



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

Non Profit
Organization
U.S. Postage Paid
Norfolk, NE
Permit No. 222

To the family of:

Individual Behavior

Do people normally get hurt because they have a flagrant disregard for safety regulations and procedures? Studies show that this normally isn't the case. In most instances it isn't a person's indifference to proper procedures and precautions that results in injury. The actual cause frequently turns out to be a brief moment of inattention that ends in disaster. Inattention can be identified as the root cause of injury in most every category of accident analysis (traffic mishaps, power tool injuries, aggression incidents, etc.). Within the realm of slips, trips, and falls, inattention can lead to a variety of regrettable events ranging from a simple bruised shin to extremely serious consequences such as concussions or even death.

How many times have we heard the phrase, "I guess I just wasn't thinking" during an accident investigation? What is it that takes a person's attention away from the task at hand? A conversation? Pre planning the next job? Thinking about a personal problem or activity? Whatever the cause, something has taken a person's focus away from his/her current activity to a "mental playground."

Take this "Inattention Test." Do you get bored easily? Lose track of conversations (having to ask, "What were you saying?")? Suddenly return to reality (after driving past your exit on the way home)? Know your job so well you could "... do it with my eyes closed?" Daydream?

These examples (and many others) would show potential for inattention. A person's state of mind is his/her own personal property and, of course, cannot be controlled by a boss or the workplace. As a result, the supervisor, manager, or individual must frequently emphasize to the workforce or his/herself the consequences a loss of focus could cause.

By not staying alert, individuals lose site of what they are doing and are not aware of hazardous conditions and surroundings. Additionally, lack of planning is also a significant factor, in that, it is so easy to procrastinate and get behind and then to make up for lost time through speed. Being in a hurry will result in walking too fast, even running, or focusing on a task at hand, completely oblivious to your surroundings. This can require rapid changes in direction of travel and often a loss of balance. Distraction, not watching where one is going, carrying materials which obstruct vision, and speed are common elements in many on-the-job injuries.

Remember, you can be extremely careful for years only to get hurt in two seconds of inattention, distraction, or hurrying to get the job done. Instruction, training, and constant reminders can only go so far. It is ultimately up to each individual to plan, stay alert, and **PAY ATTENTION.**

Taken from Prevention of Slips, Trips, and Falls -- Canadian Centre for Occupational Health and Safety

www.ccohs.ca/oshanswers/safety_haz/falls.html

Registration Has A New Look at West Campus

The main lobby at Faith Regional's West Campus has been transformed into new office space. A new wall was installed and accommodations were made to relocate the Registration Department in September, which was sooner than expected.

"We thought we would be moved by the end of October," said Tamara Sanne, Registration manager. "New counter tops and other materials have not arrived yet so we will be using our current equipment until then."

New guidelines set for the pharmacy department initiated the move. "Regulations set by The Joint Commission require that hospitals switch to all 'unit dose' medications," said Patrick Roche, VP of Mission and Quality. "In order to accommodate the increase in inventory, pharmacy needed more space and, in order to get more space, we needed to relocate the registration area. Once registration moves, Pharmacy will expand into their old area."

Most pharmacies in similar sized facilities occupy between 3,000 and 5,000 square feet. Faith Regional's pharmacy has 1,000 square feet. "This additional space will enable us to install a strip-packer

to get bar-codes on medication doses that will allow nursing to move forward with their computer charting of medications," said Laura Marks, director of Pharmacy. "The additional space will

also allow us to move toward a "cart-less" prescription fill."

... continued on pg. 2



Front lobby before.



Front lobby now.

Cancer Center Offers Transportation To Treatments

When Roger Hollis of Newman Grove was diagnosed with Prostate Cancer last year there were many decisions to be made. From surgery to radiation treatments, he had to make arrangements in a short amount of time.



Following Hollis' prostate surgery in February 2007, he decided to come to Faith Regional's Carson Cancer Center for radiation treatments. There, he worked with Dr. Mohammed Zahra and the medical team to determine the best treatment plan possible. Hollis would need radiation treatments 5 days a week for 36 total treatments.

Hollis' radiation treatments began on April 20, 2007. In the beginning, Hollis drove himself from Newman Grove to Norfolk everyday. But with the intensity of treatments it became increasingly difficult for him to make the drive. After a few weeks of treatments, the Cancer Center informed him that he was a candidate for the transportation service provided by Faith Regional.

"On May 17, I began using the van service provided by Faith Regional and it was a God send," said Hollis. "My last treatment was on June 14 and I am continuing to do well. I am thankful for those that help to provide the transportation service to those who need it."

Hollis is among many Cancer Center patients who rely on this service. Dr. Zahra started the van service in 1994. In 1998 Faith Regional took over the service and it has continued ever since. The service provides transportation to qualified patients within a 75 mile radius. Patients across Northeast Nebraska have utilized this service.

What's Inside.....●

- ★ Breast Cancer Awareness Month
- ★ Back Pack Safety
- ★ Healthy U Classes
- ★ Rehab Therapeutic Challenge Area

Roses Purchased for Special Reasons



No matter what the reasons were, the Faith Regional Foundation pre-sold dozens of pink roses through “Roses for a Reason” last month to raise funds to benefit the Carson Cancer Center and celebrate October as Breast Cancer Awareness Month.

In fact, over 3,000 roses were sold in single stem, half and dozen rose bouquets. The funds raised through the program totaled an estimated \$3,000.

“People from many surrounding communities, including Faith Regional employees, purchased the roses, some for themselves, others for spouses, friends and coworkers,” said Pat Widner, Foundation event coordinator. “For the program’s first year, it has been quite successful.”

The funds raised this year will go toward the purchase of a blanket warmer for patients receiving treatments at the Carson Cancer Center. Purchased roses will be available for pick up on Friday, October 5 from 8:00 a.m. to 7:00 p.m. in the Carson Cancer Center lobby.

Bereavement Support

This 7-week series is designed to help participants grow through the process of grieving the loss of a loved one. Bereavement support will begin on October 9 at 7:00 p.m. in the Elkhorn room at Faith Regional East Campus. For more information or if you or someone you know is interested in attending the series, please call Fr. Jerry Connealy at (402) 371-4880, ext. 6503 or Carol Curran at (402) 644-7161. Early registration is recommended as group size is limited.

REGISTRATION . . . continued from pg. 1

The new location of Registration will provide advantages to the staff but mostly to patients. The Registration department offers a wider doorway and more direct route for patient registration, especially helping those that are wheelchair bound. The Express Registration Process can also now be utilized. “A lot of patients are pre-registered so when they come in they will be able to go directly to the window,” said Sanne. “Patients can simply give their name and date of birth and the registration clerk can print their stickers and arm bands to go right in. It’ll be a really quick process for the patients.”

Save the date - November 30!!

There is one last celebration in the works for the 10 year anniversary and it’s sure to be a fun time!

Friday, November 30 is the date -
Mark it on your calendar now and watch for further details in direct.com and the November issue of Campus Connection.

celebrating **10** years

**A DECADE OF ACHIEVEMENT.
A FUTURE OF POSSIBILITIES.**

Medical Missions

Dr. Brad Lockee traveled to Moldova Eastern Europe in August, along with 25 other Americans, to meet the medical and spiritual needs of the people of Moldova. The team gave two weeks of their time and talents to help those desperately needing medical care.

Lockee’s mission trip was organized through Feed the Children, an international organization that helps children and their families in over 100 countries.

During his 14 day mission trip over 500 people were served each day. Services included fitting people for new eye glasses, pulling teeth, performing minor surgical procedures and praying with those who needed prayer.

Lockee’s team visited nine different clinic sites. At each site local physicians worked with the team to help administer medical services. The team brought their own pharmaceuticals to better serve the people.

“Delivering medical care to the people of Moldova was a very satisfying experience,” said Lockee. “Practicing medicine in a developing country presents many unique challenges. One example was trying to arrange for follow-up care for people who earned \$9 a day-yet it could take \$35 to get to the closest medical facility. The gratefulness of the people made up for any obstacle that I faced.”

Dr. Lockee went on this trip with his 16 year old son and 13 year old daughter. He enjoyed working alongside his family and being able to reach out to the underserved. If you are interested in medical missions or would like to learn more about Dr. Lockee’s experience please email him at blockee@frhs.org.



Meet the Doctor



Bhaskar Rao, M.D.
Hospital Medicine Service

Dr. Bhaskar Rao is a new physician with Faith Regional's Hospital Medicine Service. He provides inpatient care for a wide variety of adult patients.

Who is your favorite music artist/band? *I like all the 70s and 80s soft rock bands.*

What is your favorite food? *Must I say . . . Indian, of course! (because I guess I miss it the most!)*

What do you like to do in your spare time? *I love to travel to different places. I am a computer game junkie and I love to play games online. I like to jog and keep myself fit whenever I find the time. I love to meet people and make new friends. I like playing chess and poker.*

What do you like to do on a hot, summer day? *If I am close to a beach, I'd love to swim or go kayaking. If not, probably take a swim in the local pool, sip on cold ice tea and relax or watch a movie.*

What is your first thought when the alarm clock goes off? *Hurry . . . turn it off before it wakes up the neighbors!*

What is your most rewarding accomplishment? *I think it is the chance and opportunity that I have been given to practice medicine and serve the community. It was not, and is never easy, going through medical school to get this far. I'm sure I speak for all of my colleagues, so I must say that this is the most rewarding gift that God has given me and I cherish this accomplishment.*

Why did you choose to practice in Norfolk? *I always wanted to practice medicine in a small town and was looking for a hospitalist opportunity because I love inpatient medicine. Towards the end of my residency, I got a letter from Mary Pratt at outreach regarding Faith Regional. So I came down to visit and simply loved it here. It was just what I wanted to do . . . the kind of medicine I liked to practice, in a great community, amongst awesome people.*

If you could leave on vacation today, where would you go? *Probably Vegas!!*

... Thank you to FRHS for the beautiful peace lily I received at the time of the loss of my brother. Also for the cards and kind words. Your kindness was truly appreciated.
Jeanette Mayer

... Your kind expression of sympathy is deeply appreciated and gratefully acknowledged.
The family of Jesse Peters

...Thank You

... Thank you for the beautiful plant given in memory of our dear mother. *The family of Bernice Pohlman*

... FRHS employees, Thank you so much for the beautiful peace lily. My father was hospitalized for about 12 days in June and received great care from each department he came in contact with. There are some great fellow employees in ICU, 1st Floor, ER, PT, Spiritual Care, OR and the Carson Cancer Center. My dad, Rollo Arthur, was very impressed with the people he came in contact with. He will be truly missed. Thanks for everything you did to make him as comfortable as possible.
Sincerely,
Joan Mozer, OB

... Faith Regional Health Services Staff & Employees, Thank you for your support, concern, expression of sympathy in the recent passing of Rick's dad, Tim Moore. The azalea plant we received is just beautiful. We are so fortunate to be surrounded by so many supportive co-workers at FRHS. Sincerely,
Rick & Joni Moore

... Thank you very much for all the donations you gave for our ladies invitational. It was a huge success and we very much appreciate your generosity.
Eldorado Ladies League

... I want to especially thank Dr. Patel, Dr. Weitzmann, Dr. Metcalf, Dr. Sapkota, Dr. Rao, Dr. Guido, Dr. "Bob" and all the nurses, assistants and staff involved in my care at Faith Regional. At all times, I was treated with dignity, respect and thoughtful care. Even staff not officially assigned to me would stop and make sure I was alright if I looked disoriented in the halls. I've been in four hospitals in my adult lifetime and without a doubt, this one topped the list in providing not just quality medical care, but patience and kindness as well. You're a great staff and while I hope I never need your services again, I know that if I do, I would have nothing to fear. Wishing you all the best!! Take care,
Beverly Baxter, Aurora, Ontario, Canada

... Dear Faith Regional, Thank you for the bouquet of flowers that I received when I had surgery. I appreciate your kindness. Thanks again,
Cali Correa

... FRHS employees & staff, Thank you for the beautiful plant sent on behalf of our brother, Jay. It will serve as a reminder of his memories. Also, the extended bereavement time was certainly, and unexpectedly, appreciated during this difficult time in our lives.
Maggie Hesse & family

Teamwork Helps Cultivate New Space

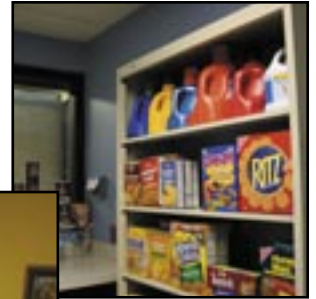
The Rehab staff at Faith Regional has teamed together, offering time and talent, to renovate the old ER and outpatient clinic area on first floor of East Campus and get ready for a new service. The Rehab Therapeutic Challenge Area will offer unique therapy settings for rehabilitation patients.

The new therapy area features real life settings such as a bedroom, a living room and a mock grocery store to practice every day tasks before individuals re-enter the community or complete therapy.

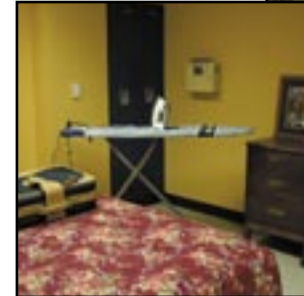
“The new area will help Occupational, Physical and Speech Therapy patients practice common skills, from reaching for grocery items and completing money transactions to packing a suitcase and making car transfers,” said Nicole Fischer, office manager of Rehabilitation Services. “Staff has volunteered supplies to create props and a more home-like environment while also spending time on the installation.”

With the addition of the new area, Rehab patients can better practice everyday skills in a variety of settings no matter what the weather is outside or the level of therapy needed. The Challenge Area is another

opportunity for a stepping-stone in the rehabilitation process.



Many items for the Rehab Therapeutic Challenge Area were donated by Rehab employees.



Through teamwork and creativity Rehab is taking their patients to their home, to the store and to their car without ever leaving Faith Regional.

“This type of an area has been a dream of ours since ARU opened. Our team of professionals have spent time researching, visiting other rehab sites and gathering information to create our ‘home away from home,’” said Teresa Daum, director of Rehabilitation Services. “We’ve adapted the old clinic area into a useful and fun place to do the ‘work’ of therapy. This takes the rehab experience to a whole new level of intensity, ultimately enhancing the quality of care we provide to residents in Northeast Nebraska.”

Community Spotlight:

A Gift From Home

Care packages were recently developed to be sent overseas to four Nebraska soldiers. Items collected included football, hunting and motorcycle magazines, puzzle books, homemade cookies, candy, sunflower seeds, cards, dice and beef jerky.



The packages were completed with a copy of the photo above and a note from the employees in Medical Staff Services and Quality, Safety and Security. The four soldiers were taken completely by surprise and have enjoyed the items in the packages and hung the pictures.

Nice work FRHS employees!



Soldiers that received the packages pictured (l-r): Shawn Nielsen, Dustin Haldone, Adam Wheeler, Isaac Huske



The Multiple Sclerosis Society held its 11th annual MS Walk on Sunday, September 8. “We had twice as many walkers as last year, around sixty,” said Linda Vogel, MS Walk Coordinator and FRHS employee. “With all the other walks that are held here in Norfolk we felt we still had a successful walk.”

Celebrate National Breast Cancer Awareness Month

Since the program began in 1985, mammography rates have more than doubled for women age 50 and older and breast cancer deaths have declined.

This is exciting progress, but there are still women who do not take advantage of early detection at all and others who do not get screening mammograms and clinical breast exams at regular intervals. With one in every 7 women developing breast cancer in their lifetime, there is a critical need to take these life-saving precautions.

“If all women age 40 and older took advantage of early detection methods – mammography plus clinical breast exam – breast cancer death rates would drop much further, up to 30 percent,” says LeAnne Brodersen, Manager of Faith Regional Mammography.

“The key to mammography screening is that it be done routinely – once is not enough. That is why Faith Regional offers the Softer MammoPad® – a soft, foam cushion that is placed between you and the mammography machine.”



Learn More

For more information about mammograms visit http://www.frhs.org/women_mammo.html



Employee Mammogram Screening Benefit

Faith Regional offers eligible employees the opportunity to have a free screening mammogram. Eligibility requirements for this benefit:

- Must be an employee of Faith Regional Health Services.
- Must work a minimum of 16 hours per pay period.
- Must be 40 years or older.
- Must not have had a mammogram screening in the last 12 months prior to scheduling the mammogram.
- Screening needs to be completed by December 31, 2007.

A coupon must be obtained from Human Resources and presented when you check in at Registration on the date of your screening or your mammogram will be charged at the customary fee. If you are eligible and would like to take advantage of this free screening, contact Human Resources at ext. 7296 to obtain a coupon and receive more information.

God Calls Us To Holiness

By: Fr. Jerry Connealy, Spiritual Care



On November 1 of each year we honor saints in a special way. Not just the men and women who have been officially canonized but many people who have said yes to the call to holiness by serving God and others. All of us are called by God to do what the saints of the church have done throughout history. They responded to the call of holiness by setting their hearts right with God. By getting our hearts right with God it not only affects the individual but it can help bring peace to those we live or work with.

Fr. Mark Link quotes an ancient wise man who explains it this way:

If there is right in the soul, there will be

beauty in the person. If there is beauty in the person, there will be harmony in the home. If there is harmony in the home, there will be order in the nation. If there is order in the nation, there will be peace in the world.

We all share in this call to root out from our lives anything that keeps us from serving God here at the hospital, at home or in our community. It is a call to root out the real causes of all conflict that keep us from serving others: dishonesty, greed, selfishness and lack of love. It is a call for us to open our hearts to the peace that Jesus promised his followers before departing from this earth. He said to his disciples: *My Peace I leave with you; my peace I give you. Jn14:27.*

PHOTO SCRAPBOOK



Congratulations to Beth Olson, Occupational Therapy (left) and Tamara Anson, Lab (middle), who both received a \$500 Continuing Education Scholarship from Faith Regional Volunteer Services.



The residents at Skyview Villa can visit with and share each others company in the new sun room completed this fall on the west side of the Skyview Villa building.



PATCH Health Fair

Faith Regional's Diabetes Expo at the PATCH Health Fair this year provided testing for blood glucose levels and information about pre-diabetes and diabetes. "There were 650 blood glucose tests completed with results showing 5 diagnostic of diabetes and 25 diagnostic of pre-diabetes," said Michelle Zwiener, Faith Regional Diabetes Center manager. Faith Regional is starting a new pre-diabetes class in October that will discuss healthy weight, nutrition, cholesterol, high blood pressure and glucose levels. For more information, contact the Health Resource Center at 644-7348.

Faith Regional Lab Services again provided the lab draws at the health fair. This year, approximately 1,400 draws were taken at the health fair and the testing was completed in the FRHA lab.

The overall attendance at the PATCH health fair this year was about 2000 people, according to Melissa Nemec, manager of the Faith Regional Health Resource Center and PATCH Health Fair committee member. There were 54 health related organizations and businesses represented.

HONORING DIFFERENCES:

Early Childhood Stages of Racial Awareness

The foundation of racial awareness starts when children are infants and toddlers. By age two, children recognize and explore physical differences. They are also learning the names of colors, and they begin to apply this to skin color. Children age three and four are better at noticing differences among people. They have learned to classify, and they tend to sort based on color and size. At this age, thinking is limited and inconsistent. For these reasons it is easy for them to believe stereotypes and form pre-prejudices.

Kindergartners continue to ask questions about physical differences, and they can begin to understand the explanations for these differences. They can now make distinctions between members of the same racial or cultural group. They enjoy exploring the culture of their friends. By age six, most children understand the concept of fair and unfair, and they often use these concepts as they try to deal with issues. Grade school age children can also understand feelings of shame and pride, and they are aware of racism against their own group.

What can parents and caregivers do? A first step in helping children feel positive about racial and cultural identity is expanding diversity in their surroundings. Here are some ideas:

- Remove materials and attitudes that promote stereotypes
- If your group is not diverse, display images of diversity
- Add toys and materials that reflect the culture of the children and families in your group as well as the diversity of the world.

Source: *Camping Magazine*, Nov-Dec. 2001. *Early Childhood Stages of Racial Awareness*.



Whose Line Is It Anyway?

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

1. Our department is comprised of all women.
2. We work behind the scenes to ensure your hospital stay is covered by insurance, making over 350 phone calls per month and looking at over 765 patients per month.
3. Our department is staffed 24/7 365 days of the year.
4. We process over 67,000 charts per year and handle over 2,300 written requests per year.
5. We help to keep the AR days to a minimum.
6. The physicians speak to us, but we don't ever reply.



FAITH REGIONAL
**HEALTH
RESOURCE
CENTER**

**Classes
and
EVENTS**

Call 644-7348 to register for any of these Healthy U classes:

"I Can Cope" - Cancer Education Series **FREE**

October 4, 11, 18, 25, 12:00 p.m. – 1:00 p.m., Madison Room
An educational program for adults with cancer and their families. During this four-week series, learn about managing the effects of illness and treatment, nutrition and keeping well in mind, body and spirit. Complimentary lunch provided. Call the Health Resource Center at 644-7348 to register.

Positive Discipline - Parent/Caregiver Education Series **\$10**

October 11, 18, 25, 6:30 p.m. – 8:00 p.m., Madison Room
An educational series for parents, grandparents and caregivers of children ages 1 to 5. Learn about strengthening the bonds you have with your children and how choices, routines and positive interactions can increase your child's school readiness and self-control. Must commit to all 3 sessions. Facilitated by Valorie Slizoski and Melissa Nemec. Book and refreshments included. Call the Health Resource Center at 644-7348 to register.

Pre-Diabetes Class **\$25**

October 15, 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 will 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.



Pack it Light, Wear it Right to Ease Backpack Pain

We've all seen them: children on their way to school with such a load on their backs they look more like turtles than kids. According to the American Occupational Therapy Association (AOTA), studies show that more than half of students ages 9 to 20 reported chronic back pain related to backpacks. And backpacks are believed to play at least some part in the low-back pain reported by almost 60% of older teens.

According to the U.S. Department of Human Health and Services, back pain leads to more than 19 million doctor visits per year. Another factor that affects children's posture and comfort level is the one-shoulder style backpack that many school-age kids currently embrace. AOTA counsels kids, parents and teachers that backpacks should be loaded properly with no more than 15% of a child's weight, and be worn using both shoulder straps. The solution includes the provision to carry no more than 15% of your body weight in a backpack, and to adjust the shoulder straps to position the bottom of the pack to fit snugly in the curve of the lower back.

Look for padded shoulder straps when buying your child's backpack or consider purchasing padded straps to improve an existing bag. Many outdoor gear stores or online sites sell the straps.

The AOTA Web site (www.aota.org) is packed with information about occupational therapy, as well as tip sheets and information for consumers.

FREE

Sports Injury Clinic



Now through Oct. 20

Every Saturday during fall sports season.

9 a.m. - 11 a.m.

Rehab Services, East Campus

Staffed by a Board Certified physician, Certified Athletic Trainer and Physical Therapist. No appointment necessary.