

thrive

Pender Community Hospital | Fall 2019



A SURGERY
SUCCESS STORY
PG.4

From the CEO



Dear Readers,

Fall is officially here and we're embracing the crisp, cooler air as we look forward to the upcoming holiday season. It's the perfect time to focus on those we care for most and the things we're thankful for.

And that includes all the wonderful people and accomplishments here at Pender Community Hospital.

We're thrilled to celebrate two exceptional members of the PCH family in this issue of *Thrive*. Read about how Mike Raasch and Alecia Bender were honored for making a difference at PCH and in the community.

Also, we have the pleasure of sharing the story of Layton Jensen, who had a double knee replacement and, with the help of our stellar orthopedic team, is now living a fuller, pain-free life. His story highlights how the team approach at PCH makes a positive difference in the lives of our patients.

November is Men's Health Awareness Month, which makes this the perfect time to share the importance of men's annual physicals. After all, whether it's been a few years—or even a few

decades—it's never too late to take control of your health.

And we're excited to reveal details about the grand opening of the Emerson Medical Clinic and Apothecary. The new facility opened on October 2nd and continues PCH's mission to provide exceptional healthcare to our community. With updated amenities and conveniences, it's sure to become an essential part of the Pender Community Hospital District.

It's been a busy and booming few months at Pender and we have no plans of slowing down anytime soon. We'll continue to dedicate ourselves to providing our community top-notch healthcare services.

I hope you enjoy this issue of *Thrive* and continue to look forward to learning about the new and exciting happenings at PCH.

Yours in good health,

MELISSA KELLY

CEO





CONGRATULATIONS!

We're excited to announce that two of our PCH team members received awards for their outstanding service to our community!

MIKE RAASCH

2019 QUINT STUDER DIFFERENCE MAKER AWARD AND
2019 NEBRASKA HOSPITAL ASSOCIATION (NHA)
CARING KIND AWARD

- ▶ Mike, a maintenance mechanic at Pender Community Hospital District for 5 years, recently received not one, but two, prestigious awards. He was honored with the Quint Studer Difference Maker Award on a national level from Huron's Studer Group and the Nebraska Hospital Association Caring Kind Award, at the state level. Both awards are testaments to his unfailing dedication to create a safe and clean environment for providing and receiving care.

The Quint Studer Difference Maker Award honors those individuals behind the scenes or at the front lines of the healthcare industry whose passionate work ensures an exceptional patient experience every day, while the NHA Caring Kind Award recognizes health care employees who exemplify caring, compassion and service excellence.

For those lucky enough to know Mike, there's no question he was deserving of the honors. True to form, Mike remains humble, saying, "It's an honor to win the awards but more than that it showcases PCH's impact in our community."



ALECIA BENDER

2019 NALA HEALTH CARE HERO AWARD

- ▶ Alecia, a Certified Medication Aide at Prairie Breeze Assisted Living in Pender, received the award from the Nebraska Assisted Living Association (NALA) after unknowingly being nominated by a fellow Prairie Breeze employee for her commitment to providing the highest quality care to the residents there.



The Health Care Hero Award celebrates those who go above and beyond to ensure the well-being of Nebraska's nursing home residents—something that Alecia dedicates herself to day in and day out.

Hearing her speak about what this award means to her was awe-inspiring, and it was apparent how deserving she was of the honor. "This is what I do," she said, full of emotion, "This is what I love or I wouldn't do it. These are my people. They're essentially my family—an extension of me." She has a true heart for the care of others.



A Surgery Success Story



LAYTON JENSEN'S **DOUBLE KNEE REPLACEMENT** SURGERY ALLOWS HIM TO BE ACTIVE WITH HIS GRANDKIDS AGAIN

In the spring of 2017, Layton Jensen knew he needed to take action when knee pain and a lack of mobility meant life wasn't as fulfilling for him as it should have been. So, he took matters into his own hands and made the decision to get a double knee replacement to get back to the active life he wanted.

To do this, he had to convince the orthopedic team at Pender Community Hospital that he was a good candidate for the surgery. After all, it's not everyday someone decides

to have both knees replaced at the same time. But Layton was determined, and as he said "If I was going to do one, why not do them both and get it over with?"

At the heart of his pro-surgery argument was a list of 25 things he could no longer do because of his knee. The number one item on the list? "I couldn't play catch with my grandkids," he said, revealing this was perhaps his biggest inspiration for wanting to get back to a better physical condition.

"You need an otherwise healthy, active person like Layton for this surgery," said Dr. Michael McGuire, an orthopedic surgeon. "And you also need an excellent surgical team. It takes some stamina and extra preparations to make sure things are just right."

But once the team at PCH approved his surgery, Layton said it went off without a hitch. "I virtually had no pain after the surgery," he said, "Never missed a beat. They (PCH team) were awesome" Dr. McGuire echoed his sentiments, sharing, "Everything went exactly according to plan."

With a successful surgery under his belt, Layton then turned his attention to the new task at hand—recovery. With two new knees, he knew that working with the physical and occupational therapists at PCH was the key to regaining the mobility he had been missing.

Fortunately, his recovery team again showcased the exceptional care patients have come to expect at Pender. One of the physical therapists that worked with Layton, Roger Svec, shared, "Layton did very well. The toughest thing about recovery is pain control so we employ early mobilization—starting as soon as 18 hours after surgery—as an effective way to help with this."

He continued, "We also use a team approach. Nearly everyone on our team would have worked with Layton at some point." The program he was on was fairly typical but Roger shared that Layton's positive attitude throughout the process helped make it go as smoothly as possible, claiming "Overall, he was really an ideal patient."



"YOU NEED AN OTHERWISE HEALTHY, ACTIVE PERSON FOR THIS SURGERY. AND, YOU ALSO NEED AN EXCELLENT SURGICAL TEAM."

— DR. MICHAEL MCGUIRE

At the heart of recovery is re-educating the muscular structure around the knee to regain range of motion. According to Svec, "Layton had excellent motion and within 6 or 7 weeks was able to progress to an at-home program, which is impressive considering he had both knees done. He was very easy to work with."

Now that he's a couple of years post-recovery, when he looks back on the whole process of his double knee replacement, Layton is very grateful. "Everything was excellent," he said. "They're not afraid to bring in new technology and keep up to date."

And we couldn't be happier that, once again, Layton is able to play catch with his grandkids.

To find out more about knee replacement options or other orthopedic procedures at PCH, visit pendercommunityhospital.com or call **402-385-4090**.

PCH Rehab Services team:

*Back (L to R): Haley Haymart, Roger Svec, Brock Simonsen, Brenda Svoboda
Front (L to R): Katie Neujahr, Mary Tonjes, Tatum Pitkin, Justine Sebade*





PUT YOUR HEALTH FIRST

THE IMPORTANCE OF MEN'S HEALTH

It's cliché but it's also true: Men will take care of anything else—cars, lawn, kids, or their man cave—before they actually take care of themselves.

Although women tend to make time for annual physicals, it seems that, statistically, men are less inclined to visit their primary care provider. If it's not broke, don't fix it, right? Wrong. There are many compelling reasons for men to visit a primary care provider annually, even if they don't think it's necessary.

STOP DISEASE BEFORE IT STARTS

Illness isn't inevitable. With regular visits to your primary care provider in the form of annual physicals, you can stop the progression of disease. What might be stage four cancer in two years could be much easier to treat now. Getting your screenings, even if you feel perfectly healthy, is essential to preventing potentially deadly diseases.

WHAT YOU DON'T KNOW CAN HURT YOU

Many diseases, including colon cancer, don't present symptoms until it's too late. You may be living with an underlying health complication that is treatable now but deadly in the future. Your provider will know what tests to order for your age and stage of life.

RELATIONSHIPS COUNT

The better your provider knows you, the better he or she can be at helping to keep you healthy. Your health is the product of your lifestyle, genes, and family history. The more familiar your provider is with you, the better your outcomes will be. And if you do have a major health issue, it will be much more pleasant to address your condition with a trusted advisor rather than a stranger.

IT'S NEVER TOO LATE

Even if you've missed a couple years—or decades—of annual checkups, it's never too late to establish with a primary care provider. Make an appointment to invest in your health today.

To schedule your annual physical, request an appointment using your patient portal or call one of our four clinic locations:

Pender Medical Clinic – **402-385-3033**
Bancroft Medical Clinic – **402-648-7606**

Beemer Medical Clinic – **402-528-3288**
Emerson Medical Clinic – **402-695-2453**

A DAY TO CELEBRATE!

The new Emerson Medical Clinic & Apothecary opened its doors on October 2nd.



COMMUNITY COOPERATION MADE THE NEW FACILITY POSSIBLE.



A DONATION AND A UNIQUE OPPORTUNITY

Before anyone stepped foot in the new Emerson Medical Clinic & Apothecary, the wheels were already set in motion with the Village of Emerson a couple years before.

When the Emerson Senior Citizen's Center decided to stop using their building, they donated it to the Pender Community Healthcare Foundation. Initially, this building was the intended spot for a new Emerson Medical Clinic since the old location just wasn't big enough anymore. At the same time the Village of Emerson was looking for a new library location, which led to a unique opportunity.



A TRADE LEADS TO A KEY PATIENT LOCATION

Steve Gutzmann, a member of the PCH Foundation board, met with representatives for the Village of Emerson to see if they would be interested in a trade: three lots on Main Street in exchange for the old senior center building. The Village agreed to the exchange. They would use the senior center for a new library, and PCH would build the new Emerson Medical Clinic and Apothecary on the three Main Street lots, allowing for it to have a central location in town that would be easy for people to access.



PCH FOUNDATION SHOWS ITS APPRECIATION WITH A RETURN GIFT

As a final piece of the puzzle, the PCH Foundation is in the process of deeding the old Emerson Clinic building and land back to the Village, providing them with another opportunity for positive change in the community.

WHAT PEOPLE CAN EXPECT AT THE NEW EMERSON MEDICAL CLINIC AND APOTHECARY.

At the Emerson Medical Clinic, five new patient rooms feature increased privacy and are more sound-secure to help ensure patients feel at ease while seeing a provider. In addition, there is now space for two providers to see patients at the same time, doubling the clinic's capacity. And perhaps the most exciting addition to the new Emerson Clinic is on-site x-rays, which allow for more timely and efficient care.

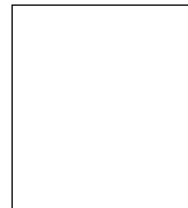
Lori Minert, manager of the Emerson Clinic, shared that in just the first few weeks since the clinic has opened, "We've been very well received in the community. People can't believe what a gorgeous facility it is."

And the new Emerson Apothecary, attached directly to the clinic, makes getting prescriptions easier than ever. Patients who come to the clinic for appointments simply need to walk next door to fill their prescriptions. And to increase convenience even more, it also offers a drive-thru pharmacy window for people picking up prescriptions on the go.

According to Shane Schuster, Retail Pharmacy Manager, people love this new service. "People enjoy being able to get their prescriptions and get on with their day," he said.

Emerson Apothecary also is one of only five pharmacies in Nebraska to offer telepharmacy services, including remote drug therapy and patient counseling.

If you haven't had a chance to visit the new facilities yet, stop by on **November 17** for the **Open House event!**



join us!

Join us for our **Community Open House** celebrating the new **Emerson Medical Clinic and Apothecary**. Meet our providers and staff, tour the facility and learn about new services, enjoy refreshments, and enter to win prizes!

when:

Sunday, Nov. 17
1:00 - 3:00



where:

1012 Main Street -
Emerson