

thrive

Pender Community Hospital | Fall 2020

THE GOLD STANDARD
OB & MATERNITY CARE
PG.6



From our CEO



Dear Readers,

I think we can all agree that 2020 so far has been a truly remarkable year, filled with low points—yes—but also high points that demonstrate just how tough times bring people together. It has made me especially grateful for our tight-knit community as we've faced this year's challenges head on and look ahead with hopeful hearts to a bright future.

In this issue of Thrive, we're sharing the different steps we're taking to keep patients safe when they come in for care. Our goal is and will always be, to be your partners in good health, and now is no different. We encourage everyone to keep their health a priority, whether that means coming in for your annual wellness exam, staying on top of chronic conditions, or taking care of your mental health.

We're also celebrating an exciting milestone for one of our doctors! Dr. Matt Felber, a family medicine provider, has been with Pender for 20 years, and we are thrilled to celebrate him in this issue and share how he has impacted our community through his work at Pender.

You'll also find a story highlighting the wonderful care provided by our obstetrics and maternity care team, a shining example of our staff's passion for caring for our community.

And, we have the pleasure of learning a bit about the newest residents of the Old Pender Medical Clinic and how the building's legacy will continue on as an integral part of our healthcare community.

With so much uncertainty this year, it's more important than ever to focus on the things we're grateful for and excited about. Here, at Pender Community Hospital & Medical Clinics, we'll continue to find new ways to provide the best possible care for our community and continue to be grateful for the trust you've placed in us. We hope you enjoy this issue of Thrive as we all look forward to brighter days ahead.

Yours in good health,

MELISSA KELLY

Chief Executive Officer



Dr. Felber Celebrates 20 Years

Congratulations Dr. Matt Felber! He is celebrating 20 years at Pender Community Hospital & Medical Clinics this year, and we are thrilled to celebrate this milestone with him.

Dr. Felber, a family medicine provider, went to the University of Nebraska at Lincoln for undergrad and then to the University of Nebraska Medical Center in Omaha for medical school. He returned to Lincoln for family practice residency at Lincoln Medical Education Foundation. Outside of filling in for doctors and covering emergency rooms at hospitals in Iowa and Nebraska, Pender is the only place he has practiced.

“My time at Pender has gone very fast,” Dr. Felber shared. “I didn’t know I would be here this long. When I moved to Pender, my sisters told me if I didn’t find a girlfriend in three years they’d make me move,” he joked.

Fortunately, he met his wife, Connie, and we get the pleasure of looking back on two decades of excellent medical care in our community.

For Dr. Felber, practicing family medicine in a rural community was just a perfect fit.

“I went into family medicine because of my father who was a family practice doctor in Laurel and Wayne for many years. My parents, Dave and Linda Felber, have always been a great influence on me,” he said. “I also love the variety of what you get to see and do in a rural community. My wife and I both grew up in rural communities and feel they are great places to raise children.”

While there are many highlights over his long career at Pender, there is one that he is most proud of.

“I have really enjoyed delivering babies over the years, including my own,” he shared. “Over a thousand!”

Over a thousand lives Dr. Felber helped begin—that’s a truly amazing accomplishment.



**20
YEARS**
AT PCH

It’s a pleasure to have an individual so dedicated to caring for their community as part of our team. And it’s a position he doesn’t take for granted.

“In this profession, we have to constantly keep up with things and are always learning,” he explained. “Things we knew to be true five years ago may be outdated or wrong now. It’s all part of taking care of patients. The day you don’t learn anything is the day you need to quit.”

When it comes to what he loves about working at Pender Community Hospital & Medical Clinics, Dr. Felber was more than happy to share.

“I have been blessed to have great partners to work with, starting with Drs. Martin and Hoelting and then adding Dr. Timm, Dr. Reha, and now Dr. Tiahr. The mid-levels are great too. I enjoy practicing with my wife, who is a physician assistant. Pender has been a great community to be in. The people are very nice, accepting, and generous. The community has a real vision to continue to improve and grow with the times.”

Outside of work, Dr. Felber loves to spend time with Connie, and daughters Claire, Isabelle, Lydia, and Laurel. He enjoys travelling, reading, golfing, time at the lake, Nebraska football and coaching his kids’ sports.



BALANCING HEALTHCARE DURING A PANDEMIC

SEEKING CARE IS SAFE AT PENDER

As your partners in good health, we are dedicated to providing you with the highest quality healthcare safely.

Dr. Cole Reha, Pender Medical Director, took some time to share how the hospital and clinic have implemented protocols to keep patients and staff safe as we adjust to balancing healthcare during a pandemic.

“From the onset of the pandemic, we’ve been proactive about adding extra protective measures and safeguards that allow us to continue providing the essential care people need in the safest way possible,” he shared.

These protocols include screening all staff and patients every time they enter for symptoms and fever, everyone wearing face coverings, extra time between appointments

to disinfect rooms, additional disinfection of high traffic areas, and maintaining separate spaces for “sick” and “well” patients.

“We’ve been fortunate to have enough space to separate the sick and the well at Pender,” Dr. Reha explained.



“WE’RE CONSTANTLY DOING ALL WE CAN TO MEET THE NEEDS OF THE COMMUNITY, WHILE MAINTAINING THE STRICTEST POLICIES FOR HEALTH AND SAFETY.”

— DR. COLE REHA

Pender’s dedication to patient safety serves to encourage people to get the care they need now.

“Everyone is at some risk of health issues if they skip care,” Dr. Reha shared. “Even people who are currently healthy and only skipping preventive care.”

However, there are some patients who need to pay particular attention to their health to avoid long-term, adverse outcomes. Anyone with a preexisting condition that requires monitoring or medication adjustments or who experiences a significant wound should seek care in a timely manner.

“I can think of a particular instance where someone’s fear of coming in for care caused a wound to become infected and much worse than it would have been without waiting,” Dr. Reha said. “We are doing all we can to ensure fear isn’t a reason people are delaying treatment.”

To provide an additional way for people to stay on top of their health, Pender provides telehealth services for patients who don’t need an in-person appointment for treatment or medication follow-ups.

“We encourage patients to call and ask our triage nurse if a telehealth visit is right for them,” Dr. Reha shared. “And, it’s also important to remember to make sure your insurance provider covers telehealth visits, so there are no surprises after an appointment.”

RAPID TEST RESULTS HELP KEEP COVID-19 IN CHECK

One crucial aspect of maintaining a safe healthcare environment is testing for COVID-19 to identify positive cases and better understand the level of COVID-19 activity in the community.

“Our team is well versed in identifying potential positives when someone calls in and explains their symptoms,” Dr. Reha shared. “If we believe the symptoms are related to COVID-19, we will provide a test.”

Pender is fortunate to have access to tests that can provide results in as little as 20 minutes, and the hope is that during the flu season they will be able to quickly identify if someone is suffering from the seasonal flu or COVID-19.

BEHAVIORAL HEALTH SERVICES FOR COMPLETE CARE

The effects of the COVID-19 pandemic reach farther than physical health, and we encourage everyone to get the help they need for any mental health struggles.



“WE HAVE CERTAINLY SEEN AN INCREASED NEED FOR BEHAVIORAL HEALTH SERVICES SINCE THE PANDEMIC STARTED, PARTICULARLY FEAR AND ANXIETY.”

— CARLA SMITH, LCSW

Fortunately, Pender offers behavioral health services to help manage a variety of mental health issues, including outpatient care for children through geriatric patients and care coordination with outside providers to create personalized treatment plans.

“We have providers for all ages and needs,” Carla Smith, Behavioral Health Director, explains. “We can simply provide information for people who are experiencing new symptoms and have questions or can put together a comprehensive plan to help someone work through long-term struggles.”

If you are experiencing any of the following symptoms and find they are disrupting your daily life, it may be time to seek mental health care:

- Strong feelings of fear, anger or sadness
- Change or loss in appetite or energy levels
- Sleep disturbance
- Trouble concentrating
- Self-isolation
- Using substances (alcohol, nicotine, drugs, etc.) to cope
- Physical discomfort (headaches, tightness of chest, chronic pain)

“There is absolutely no commitment to receive services if you call,” Carla emphasized. “You can just call, and talk, and ask questions. We are here to give you information, and help you make the best decisions you can.”

Get the care you need

We hope our community members continue to make their health a priority and trust that Pender Community Hospital & Medical Clinics is a safe place to receive the care they need.

Pender Community Hospital – **402-385-3083**
Behavioral Health Services – **402-385-1898**

MEDICAL CLINICS:

- Pender Medical Clinic – **402-385-3033**
- Bancroft Medical Clinic – **402-648-7606**
- Beemer Medical Clinic – **402-528-3288**
- Emerson Medical Clinic – **402-695-2453**

Setting the Standard for Exceptional, Personalized Care

OB & MATERNITY CARE AT PCH



There's no place like Pender Community Hospital & Medical Clinics when it comes time to expand your family.

The passion and knowledge of our dedicated OB team means that expectant, delivering and postpartum mothers get personalized care from providers who truly love what they do.

Dr. Ashely Tiaht is a family medicine provider (and new mom of twins!) for Pender and loves how she can connect with her patients.

“As a family medicine provider at Pender, we are with mothers from their first appointment of the pregnancy through their postpartum care,” Dr. Tiaht explained. “We form a special connection and are able to provide a full continuum of care that also includes caring for their new baby!”

One of the ways the OB and maternity care at Pender stands out is that the OB team consists of a small, highly trained group of caregivers that are passionate about this area of women's health.

Bethany Sedivy, an OB nurse and the OB nurse coordinator, shares, “We have a specific group of nurses for OB that go through six months of training before becoming part of the

OB staff to ensure they're ready to give mothers the level of care they expect from Pender.”

“Pender really provides a unique and special experience for mothers,” Bethany said. “Being in a small town means we have special connections with our patients. This is especially helpful in areas like lactation counseling. We have the time and resources to meet with new moms—up to two to three times a week—and coach them until they are confident in their nursing.”

It's that tailored experience that Dr. Tiaht believes makes Pender such a special place for expectant mothers to have their babies.

“With a rural practice like Pender you develop a special bond with these patients,” she said. “The level of care we provide is excellent, and it gives mothers a sense of comfort as they move through the stages of pregnancy, delivery and postpartum.”

Education is also an essential aspect of the OB experience at Pender. **Rebecca Miller**, an OB health coach, acts as a liaison between the patient, provider, and other facility departments to ensure expectant mothers have someone who can answer their questions and help them feel comfortable and prepared.

“There are a lot of changes and emotions that go along with pregnancy. And, whether it’s your first or third, every pregnancy is different. I hope that by patients knowing there is someone available to them for questions, needs or concerns, it gives them peace of mind.”

At Pender, we believe that OB patients should have the ability to connect with their healthcare providers and have access to resources and information throughout their entire pregnancy. Having the same dedicated group of staff members guide patients through each stage of the journey to motherhood is something our team is very proud to provide our community.

“WE OFFER A VERY HOME-LIKE OB AND BIRTHING EXPERIENCE FOR PATIENTS WITH CARE THAT IS UNIQUE TO THEM, SO WE CAN ENSURE EACH PERSON GETS EXACTLY WHAT THEY NEED.”

— BETHANY SEDIVY

Why choose PCH?

For expectant mothers who choose Pender for their OB and maternity care, there are a multitude of services that make the birthing experience stand out.

- All family medicine doctors provide OB and delivery services so the same doctor you see during pregnancy, and develop a relationship with, also delivers your baby
- No-cost prenatal classes
- Two certified lactation counselors on staff
- Level 1 nursery with the ability to care for babies with a wide range of special needs
- State-of-the-art equipment such as fetal monitors
- A dedicated OB health coach and nurses on call to answer questions anytime—even after going home with baby
- Spa-like delivery rooms for a calm, comfortable birthing experience

To learn more about OB and maternity care call **402-385-4066** or visit us online at pendercommunityhospital.com/Birth.



L to R: Dr. Dregalla, Dr. Ridder, Dr. Johnson

THE OLD PENDER MEDICAL CLINIC WILL SOON BE NEW AGAIN

The former Pender Medical Clinic will be Pender Health Plaza, a resource for health and wellness. Construction began to create a modern, welcoming space shared by three providers: Dregalla Family Dentistry, Northeast Eye Care, and Align Chiropractic.

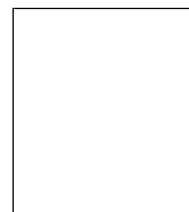
Al Maul, Pender Community Hospital Foundation’s former president, is thrilled. “When PCH’s clinic moved to the new site, the Foundation wanted the building to be used for medical services,” he said. “We hoped someone could enhance health and wellness in our community.”

For Align Chiropractic’s Dr. Karissa Johnson, the location is ideal. “It’s always been my dream to own a place where people come to feel their best,” she said. “It’s the perfect fit!”

Dr. Christine Dregalla said the location will enhance her dental practice’s offerings. “There’s room to grow, allowing us to provide the latest dental technology and the highest standard of care,” she shared.

The space allows Northeast Eye Care’s Dr. Brandon Ridder to see more patients, offer more frame choices, and utilize new technology, including a machine that replaces dilating patients’ eyes. “The support is unbelievable,” Dr. Ridder said. “I can provide quality care, right here in Pender.”

This collaboration reflects Pender’s cooperative spirit. “We wanted a group to cooperate in purchasing and allocating this building,” Al Maul explained. “These providers accomplished that.” Dr. Johnson agreed. “I truly believe having three providers in one spot will help better the community we love.”



Congratulations PCH Scholarship Winners!



Emily Knobbe
Justin J. Slama Memorial
Scholarship
West Point, NE

Attending school: Southern College
of Optometry in Memphis, TN

Plans after school: I'm moving back
to West Point to get married
and hopefully practice somewhere
in the area.



Kaitlyn Schumacher
Gloria Vollers Memorial
Scholarship
Pender, NE

Attending school: Northeast
Community College Nursing Program

Plans after school: I plan to work as
a Registered Nurse in a rural hospital
setting in Northeast Nebraska and
enjoy my spare time with family.



Justice Sorenson
Trisha Kinnaman Scholarship
Pender, NE

Attending school: College of Saint
Mary in Omaha, NE

Plans after school: I hope to find an
OT job in a rural community.
I also would love to continue with
my education to get a specialization
in Gerontology.



Kelly Wakeley
Merlin Brondum Memorial
Scholarship
Lyons, NE

Attending school: University of
Nebraska Medical Center

Plans after school: After graduation,
I plan to work in the surgical unit of a
rural hospital.