. Tami Moody, St. Joseph's Rehabilitation and Care Center, received the 2009 award from Faith Regional.

## Making a Difference

Aside from our daily roles within the FRHS organization, it is good to recognize and reaffirm the importance of looking beyond ourselves and to serve the needs of others within the community apart from healthcare. Thank you to all the employees that volunteered or participated in the following events to help make them a success!

### Go Red for Women

This year's American Heart Association Go Red for Women Ladies Night Out brought together over 700 women to enjoy an evening of dinner and entertainment while also learning about heart disease. Approximately \$72,000 in funds was raised to support ongoing research and education efforts of the American Heart Association.

### Pack Away Hunger Day

Around 1,000 individuals gathered on October 3 at Northeast Community College's Cox Activity Center for Pack Away Hunger Day sponsored by Faith Regional, Kids Against Hunger, Orphan Grain Train, US92 and Team India. Teams of volunteers from Norfolk and the surrounding area worked together to help package 126,000 highly nutritious meals to be sent to those in need all over the world.

# Classes and Events



## Click It Don't Risk It

Congratulations FRHS employees for reaching the Gold Standard Honor Roll in the Nebraska Highway Safety sponsored "Click It.. don't Risk It" campaign. In October, Faith Regional obtained a 95% seat belt usage rate for both campuses which was the second 90% or better usage at an unannounced seat belt check needed to achieve the gold standard. Thank you for all your effort and because of you, a life may be saved.

## Make a Difference. Give Blood.



Consider making a difference by sharing the gift of life with the American Red Cross at the Faith Regional Blood Drive.

**Friday, November 6** - West Campus  
(in the bloodmobile) 9:00 a.m. to 2:00 p.m.

**Friday, November 20** - East Campus  
(Elkhorn/Sandhills Room) 9:00 a.m. to 2:00 p.m.

To donate you must be at least 17 yrs. old, weigh at least 110 pounds, be in good health and have not donated in the last 56 days. To schedule an appointment to donate, call Ashley at ext. 7199 or sign up online at [www.redcrossracing.com](http://www.redcrossracing.com)



*Healthy U classes are free unless otherwise stated and feature information on important health matters. Call 644-7348 to register for a Healthy U class today!*

# Employee Benefits Fair

**November 19**  
7:00 a.m. - 7:00 p.m.

## Nebraska Room and Norfolk Room

The following providers will be available for employees to visit.

**Vision Insurance** - (Ameritas) new benefit  
Must complete a form to enroll or waive coverage.

**Regional Care** -  
Health Insurance  
Flex Spending  
Health Savings Accounts

**Midlands Financial** -  
Voluntary Term Life Ins (LFG)  
Dental Insurance (Ameritas)

**Olson Group** -  
Pension Plan (AUL)  
Aflac  
Long Term Disability (UNUM)  
Short Term Disability (LFG)

Individual packets will be delivered to employees in their department the first week in November.

**\*\* Reminder:** You have to elect and complete forms for FLEX spending (medical and dependent care) and HSAs every year.

**Please review all the information and return the cream colored benefit forms to Human Resources by Tuesday, December 1.** To make changes in the benefits, additional forms will have to be completed at the Benefits Fair or in Human Resources.

For more information, refer to the flyers in each department or contact Pam in Human Resources at (402) 644-7178.

## Varicose Veins - Presentation and Screening

**Cost: FREE - November 5 or December 1, 6:00 -7:00 p.m., Madison Room**  
An estimated 25 million people in the U.S. have varicose veins which are often considered cosmetically undesirable and can cause pain ranging from mild discomfort to severe. Join Dr. Joseph McClain for a presentation to better understand this very common condition and treatment options available to correct the veins and alleviate the pain. The presentation will be followed by an optional vein screening. Please register for either evening.

## "Safe With You" Childcare Provider Training Series

**Cost: \$20 - November 10 and 17, 6:00 - 8:00 p.m., Madison Room**  
This two-session training consists of information on child abuse and neglect, SIDS and Shaken Baby Syndrome. Licensed childcare providers are encouraged to attend. Attendees are required to attend both sessions. Sponsored by the Northeast Early Childhood Professional Partnerships and Faith Regional Health Services. Instructed by Wende Heckert, DNP, APRN, Family Nurse Practitioner and Kim Neemeyer, Northeast Nebraska Child Advocacy Center. Refreshments provided.



P.O. Box 869  
Norfolk, NE 68702-0869

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## To the family of:



# Have a Healthy Thanksgiving!

A traditional Thanksgiving meal is a tasty activity during the holidays but a health conscious dinner can be both delicious and good for you! Make this year's Thanksgiving meal a little healthier by trying a few of these small changes. Your taste buds won't be disappointed!

- Choose the light meat without the skin (120 calories, 1 gm of fat per 3 oz serving).
- Roast the turkey on a rack to allow the fat to fall away.
- Choose whole-grain bread and wild rice for the stuffing or as a side dish.
- Mash the potatoes with low-sodium, fat-free chicken broth and skim milk – hold the butter – no one will notice.
- Use a fat separator for the roasting pan juices and skim off all the fat before making the gravy.
- Top casseroles with almond slivers instead of fried onion rings.
- Use low fat canned cream soup in the traditional green bean casserole.
- Choose reduced-fat cheeses for salads and casseroles.
- Use pineapple and/or orange juice thickened with corn starch as a glaze for carrots or sweet potatoes (you could also add a pinch of pumpkin pie spice to the glaze).
- Use all fruit spreads on rolls vs. butter or margarine or use a spray margarine product.
- Use egg substitutes in place of whole eggs in baked items.
- Remember that alcohol is packed with calories. Go easy on the amount or choose calorie-free options such as iced tea and flavored waters.



## Traditional Thanksgiving Meal

	Calories	Fat
3 oz roast turkey, dark meat, with the skin	155	6
½ cup stuffing	170	9
½ cup mashed potatoes	120	4.5
2 Tbsp. gravy	50	2
½ cup green bean casserole	161	9
1 dinner roll	84	2
1 pat butter	20	2.3
¼ cranberry relish	110	0
1 piece pumpkin pie (8" pie cut into 6 slices)	229	10.4
2 Tbsp whipped topping	25	1.5
5 oz red wine	127	0
<b>TOTAL</b>	<b>1,251</b>	<b>46.7</b>