



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

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

**To the family of:**

## 2004 PATCH Health Fair - Stayin' Alive!

### Low Cost Screenings

\$35 Complete Blood Work-Up  
\$30 PSA for men 50+  
\$5 Bone Density

### Free Seminars

Topics Include: Childhood Obesity, Protein and Carb Diets, Incorporating Beef Into A Healthy Diet, Healthy Choices: Alcohol, Drugs and Violence, Proper Weightlifting Techniques, Antibiotics, Kids and Stress

### Free Screenings

Dental, Vision & Glaucoma, Hearing, Blood Pressure, Depression, Drug and Supplement Interaction, Derma Scan, Lead, Spine/ergonomics, Diabetic Foot Screening, Radon Screening Kits

Friday, Sept. 17  
7:30 AM - 6 PM

Saturday, Sept. 18  
7:30 AM - 4 PM

Northeast Community College  
Cox Activity Center

### Saturday Family Fun Day

There will be many events for kids: car seat checks, lead screening, karate demonstration, street safety class and so much more!



**Faith Regional will be providing lab services again this year!**

## Cardiac Scoring

### Inside information about your risk for heart attack

Even if you've always believed that it's not whether you win or lose that's important but how you play the game, there's one score you might want to pay attention to.

It's your coronary calcium score, a measure of the calcium deposits in the arteries of your heart. Some doctors say that score could go a long way in predicting your risk of having a heart attack.

#### The calcium connection

To calculate the amount of calcium in the heart's arteries, doctors use a noninvasive test called cardiac scoring. "The test can be performed by sixteen slice computed tomography (CT) which is now available at Faith Regional Health Services' Radiology Department," said Len Benson, Director of Radiology at Faith Regional.

The most common type of heart disease occurs when the vessels that supply the heart with blood become clogged with plaque. In general, the more calcium you have in your arteries, the more plaque you have, too.

Too much plaque can reduce or cut off the flow of blood and oxygen, leading to a heart attack. In some cases, plaque may tear away from the vessel wall and form a clot, which can also trigger a heart attack.

According to the American Heart

Association, almost half of all heart-related deaths occur in people with no previous history of heart disease symptoms. That means you could be at risk for a heart attack without realizing it. And that's where cardiac scoring could possibly help. It can identify people who may need treatment for heart disease but don't know it.

#### Who benefits most

Cardiac scoring isn't for everyone. A doctor will first look at a person's risk factors for heart disease to determine if he or she is a good candidate for the test.

Factors such as a person's health, lifestyle and family medical history are typically used to determine heart disease risk.

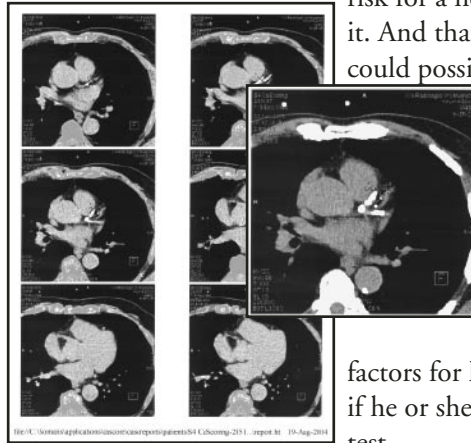
People who are considered to be at low risk generally don't need cardiac scoring because there's little chance that the test would find significant calcium in their arteries.

At the other end of the spectrum are people who are at high risk for heart disease. But chances are, their doctors are already working with them to bring their risk down, so cardiac scoring isn't really necessary.

The test is really intended for the people in-between.

"The majority of people in our region have one or more risk factors for coronary artery disease," says Thomas Brandt, M.D., cardiologist at Faith Regional CardioVascular Institute. "The cardiac calcium score can help

*Continued on page 2.*



Laura Gross Nominees  
Page 3



Bed Study Results  
Page 4

## CardioVascular Institute Hosts 2004 Golf Tournament

The 2nd Annual CardioVascular Golf Tournament was held August 17 as an appreciation event for the CVI outreach clinics. It was held at the Summerland Golf Course in Ewing, NE, because it is centrally located to the CVI clinics in O'Neill, Neligh and Creighton. Over 35 golfers participated in the fun day of golf. Dr. Tom Brandt, cardiologist and guest speaker, shared Faith Regional's NRMI data for the past year.



Winning team: L to R — Jim Naeve, Kaye Hubbard, Mike Garman, Tyree Wagner.

## The Legacy of Laura Gross

Although most of us are familiar with the Laura Gross Award and what it represents, few of us have insight as to what makes receiving this prestigious award so special.

Laura Gross was a housekeeper at Faith Regional's East Campus for approximately 30 years. She died in 1997 following a battle with cancer.

Following her death, many stories circulated around the organization about the caring and love she expressed for everyone while she performed her routine duties each day.

After hearing many of these stories, it was felt that something should be done to keep her memory alive, not just because of the service that she provided to our patients and staff for

many years, but because of how she performed that service.

As a result, the Laura Gross Award for Service Excellence was created as a way to honor those employees

who, like Laura, approach their duties each day, not just as a routine, but in a true spirit of service and love, and as a model of the mission of Faith Regional Health Services.



Those who are nominated for the Laura Gross Award continue this legacy of service. Now their stories of service excellence can be retold through the Laura Gross Award for Service Excellence. Faith Regional continues to promote and honor not only Laura Gross, but all FRHS employees who carry out their duties in the true spirit of compassion and love.

### Cardiac Scoring Continued

identify those individuals who might otherwise escape detection and allow healthcare providers to intensify efforts at preventing future heart attacks.”

By identifying those with significant calcium in the arteries, doctors may have better insight into who could actually be at high risk for having a heart attack even though their risk profile might suggest otherwise. Working together, doctor and patient can then try to lower that risk.

#### Weighing the facts

The test detects the areas and density of calcium in the arteries

and establishes a calcium score. That score may range from zero, which is normal, to several hundred or more. Doctors compare each person's score to those of others who are of similar age and sex.

If cardiac scoring shows that you have heart disease, you may be more motivated to change your lifestyle in order to reduce your risk of having a heart attack. That's a potential advantage of the test. So is the fact that you can get this information in a noninvasive manner.

But a test that shows no calcium does not necessarily mean that no plaque is present. And not all doctors agree that the test provides more

information than an evaluation of someone's standard risk factors. Furthermore, the test may not be covered by your insurance. And even if it is, it isn't clear that having the test will lead to a longer, healthier life.

All of this means that decisions about cardiac scoring should be made carefully with your physician.

Many physicians believe the test is of value, provided it's used appropriately and doesn't lead to unnecessary additional testing. And as the millions of Americans with heart disease would probably attest, anything that might help beat the disease is a winner.



**Saturday, Sept. 11**

**Registration is from 8-9 AM  
Meet at Bel-Air School**

**The MS Walk begins/ends at  
Bel-Air and goes around  
SkyView Lake.**

Multiple Sclerosis (MS) usually strikes adults in the prime of life — between the ages of 20 and 50. It is a chronic disease of the central nervous system affecting the brain and spinal cord.

Join family, friends and coworkers to have fun and help fight MS!

Pick up an MS registration form at various locations around Norfolk, register online at [nationalmssociety.org/nen/home](http://nationalmssociety.org/nen/home), or call 1-800-FIGHT MS (press 1). You may also call Paggy Tjaden, the Norfolk MS Walk Coordinator, at (402) 649-3741.

Sponsored in part by Faith Regional Health Services.



## Ladies' Night Out

To help women learn about and lower their risk of heart disease, the American Heart Association and Faith Regional CardioVascular Institute are working together to educate women about their risks and to raise money to help fund critical research through a campaign called Go Red for Women.

A "Ladies' Night Out" will be held on Wednesday, Oct. 6, at Divots Convention Center in Norfolk. This entertaining evening will include a silent auction, information and hors d'oeuvres. Tickets are \$35 each or \$250 for a table of 10. The purchase of each ticket will not only help fight heart disease but will be entered into a drawing for a shopping trip for four to Chicago.

To purchase a ticket or get more information, call Tracy Melcher at 1-800-579-1977, ext. 5697.



**Sunday, September 12, 2004  
Skyview Lake, Norfolk,  
Nebraska**

**Registration begins at 1:00 PM  
The Walk begins at 2:00 PM  
barbecue to follow**

AIDS Walk Nebraska will take place in five cities across the state: Omaha, Lincoln, Norfolk, Grand Island and Scottsbluff. The walk will take place in all cities simultaneously on September 12, truly making this a statewide AIDS Walk with increased visibility.

Sponsored in part by Faith Regional Health Services.



**Oct. 4 - Nov. 14  
Register by Oct. 1**

- \$10 entry fee per person
- Choice of embroidered sweatshirt or cap
- Free "Ten Super Foods for Health" seminar and taste testing

This program is designed to keep people motivated to make healthier lifestyle choices as the fall and

winter months begin. Fit For Fall is a friendly competition open to all businesses, groups and individuals in the Norfolk area. Participants form three, four or five member teams and earn points for exercise and other healthy habits.

Registration forms are available at [www.frhs.org](http://www.frhs.org), or packets may be picked up in the Outreach Dept., Suite 34 on the third floor of the Skyview Medical Offices building.

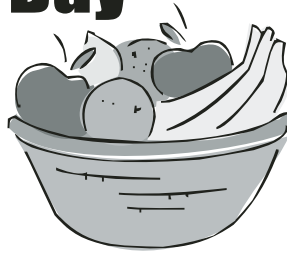
Participants need to send the registration form and \$10 entry fee per person to FRHS Outreach Services Dept. by October 1. For more information and to receive a registration form please call (402) 644-7348.

## Want to Lose Weight? LEARN HOW

People looking for an alternative to the various fad diets on the market today may want to consider LEARN, a weight management program offered by Faith Regional. Taught by registered dietitians, this program allows participants to focus on lifestyle, exercise, attitude, relationships and nutrition, all proven techniques for losing weight and keeping it off. The 12-week class costs \$80 and includes all class materials. For more information or to register, contact Barb Leuschen, RD, LMNT, at the Faith Regional Nutrition Center, at 402-644-7133.

# Easy Ways to 5 A Day

The national 5 A Day for Better Health Program gives Americans a simple, positive message—eat 5 or more servings of fruits and vegetables every day for better health. The program is jointly sponsored by the National Cancer Institute (NCI) and the Produce for Better Health Foundation (PBH), a nonprofit consumer education foundation representing the fruit and vegetable industry.



## Tips for Incorporating 5 A Day

- Have fruit or juice at breakfast daily.
- Have a fruit or vegetable snack each day.
- Stock up on dried, frozen, and canned fruits and vegetables.
- Make fruit and vegetables visible in your home.
- Microwave vegetables for dinner.
- Grab an apple, orange, banana, pear, or other piece of portable



fruit to eat on-the-go.

- Snack on raw veggies like baby

carrots, pepper strips, broccoli, and celery.

- Pick up ready-made salads from the produce shelf for a quick salad anytime.
- Pile spinach leaves, tomatoes, peppers, and onions on your pizza.
- Add strawberries, blueberries, bananas and other brightly colored fruits—fresh, frozen, or canned—to your waffles, pancakes, or toast.
- Stash bags of dried fruit in your car and at your desk for a convenient snack.
- Stir fresh or frozen vegetables into your pasta, noodles, or omelet.
- Whip up smoothies made from fresh or frozen berries, ice, and yogurt.
- Jazz up your soups or sauces with a can of kidney beans, peas, corn, or green beans.

*Source: The National Cancer Institute*

# National Grandparents' Day is Sept. 12

The impetus for a National Grandparents Day originated with Marian McQuade, a housewife in Fayette County, West Virginia.

Her primary motivation was to champion the cause of lonely elderly in nursing homes. She also hoped to persuade grandchildren to tap the wisdom and heritage their grandparents could provide. President Jimmy Carter, in 1978, proclaimed that National Grandparents Day would be celebrated every year on the first Sunday after Labor Day.

For more information about Grandparents' Day, visit [www.grandparents-day.com](http://www.grandparents-day.com), and take time to call or visit your grandparent.



## 2004 Employee Awards Banquet

Each year Faith Regional Health Services recognizes years of service by hosting an Employee Awards Banquet. Employees eligible to receive a service award are based on 5 year increments of employment. This year's event, which also includes the Laura Gross Awards, will be held on Tuesday, October 5 at Divot's Conference Center in Norfolk. Invitations with detailed information about the event will be mailed to employees this month.

## WIN ME!

You can win this chair for a lifetime by not taking the time to lift safely!

See the mechanical lift device instruction manuals for details.



A friendly reminder from your Safety Coordinator.

# 2004 Laura Gross Nominees

**Nicole Bernhardt** — Guest Services

**Tracy Bernhardt** — RehabCentral

**LeAnne Broderson** — Radiology

**Pam Buchholtz** — Saint Joseph's Rehabilitation and Care Center

**Barb Carstens** — Transitional Care

**Amy Casey** — Women's and Children's Services

**Susan Cohee** — Emergency Department

**Fr. Jerry Connealy** — Spiritual Care

**Michelle Dagerman** — Quality and Accreditation

**Joan Davis** — Nutrition Services

**Jessica Doggett** — Transitional Care

**Deb Ebeling** — Radiation Oncology

**Monica Emory** — Nutrition Services

**Amy Ermels** — RehabCentral

**Paul Feilmeier** — Information Systems

**Danille Freudenburg** — Human Resources

**Judy Fuehroff** — Environmental Services

**Diana Gaspers** — Spiritual Care

**Jamey Gunter** — Surgery

**Elida Heckart** — Environmental Services

**Shelli Hintz** — Health Information

**Laura Hoogstraat** — Quality and Accreditation

**Peggy Hunke** — Spiritual Care

**Kris Hupp** — Emergency Department

**Dr. John Huscher** — Emergency Department

**Beth Johnson** — Marketing and Planning

**Sheleene Jonseth** — RehabCentral

**Barb Kauth** — Intensive Care

**Kelly Kelley** — RehabCentral

**Marcia Knust** — Faith Regional Surgery Center

**Mary Korth** — Business Office

**Vickie Lorenz** — Business Office

**Carol Lyon** — Faith Regional Surgery Center

**Lori MacGuire** — Faith Regional Surgery Center

**Jana Markes** — Pharmacy

**DeAnna Martensen** — Transitional Care

**Tracy Meister** — House Supervisor

**Heidi Meyer** — Pharmacy

**Elizabeth Mozer** — Transitional Care

**Joan Mozer** — Women's and Children's Services

**Deb Murren** — Cardiopulmonary

**DeAnn Nelson** — Skyview Medical Management

**Melissa Nemeč** — Outreach and Medical Staff Development

**Dolores Ogan** — Dietary

**Cheryl O'Gorman** — Human Resources

**Sandra Passyka** — Women's and Children's Services

**Mary Pratt** — Physician Recruitment

**Kim Robinette** — Information Systems

**Julie Rosberg** — Saint Joseph's Rehabilitation and Care Center

**Lynn Schellpeper** — Surgery

**Denise Serres** — Transitional Care

**Valorie Slizoski** — Social Work

**Jolene Smith** — Laboratory

**Veronica Soto** — Women's and Children's Services

**Joanie Swerczek** — Skyview Medical Management

**Linda Taylor** — Laboratory

**Karen Tesina** — Cardiovascular Institute and Carson Cancer Center

**Deanna Tiedtke** — Emergency Department

**Ruth Vacha** — Cardiopulmonary Rehab

**Ann Van Diest** — Saint Joseph's Rehabilitation and Care Center

**Mike Vollbrecht** — Laboratory

**Judy Vyhlidal** — Nutrition Services

**Gretchen Wacker** — Women's and Children's Services

**Mary Weber** — Emergency Department

**Elizabeth Wiebelhaus** — Nutrition Services

**Anne Wilber** — Women's and Children's Services

**Linda Wilcox** — Saint Joseph's Rehabilitation and Care Center

**Lois Wilke** — House Supervisor

**Mike Wortmann** — Nutrition Services

**Michelle Zwiener** — Diabetes Education

# WHERE DID ALL OF THE BEDS GO?

If you have been in any of the hospital corridors during the past year, you have probably noticed that there are not many empty beds on the patient floors like there used to be a couple of years ago. There seem to be a number of reasons for this “bed crunch” at Faith Regional. Some of these may be the new programs and services being offered at Faith Regional or the awareness of new diseases such as West Nile Virus. But, whatever the reason, the main question is whether or not this trend will continue.

In order to answer this question, Faith Regional conducted an internal analysis of inpatient bed utilization early last year. After finding evidence that our recent increase in inpatients may not be just a spike in admissions but the beginning of a continuing trend, it was decided that more study was needed.

This spring, Faith Regional contracted with Continuum Solutions Consulting of Indianapolis, Indiana to conduct an in-depth study of Faith Regional’s patient trends, service area make-up and local patients’ utilization of hospital services. In order to provide more information regarding whether or not we have enough beds to provide for the future needs of our service area. In June, this study was completed and findings were presented to members of the FRHS Board of Directors, Medical Staff, Sponsoring Boards and Executive Team. Bottom line . . . it appears that our shortage of beds due to increasing hospital admissions is most likely not a “spike,” but the start of a longer-term trend toward the need for additional inpatient beds at Faith Regional.

This study evaluated information related to issues such as; how often housekeeping “turns over” a patient room (cleans it for a new patient), trends in hospital service utilization,

projected trends in the populations of Northeast Nebraska and future physician recruitment plans. When all of this data was analyzed, the findings confirmed



Is Faith Regional outgrowing its current facilities? Results from the recent Bed Study reveal the answer.

there appears to be a growing need for additional inpatient hospital beds to adequately serve our communities. Also, a number of other issues were noted that will impact how and where we provide care to our patients in the future. Some of these issues include:

- Projections by the Nebraska Center for Commerce and Industry indicate, while the overall population of Northeast Nebraska will only grow slightly over the next twenty years, there will be a significant increase in people over the age of 65. Leading to a significant increase in inpatient hospital utilization, since the biggest users of hospital services are those over 65 years of age!

- Continued recruitment of physicians in specialties such as orthopedics, cardiology, pulmonology, nephrology and others, will impact the amount and types of inpatient services provided at Faith Regional. FRHS has already seen a shift in cardiology patient services to Norfolk from other hospitals after the recruitment of those physician specialties and, out-migration statistics indicate that this shift will continue as more new specialties are recruited to the Norfolk area.

- One of the most significant factors impacting the shortage of inpatient hospital beds at Faith Regional today is not just that we are seeing more patients but that, due to our lack of all private rooms, we are not able to accommodate all of the patients we do have. For example, everyone knows that male and female patients cannot share a room, but did you know that at Faith Regional, hip surgery patients who have had surgery on the same side of the body cannot share a room because our rooms are too small to accommodate the equipment needed in their recovery? The number of observation patients that are placed in a patient room also limits the number of inpatient admissions that can occur.

During the next several months, Administration will begin the process of reviewing the facility master plans for all FRHS buildings and services. Through meetings with hospital staff, members of the medical staff and others, hopefully by the end of this year, a new facility master plan will be developed that will guide plans for future expansion of inpatient rooms. Once the master plan is in place, work will turn to specific patient care units and the development of expansion or renovation plans for each area.

Results of the bed needs assessment indicate that, by the year 2010, we will need an additional 35 to 45 beds to meet the needs of our patients. It is also the goal of the hospital board, to have 100% private rooms by that time. This means that there is a need for 30 additional beds to meet that goal! Ultimately, FRHS will need 65 to 75 new patient beds within the next 5-6 years!

Although, there is no quick or easy way to deal with this issue, the information we have received as a result of this study gives Faith Regional a good foundation for beginning to address the growing needs of our patients and our facilities today and into the future.

# HIDDEN TREASURE

By Diana Gaspers, Spiritual Care

There is a very unique place a few miles from Hot Springs, Arkansas, called Crater of Diamonds State Park. Within this park is a plowed field that is the eroded surface of an ancient volcanic pipe, through heat and pressure, formed diamonds and other semi-precious stones.



This 37-acre area is better known as a "diamond field." It is open to the public to come try their hand at digging for diamonds. What you find you keep no matter what the value.

Coaxing this soil to yield up its "hidden treasure" of diamonds or precious stones is not so easy. Visitors first must learn how to use the tools needed for digging and panning for these precious stones. Then, a large dose of patience is needed. It took millions of years to form these stones and it may take months or even years of digging to find one of sizable value.

Some of these treasures lay deeply hidden, taking years to come to the

surface. Others lay just under the surface waiting for some patient and persevering visitor to turn over just the right shovel of dirt.



In much the same way, every human being is also a "diamond field" filled with "hidden treasure" needing to be discovered and valued. Skill and patience are needed to bring to the surface the precious gems that lay within each person. It may be a friend, a co-worker or a boss who is patiently coaxing these talents and gifts to the surface. It is, however, up to each person to be open to walking the path of self-discovery, and to accept the call to be the best we can.

This fall as we observe children eagerly entering the world of learning, may we be reminded that all of life is fertile soil for ongoing self-discovery and may we all strive to cultivate an inviting and accepting "field of diamonds" in which to bring forth the precious "hidden treasure" that lay waiting within each of us.

## Sports Medicine Hosting Free Sports Injury Clinic

Every Saturday  
Sept. 4 - Oct. 23  
9:00 a.m. to 11:00 a.m.  
at Faith Regional's  
RehabCentral



Athletic trainers and a physician will be on hand every Saturday through the fall sports season for injury assessment. Consultations are being offered at no cost to all volleyball, cross country and football athletes.

## Thank You...

...It was very thoughtful of you to send the card and plant after my father's death. He always appreciated the care he received at Faith Regional. *Monte Barnes and family*

...Thank you for your generous donation for the Norfolk Veterans Home Wellness Committee t-shirt fund. The shirts will be used to foster participation in our Fun Walk and Roll events. *Jim Hanxen*

...Thank you for the beautiful plant. Your thoughtfulness was appreciated in the loss of my father-in-law. *Kathy Kubek*



...Thanks so much for the cards and beautiful plant you sent with sympathy during the loss of my brother. *Sandy Rath*

...Thank you to the radiology, echo and radiation oncology departments for scheduling the time for me to job shadow and for taking time out of your schedules to show me around the hospital. I really liked the experience of seeing all the different areas and equipment. Thanks again so much. *Ashley Coe*

...Thank you for your generous

contribution towards the Norfolk Multiple Sclerosis Walk. We certainly appreciate all your help! *Peggy Tjaden, Norfolk MS Walk Coordinator*

...Thank you once again for being a corporate sponsor of the Relay for Life. We sincerely appreciate everything that you do. Hopefully soon a cure will be found. *Relay for Life Co-chairs: Becky, Elaine and Elaine*

...Thank you to the employees and staff of FRHS for the beautiful azalea plant. It was much appreciated. Also, thanks for caring. *the family of Leonard Sheffield*