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To the family of:

10 Proven Health Benefits of Exercise

by Shane O'Brien, CSCS, FRHS Cardiac Rehab Exercise Specialist; *Source: <http://www.health24.com>*

When exercise becomes a chore, think of these proven benefits and keep going!!

1. **It's good for your heart.** "Even a moderate amount of exercise helps your heart" says Dr. William Kraus, an associate professor of medicine at Duke University Medical Center. "Some exercise is better than none and more is better than less."
2. **Exercise promotes weight loss.** Research has shown that to have an effect on weight loss you need to exercise for at least 30 minutes a day.
3. **Exercise helps fight osteoporosis.** Weight bearing exercise such as walking and strength training, together with a healthy calcium intake helps to build bone mass.
4. **Exercise helps to lower high blood pressure.** Your blood pressure drops after aerobic exercise and will stay low for several hours after.
5. **Exercise is a de-stressor.** Exercise helps to release neurotransmitters in the brain that help in mood improvement. Studies have shown exercise does as well as or better than anti-depressants in mood elevation.
6. **Exercise helps to prevent colds.** A study from the University of Carolina found that people who exercise regularly were 23% less likely to get colds than those who did not exercise.
7. **Exercise helps to reduce the severity of asthma.** Sports medicine specialists say that it is possible for asthmatics to continue exercising if they use preventative medications wisely and avoid triggers that bring on exercise induced asthma. The extra effort to stay fit pays off in fewer or milder asthma attacks overall and the need for less medication.
8. **Exercise reduces diabetic complications.** Exercise can help reduce your insulin requirements, lower your cholesterol levels, lower your blood pressure and in the long term can help lower your risk of heart disease.
9. **Exercise promotes a healthy pregnancy.** Check with your physician first, but relaxation exercises, Kegel exercises that strengthen the pelvic muscles, and back exercises are all important for pregnant women.
10. **Exercise has anti-aging effects.** Exercise enhances blood flow to the brain, possibly reducing the risk of stroke. It also helps to improve reasoning and memory.

Campus Connection

A Publication for Faith Regional Health Services Employees
www.frhs.org



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New Directors Join Faith Regional

Scott Krohn of Pierce, NE was too young. He was too young to be in this much pain and too young to barely be able to walk.

Krohn suffered from osteoarthritis in both knees. The wear and tear had come from 15 years of factory work combined with arthritis. His knees were wearing out and the pain was growing increasingly unbearable.

Four years ago, when the intensity of the pain began to worsen, Krohn met with Dr. Stephen Smith, an orthopedic surgeon in Norfolk. Dr. Smith used several modality treatments on Krohn, yet he continued to experience pain. Dr. Smith felt that Krohn was too young for total knee replacement.

In March 2006, Krohn came to Dr. Smith's office again. By now, the pain was taking an emotional toll on him and his family. It was during this visit, Dr. Smith took an x-ray that revealed Krohn's knees were now bone to bone. After four years of trying all possible options, Krohn was devastated. There was no way he could continue to walk with this intense pain.

Within days of that news, Dr. Smith contacted Krohn about a new partial knee

replacement procedure that had been approved by the FDA. Krohn was a perfect candidate because he still had the outer portions of his knees intact that would allow the surgeon to replace only the inner part of his knees using a minimally invasive procedure.



In June, Krohn underwent bilateral partial knee replacement surgery using an Oxford® knee prosthesis that provides a more natural movement and greater longevity of the knee. Dr. Smith is only one of three orthopedic surgeons in the state trained to perform this procedure.

"Recovery time is dramatically improved," said Dr. Smith. "They can

return to sporting activities and other activities more than they can with the conventional total knee arthroplasty."

Within 24 hours after the surgery, Krohn immediately felt pain relief.

"The nurse came to walk me to my door for the first time. After a few steps she asked if I

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Cardiopulmonary: Then and Now

In celebration of Respiratory Therapy Week (October 15-21), you'll be amazed to note how much has changed in the care provided by Cardiopulmonary/Respiratory Therapy in 20 years.

20 years ago:

3 employees available 7 AM-5 PM, on call after hours
Avg. 120 treatments per month
Ventilators: 1 (MA-1) and 1 infant
EKG only diagnostic test offered
Department consisted of one room
Hand written daily patient log
One computer with DOS program

10 years ago:

15 employees available 24-hours
Avg. 800 treatments per month
4 ventilators setup per month
Sleep lab
Stress test, Holter monitors, and Cardiac Echos added to diagnostic testing
Avg. 10 PFTs and 12 EEGs per month
Department had five rooms

Today:

36 employees available 24 hours
Avg. 3,400 treatments per month
State-of-the-art ventilators available with multiple capabilities
Avg. number of ventilator set up days is 20 per month
Avg. 50 PFTs, 45 EEGs, 420 Echos, 90 Stress tests per month
3-D Echo available
Department has 18 rooms, including multiple computers, two Stress labs, EEG and PFT labs
4 Outreach sites for Echo, Stress test and Vascular studies

Community Spotlight

Great American Smokeout Nov. 16

Smoking cessation is a very personalized process. Individuals have to look at who they are and what they need to be successful. Medications are only part of the process that includes readiness, planning, attitude and support. Not to mention a willingness to try and try again!

There are as many different smoking cessation products as there are ideas and consumers. At Faith Regional, nicotine replacement products such as the patch and gum or potentially the lozenge, inhaler or nasal spray, are aids used to help a person kick the habit. These products work by replacing the nicotine in a non-cigarette form so that the patient may focus on the behavioral and emotional aspects of quitting smoking while easing off the physical dependence.

There are prescriptions that can help reduce the cravings and rituals associated with tobacco use. The Health Resource Center also offers a variety of resources such as books, videos and brochures.

If you are ready to kick the smoking habit, join the 30th Annual Great American Smokeout on November 16! Take the first step – sign a pledge to quit and pick up a Smokeout kit at the Health Resource Center or at displays located at all campuses. Those who pledge to quit will be entered into a drawing to win a free turkey. Take the first step toward a smoke-free lifestyle!

Knee pain continued from page 1

needed to stop and I said 'Why?' We ended up walking the entire length of the hallway," stated Krohn.

A month after surgery, Krohn embarked on an adventure that he hadn't been able to do in years -- he went on a five-day fishing trip. This was so amazing to Krohn because in the past he couldn't bear the pain of simply walking down the shore to his boat. But now

things are different. He is able to get in and out of the boat without pain.

"I think the best part of this entire experience was when my son turned to me and said, 'You know dad, you're just not mad anymore. You're fun again.' And at that point I realized that I had my life back. I could work, play and bring joy to my family," Krohn said with a smile.

New Director of Oncology



Trent Mullis has joined Faith Regional as the new Director of the Carson Cancer Center. Mullis previously was employed at Montclair Baptist Medical in Birmingham, Alabama.

Mullis completed his bachelor's degree at the Medical University of South Carolina in Radiation Therapy and plans to eventually complete a master's degree in hospital administration.

"In radiation oncology the technology is constantly changing. This change is seen in new procedures, techniques and equipment. This allows us to offer our patients more accurate treatment methods, less patient side effects and better success in treating cancer. I like being a part of these positive changes to help people."

His thirteen years of experience in Radiation Oncology is welcomed as Mullis looks forward to being an integral part of the Faith Regional healthcare team.

"I think Faith Regional has a great cancer program and a very dedicated staff. I look forward to working with this team and growing with them."

Lockee Appointed FRPS Director

Dr. Brad Lockee has joined the Administrative staff of Faith Regional Physician Services as Medical Director. Dr. Lockee is also the Medical Director of the Emergency Department at Faith Regional.



In this role, Dr. Lockee has responsibility for leadership, supervision, selection, evaluation and termination of FRPS employed physicians. Dr. Lockee will work closely with the VP of Physician Services, VP of Medical Affairs and the Medical Staff President to ensure and promote high-quality medical care for patients in the hospital and in Faith Regional's clinics.

Thank You...

...Thanks for the diapers, formula and ceramic baby bootie, but more importantly for the support, encouragement and laughter of having this surprise post-tubal pregnancy baby. We wouldn't trade him for the world! This has been an eventful 2006, but we have come to realize that we are not in charge of our own lives, God ultimately is in charge. He has shown us that his reversed law of supply and demand says: The more love you give, the more love you have and let us tell you, we do have a houseful of that! Thanks for everything. *Steve, Valorie, Blake, Olivia, Elissa, Grace, Luke and Brock Slizoski.*

...Thanks FRHS for the flowers I received after my surgery. They were just beautiful. Also thanks for your thoughts while I was layed up. *Gale*

...Thank you so much for the beautiful plant in memory of Galen Koehler, our dad. We also appreciate the many cards and words of comfort we have received during this difficult time. *God bless you all. Amy and Curt Bockelman and family*

...We would like to say thank you to all who took care of our husband/dad during his several brief stays at FRHS. To ER, CDU, Surgery and MSII thanks for your care. He appreciated everything you did for him, and spoke highly of you. We also appreciate all you did. Thank you. *The family of Galen Koehler*

...We have lost someone very special... Thank you for sharing our grief. Thanks for the memorial. *The Family of Keith Lenton.*

...We have lost someone very special... For everyone at Faith Regional Hospice, thank You! *The family of Lester W. Glaser.*

...Your kindness at this time is more greatly appreciated than words can express. *The family of Dorothy Hansen.*

...Thank you for the lovely plant I received in memory of my uncle. It will be a wonderful reminder of a kind and gentle person. Your kindness was deeply appreciated. *Jana Olsen.*

...All of the nurses in Rehab are tops. My stay at East Campus after getting new knees could not have been better. You encourage, you are enthusiastic and so giving- the very meaning of a nurse. *Thank you all for my stay. Vici Brooks*

...Thank you for the beautiful flowers while I was hospitalized recently. A special thank you to those who took time to come and see me. It was very much appreciated. Also, thanks to the ER, Step Down ICU, Cath Lab, 2nd floor nurses and so many others. Your care was exemplary! *Roxanne Meyer*

Honoring Diversity:

GIVING THANKS FOR DIVERSITY

Dr. Miriam Forman-Brunell, of the University of Missouri-Kansas states that, “It is worthwhile to remember that diversity is not new to America. The adults and children who feasted at the very first thanksgivings held in Plymouth in 1621 were themselves immigrants, who were joined by Native-Americans who were, in fact,

the first settlers in North America. The separatists from the Church of England celebrated a 3-day harvest feast with the native Wampanoag people, without whom they would not have survived the winter.”

Thanksgiving was not always celebrated uniformly until after the Civil War, when President Lincoln

Not what
we say about
our blessings, but
how we use them, is
the true measure of
our thanksgiving.

W.T. Purkise

Thanking By Giving

by Fr. Jerry Connealy, Spiritual Care

The first Thanksgiving took place in Plymouth Colony in 1621. October 1777, marked the first time all thirteen colonies joined in a common thanksgiving celebration. The establishment of the day we now celebrate nationwide was largely the result of the diligent efforts of magazine editor Sarah Josepha Hale.

Mrs. Hale always made the same request that the last Thursday in November be set aside to “offer to God our tribute of joy and gratitude for the blessings of the year.” In an attempt to bolster spirits during the Civil War (1863), President Lincoln appointed the last Thursday in November as an annual national Thanksgiving holiday. In 1939, president Franklin D. Roosevelt shifted Thanksgiving back one week, to the third Thursday in November.

By reflecting on the many gifts we have been given it helps us to be more willing to reach out to patients, their families and anyone in need. There seems to be a need in the human heart to “return thanks” for all the gifts we have received from a loving and generous heart. As we are thankful for the many gifts we have, let us also reflect on the many ways we can share our gifts with patients, their families and others. Sharing with others may include prayer and worship, hospitality or just listening to the concerns of our patients and their families.



proclaimed that Thanksgiving would be celebrated as a national holiday. The hope was that this would help reunite the country.

“Thanksgiving was celebrated in different ways. For instance, while African-Americans went to church on Thanksgiving, men in rural Pennsylvania and New York City masqueraded at parades and parties until the late 1800s,” states Dr. Forman-Brunell.

Today in America, Thanksgiving is traditionally recognized as a time of year to offer thanks and to celebrate with family gatherings and holiday meals. Different forms of Thanksgiving or harvest celebrations are held in countries all over the world. In addition to continuing traditions that are established in your own families, people of all ages and backgrounds are encouraged to celebrate with other families and learn more about, and perhaps participate in, the rituals and traditions of other countries.

Sources:
en.wikipedia.org/wiki/Thanksgiving
www.med.nyu.edu

Tonight Show Singer Visits Center

Marilyn Maye will have just completed a second-year engagement at New York's Lincoln Center when she departs for what, to her career, is a more relevant stop, The Johnny Carson Theater in Norfolk, Nebraska.

Maye, holder of the singer's record (76 appearances) on "The Tonight Show Starring Johnny Carson," will present her Tribute to Johnny Carson Saturday, November 25 at the Johnny Carson Theater that Carson established in his home town of Norfolk. "It will be Thanksgiving weekend," says Maye, "and I will continue to give thanks for the great help Johnny gave me and my career."

Maye came to Norfolk in October to tour the theater and the Carson Cancer Center.

Maye's career is a litany of honors, awards, and landmark achievements. She has performed in cabarets and theaters, regularly on nearly all major live performance television shows; from Monte Carlo for the late Princess Grace to New York's famed Lincoln Center for the Manhattan's musical elite. All of it a long way from the regional orchestras in midwestern towns where she began.

During and following her years of regular appearances on "The Tonight Show..." Maye had a standing invitation - carte blanche, although most entertainers regarded it as a career break.



Dr. Mohammed Zahra (L) is pictured with Marilyn Maye and Jerry Huse.

Today, Maye is working clubs, concerts, theaters, and private celebrations. The rave reviews, her singing, her wit, the fun she brings on stage, her energy and her love for the business continues.

"I can write Marilyn's in a single line, I call her Super Singer," commented Johnny Carson after stating he doesn't write liner notes.

What's New With the Flu?

Flu Facts

Every year in the United States, on average:

- 5% to 20% of the population gets the flu.
- More than 200,000 people are hospitalized from flu complications.
- About 36,000 people die from flu.

Symptoms of flu include:

fever (usually high)	Stomach symptoms
headache	(nausea,
extreme tiredness	vomiting and
dry cough	diarrhea are
sore throat	more common
runny or stuffy nose	in children)
muscle aches	

This year influenza vaccinations are mandatory for FRHS healthcare workers. Reasons for mandatory vaccinations include:

- People who get influenza will shed the virus 24-36 hours before any symptoms occur. If the virus is shed before symptoms occur, the virus can be exposed to patients. Patients that are already very ill may not be able to recover if exposed.
- Chances of getting influenza are greater when working in a healthcare facility. The vaccination decreases the likelihood of getting influenza, missing work and passing it on to family members.
- Studies show that facilities with higher vaccination rates have lower mortality rates.

The single best way to prevent the flu is to get vaccinated each year, but

good health habits are other measures that can help protect against the flu.

Wash your hands often with soap and water, especially after you cough or sneeze. If you are not near water, use an alcohol-based hand cleaner.

Avoid close contact with people who are sick.

If you get the flu, stay home from work, school, and social gatherings.

Try not to touch your eyes, nose, or mouth. Germs often spread this way

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.



Learn More

Visit www.frhs.org and click on the FluSTAR link to view the most accurate, up to date flu information and find out where flu outbreaks are occurring throughout the U.S.

Employee Giving Campaign

Discover the ways you can Give.

A Big "Thank You" to all who have contributed to the Employee Giving Campaign to date. Your contribution is truly appreciated. For those of you who would still like to sign up, it is not too late! Don't forget about the great incentives—turtle pins, VIP parking and more. For more information contact the Foundation office at 644-7302 or 644-7301.



Following is a partial listing of employees being recognized for donating to the Employee Giving Campaign:

Pamela Becklun	Kari Hamer	DeAnna Martensen	Carol Rosenbaum
Peg Behmer	Mike Hammond	Barb Maxey	Marsha Rotherham
Patti Bretschneider	Suzanne Hanlin	Michael McGinty	Karen Ruge
Whitney Broders	Laura Harris	Larell Meier	Kim Rusk
LeAnne Brodersen	Ann Heringer	John Miller	Allison Schwartz
Paula Brummer	Sara Hoffman	Lisa Mlnarik	Ann Steckelberg
Barbara Chamberlin	Lynette Holan	Wayne Mohring	Miriam Stelling
Susan Cohee	Lori Iverson	Jean Nelson	Jean Suehl
Donald Cope	Karen Johnson	Kamie Neuhalfen	Margaret Svitak
Joletta DeMoss	Shelly Jones	Beau Olson	Karen Thomas
Jeanne Dittrich	Barb Kersten	Sandra Olson	Deanna Tiedtke
Carol Divis	Don Knee	Jane Peters	Kelly Volk
Kristy Dominisse	Mary Ann Knee	Suzan Podliska	Christine Weeks
Tonie Duncan	Mary Korth	Dale Pohlman	Janell Welstead
Alisha Fisher	Harvey Kumm	Katrina Rardon	Lois Wilkes
Sharalyn Fowler	Kristina Lenser	Karen Ritterbush	Jan With
Diana Gaspers	Matthew Licking	Randy Ritterbush	Jean Woockman
Jacque Genovese	Dr. Brad Lockee	Jamie Roberts	
Becky Grutell	Kim Long	Laurie Roberts	
Lisa Gubbels	Vickie Lorenz	Kim Robinette	

2006 Employee Benefits Fair

November 16

7:00 a.m. - 7:00 p.m.

Nebraska Room

Benefit representatives will be available in the following areas:

Health	AFLAC
Dental	Flex Spending/HSA
Life	Pension
Voluntary life	Credit Union
Long-Term Disability	Employee Assistance Program

Organizational Improvement Moves

The Organizational Improvement Office, which includes Employee Health, has moved to Medical Offices North, just down the hall from Faith Regional Surgery Center.

Whose Line Is It Anyway?

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

1. We've been in our present area for four years.
2. We have employees have have lived in North Carolina, Washington D.C., South Dakota, Iowa, New York and Illinois.
3. Sixty percent of our staff lives outside the city limits of Norfolk; 40% live farther than 45 miles away.
4. We work in all patient areas and with every age group (preemies to 100+).
5. You can breathe easier when we are on the job and we are only a page away.

TeleHealth Grant Awarded

Faith Regional has been awarded a \$194,000 grant from the U.S. Department of Agriculture for use in Distance Learning and Telemedicine. The grant funds, applied for in June, will “connect” Faith Regional to hospitals located in Creighton, Lynch, Osmond, Plainview and Tilden for the purpose of providing bedside cardiac monitoring and holter scanning services.

Specialty physicians are difficult to recruit in rural communities. This program helps to expand the quality of healthcare in rural areas that deal with a shortage of qualified nurses and specialized physicians.

“Knowing that our nurses have round-the-clock backup by the cardiologists and nurses at Faith Regional is very important to us,” stated Celine Mlady, CEO of Osmond General Hospital.

Patients will see the most benefit. This system will provide faster disease intervention, which in turn will elevate patient confidence in local hospitals. Patients are able to stay in the closest facility for appropriate treatment and transfer to another hospital only when treatment other than testing or monitoring is required.

Faith Regional is the designated hub site and will connect to Creighton Area Health Services, Niobrara Valley Hospital Corp., Osmond General Hospital, Plainview Area Health Services and Tilden Community Hospital.

The telehealth equipment at FRHS and endpoints got a good workout in the first three quarters of 2006 compared to 2005. Following are some of the statistics.

<i>January - September</i>		FRHS	Endpoints	Total
Cost savings <i>(mileage & labor)</i>	2005	\$121,425	\$24,239	\$145,664
	2006	\$219,537	\$193,939	\$413,476
Connection hours	2005	179	35	214
	2006	489	611	1,099
Education conferences	2005	66	16	82
	2006	98	165	263

Answer to Whose Line Is It Anyway: Respiratory Therapy

Spiritual Care Celebrates With “Healing Humor”



Faith Regional Spiritual Care offered an encounter with a certain bone in the body, the funny bone! Art Anderson, also known as Cross⁺Wise the clown, helped celebrate Pastoral Care Week with laughter. He brought props, tricks, jokes and even gifts of red clown noses for those who volunteered to participate in his tricks.

Cross⁺Wise reminded the audience, “Clowning is usually pretty simple stuff. Even if your act doesn’t work correctly, it still gets a laugh.”

Anderson is the pastor of the First Congregational United Church of Christ in Plainview, NE. His interest in clowning began when a friend offered him the opportunity to learn balloon artistry. In 2005, Anderson took advantage of a pastoral excellence grant and started his journey to become a professional clown. He graduated from the Moosburger Clown Arts Camp, Buffalo, MN, in 2006.

It was after graduation when Cross⁺Wise came to life. Anderson began performing at worship services and eventually expanded his performance locations to include banquets, parties, teas and other special events. He hopes in the future to attend additional schooling for hospital clowning.

Through the gift of laughter, Anderson hopes others can learn to let down the boundary walls that impede the practice of faith. Laughter is indeed a gift from God and he encourages those he sees to use it often.