BETTER RECOVERY FOLLOWING A STROKE

THE BENEFITS OF Choosing Rural Practice

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Columbus Community Hospital to BUILD NEW HEALTH AND WELLNESS CENTER

Columbus Community Hospital's mission is to improve the health of the communities we serve. Preventive care and healthy lifestyles are important components in achieving this goal and improving quality of life.

To help with this, Columbus Community Hospital (CCH) will be building a Health and Wellness Center on its campus. This center will provide residents with an excellent opportunity to improve their health and wellness as well as establish lifelong healthy habits for their families.

LEARN, PLAN AND TAKE ACTION

The Health and Wellness Center will bring together wellness, outpatient rehabilitation, including physical therapy, occupational therapy and speech therapy; fitness; and child care services. It will be a destination where people can learn, plan and take action to improve their health and quality of life.

“There is no better way to improve the health and wellness of our community than in the arena of lifestyle measures, which this center will provide the infrastructure to develop and sustain,” says Jeffrey Gotschall, M.D., family medicine physician and CCH Board Vice Chairman.

All medical rehabilitation services will be provided by CCH. These services are currently provided within the Hospital, but will move to the new center when it opens. This will allow for easier access, more space and increased convenience for patients.

The Hospital, along with the Board of Directors, has chosen the YMCA of Columbus to be the fitness services provider. The YMCA has a strong commitment to health and wellness, which makes it the perfect provider for this service.

The Hospital is seeking the best and most experienced child care provider for the facility.

HOLISTIC APPROACH TO PERSONAL WELLNESS

“The challenge we face today in our community and across the nation is a population at risk for, or living with, chronic diseases. We are seeing increased incidences of obesity, diabetes and heart disease at an earlier age in men, women and even children,” explains Michael Hansen, CCH President and CEO. “Based on the Community Health Needs Assessment, this service is extremely necessary to help residents of the Columbus area lead healthier lives by providing a holistic approach to personal wellness.”

“We are excited that this investment will support our Community Health Needs Assessment and bring professional healthcare providers together to affect the health, well-being and quality of life of our community and region for generations to come,” says Jim Pillen, CCH Board chairman.

Architectural planning is under way and groundbreaking will take place in the fall of 2013. More updates about the new Health and Wellness Center can be found on the CCH website at www.columbushosp.org.

“The Health and Wellness Center will help residents of the Columbus area lead healthier lives by providing a holistic approach to personal wellness.”

– MICHAEL HANSEN, CCH PRESIDENT AND CEO
Meet Milton Zadina, M.D., Family Practice Physician

Dr. Milton Zadina began practicing in Columbus in 1981. “I was drawn to family practice because I was interested in doing a wide variety of healthcare and taking care of all members of the family over time,” he says.

Over the past 32 years, he’s enjoyed those aspects of his practice. “There are families where I’ve delivered the babies, and now I take care of the ‘babies’ as young adults. It’s a great privilege to be involved in the lives of families over multiple generations,” he says. Dr. Zadina also has a special interest in geriatrics.

FOCUS ON PREVENTION
“A lot of my practice is devoted to helping keep people healthy,” he notes. “I work with my senior patients to help them stay active and independent as long as possible.” There are two primary pieces of advice Dr. Zadina gives to patients about what they can do to help maintain their health.

The first is to manage chronic conditions. “It’s easy to put off managing your diabetes, high blood pressure or high cholesterol because these things don’t make you feel sick,” he says. “But those are the things that, down the line, are going to cause heart attacks and strokes and lead to disabilities or even death. So it’s very important to keep them under control.”

The second piece of advice, which ties into the first, is to get regular exercise. “I stress to patients that they need to get a minimum of a half hour of exercise at least four days a week,” he says. “Of course there are other elements to a healthy lifestyle, such as eating a healthy diet, not smoking and not drinking too much, and they’re important, too. But daily exercise is key.”

Dr. Zadina points out that getting sufficient exercise doesn’t have to involve exerting yourself to the point of exhaustion. “Just go out for a brisk walk, or use the treadmill or exercise bike for half an hour,” he says, “or play racquet sports, go dancing or work in the yard.

“Everyone can get enough exercise to enjoy health benefits, even if you have physical limitations,” he continues.

ON A PERSONAL NOTE
Dr. Zadina follows his own advice and gets regular exercise. He also enjoys travel, reading and gardening – especially unusual plants. He has a large flower garden and a smaller vegetable garden. He and his wife of 36 years have four adult children and two grandchildren.

Benefits of Being Active

Regular exercise has so many benefits, it just doesn’t make sense not to take advantage of them … and it’s so simple,” notes Milton Zadina, M.D. “Exercise lowers blood pressure and blood sugar, lowers bad cholesterol and raises good cholesterol, helps relieve stress and anxiety, makes you stronger, improves endurance, makes you less likely to fall down and less likely to hurt yourself if you do fall, and improves sleep.”
Monitoring the Vital Signs of Cardiac Rehab Patients More Efficiently THANKS TO THE CCH FOUNDATION

The Columbus Community Hospital Foundation, using donations from its annual golf tournament on June 7, 2013, is proud to fund the purchase of a new Cardiac Rehab Telemetry patient charting and monitoring system. According to Holly Warth, RN, manager of the Cardio-Pulmonary Rehab Department, “This new state-of-the-art system will improve outcomes for hundreds of patients each year, along with increasing the efficiency of our staff.”

There are many benefits to CCH patients from the new system. To begin, since the new monitoring system is much more efficient and easier to use, nurses will spend less time charting and more time with patients.

Next, the patient’s cardio-pulmonary rehab heart rhythm will be monitored by a nurse who is right beside him or her. This is a significant improvement from our current system where a nurse has to remain behind the desk watching the monitor and then relays the patient’s information to another nurse beside the patient. This proximity will allow for teachable moments like, “Notice how your heart beat increases with this activity,” or “You need to stay within a certain range while your heart heals,” or “See this different beat on your monitor? Your doctor calls this a premature beat.”

BETTER COMMUNICATION
Another vital feature is the new monthly report generated by the new system that will be sent to the patient’s physician. This report will greatly facilitate the sharing of important information between our rehab department and the patient’s own physician and will promote better patient care and continuity of services.

The new system will connect directly to the Hospital’s Electronic Medical Records system. If a cardiac or pulmonary rehab patient presents at our Emergency Department, his/her current rehab information can be immediately accessed by our ED physicians.

As always, the privacy of our patients will be safeguarded. Additionally, our nurses will be able to chart the patient’s information with complete confidentiality.

Finally, the monitoring system will help ensure the highest quality of care in our Cardio-Pulmonary Rehab Department, since it is approved by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). Says Warth, “Columbus Community Hospital will become part of the AACVPR Registry, which will allow us to compare our care in Columbus with programs all over the country.”

28th Annual Extravaganza Scheduled for April 19

The 28th annual Columbus Hospital Auxiliary Extravaganza will be held on Friday, April 19, at the all-new American Legion in Columbus. Professional guitarist and comedian Gordy Pratt will highlight this “Laughter Is the Best Medicine” evening. Social hour is from 6 to 7 p.m., with dinner at 7 p.m. The entertainment will follow.

Proceeds will be used to purchase a bladder scanner for the CCH Emergency Department.

Tickets are $35 each and include a complimentary beverage, dinner, entertainment and a chance to win a $500 travel gift certificate. Please contact Auxiliary/Volunteer Coordinator Angie Ramaekers at 402-562-3365 or adramaeker@columbushosp.org to purchase your ticket(s).
The health and wellness of our community are key to Columbus Community Hospital’s mission, regardless of an individual’s ability to pay. As a not-for-profit hospital, we have established financial aid policies to assist patients who cannot afford care. And although Medicare and Medicaid programs do not pay enough to cover the cost incurred by these patients, we provide the same quality of care to all patients.

CCH’s contribution to the community extends beyond our role as an institution of healthcare. The Hospital is an economic engine, providing stability and growth in Columbus. As an employer of more than 580 residents, our employees contribute to the economy of the community by purchasing homes, shopping with local merchants and paying taxes to support schools.

Contributing to the quality of life in Columbus goes well beyond the walls of the Hospital. The data reported here not only includes uncompensated healthcare costs provided to the underinsured or uninsured, but also community health initiatives, education for healthcare professionals and the donation of services and funds to help further the Hospital’s mission and goals.

Even in light of healthcare reform and reimbursement challenges, this report captures the heart of CCH’s enduring commitment to improving the health of our community. We are pleased to share with you our accomplishments and community contributions in the 2011-2012 fiscal year.
TRAUMA SERVICES: A Matter of Life and Death

Trauma is predictable. It happened yesterday, it is happening today and it will happen tomorrow.

The magnitude of traumatic injury as a public health problem is enormous, affecting more than 35 million people annually and accounting for one hospitalization every 15 minutes. Trauma remains the leading cause of death and disability for people under age 44, and at $67.3 billion, trauma is the third most costly medical condition.

Trauma care is delivered at specialized hospitals known as trauma centers, distinguished by the immediate availability of specialized personnel, equipment and services to treat the most severe and critically injured individuals. This includes ready-to-go teams that perform immediate surgery and other necessary procedures for those with serious or life-threatening injuries. When compared to general hospitals, trauma centers are uniquely positioned to respond to emergencies of mass scale based on their resources, constant state of readiness, extra capacity and strong healthcare facility connections with the local and regional emergency care community.

In 2006 the Trauma Program at Columbus Community Hospital was the first in our region to achieve Level III certification as a General Trauma Center. The core of our care is based on a team approach for each patient. Our specialized Trauma Team consists of dedicated surgeons, emergency department physicians, registered nurses, orthopedic specialists, nurse anesthetists, radiology services, local and rural EMS, respiratory therapists, operating room staff, social workers, laboratory and interpreter services. The Trauma Team’s goal is to provide a systemwide approach ensuring optimal care for every injured patient. The Team’s commitment to offer the best care possible is evident from the relationships with EMS to the Hospital’s transfer agreements with advanced trauma centers that provide care for the more severely injured individuals.

In 2012 Columbus Community Hospital Trauma Services treated 180 individuals with serious or life-threatening injuries, including car or ATV crashes, serious falls, gun-related injuries or physical assaults. Of these cases, 40 were transferred to advanced trauma centers and more than 100 were admitted to Columbus Community Hospital for further care. As a General Trauma Center, it is our responsibility to provide injury prevention education, awareness and outreach to our community. Our program is committed to preventing and reducing actions and behaviors before an injury occurs. The Trauma Program at Columbus Community Hospital is dedicated to continued growth, education and upholding our mission: To improve the health of the communities we serve.
Stroke is a leading cause of serious, long-term disability. Depending on the severity of the stroke, it may take months or even years for stroke victims to recover function. With help from an occupational therapist, stroke survivors can beat the odds and regain their independence with many activities of daily living.

Every stroke patient is different, each one having different effects from a stroke. The Occupational Therapists at Columbus Community Hospital are trained to evaluate a person’s deficits and individualize a therapy plan to maximize recovery. Because each patient is different, goals vary from patient to patient. One individual may want to regain the ability to get dressed or make a meal, another may want to learn to write and pay bills, while another may want to return to work and driving.

NEW EQUIPMENT TO IMPROVE STRENGTH

At Columbus Community Hospital, Occupational Therapists use state-of-the-art equipment to complete a thorough evaluation of the stroke survivors’ abilities and treat the deficits. The SaeboMAS is our newest piece of equipment used to improve arm function. This device is a zero-gravity mobile arm support. Its purpose is to provide gravity-eliminating support to the arm affected by the stroke, allowing the patient to complete functional tasks and/or exercises to improve strength and coordination in the shoulder, elbow, wrist and fingers.

Patients report less pain and improved range of motion during and after use of the SaeboMAS, commenting that “pain immediately went away when reaching,” or “muscles were tired after use.” For recovering stroke patients using the SaeboMAS, practicing the everyday tasks of living in the clinic setting motivates them to improve and succeed.

Our therapists are certified to use other custom-fitted Saebo equipment as well, including the SaeboFlex, SaeboReach, SaeboStretch and SaeboGear. In cases where the patient is unable to open his or her fingers and hand without assistance due to hypertonicity or weakness, the SaeboFlex is used to increase finger, hand and wrist coordination and strength. Four levels of resistance springs are used on the SaeboFlex to adjust the level of strengthening the patient completes during exercise.

The SaeboReach is an attachment used with the SaeboFlex that provides assistance with elbow extension. The stroke survivor can actively work on bicep strengthening to improve reaching skills needed for many daily tasks.

Some stroke survivors suffer with increased tone that causes their fingers to close and remain closed, causing pain, further muscle tightness and decreased range of motion. The SaeboStretch is a resting hand splint used at night, during the day or both to position the hand and fingers in an open position providing a gentle stretch to the muscles, reducing pain and muscle tightness. Like the other Saebo devices and depending on the patient’s needs, this also has three levels of tension adjustments.

In the clinic setting, our therapists can utilize specialized SaeboGear exercise tools with the Saebo equipment. In some instances, the SaeboFlex and SaeboStretch have been available through a patient’s insurance coverage for home use to help increase their effectiveness and improve the patient’s outcome.

The Hospital’s therapists actively look for new avenues of treatment to enhance outcomes for stroke survivors. To learn more about the SaeboMAS or other Saebo therapy equipment or treatments, contact one of our Occupational Therapists at 402-562-3333.
Columbus Community Hospital's mission to improve the health of the communities we serve has led to two programs specifically for people diagnosed with heart failure, also called congestive heart failure. Prevalence of heart failure increases with age and may affect up to 10 percent of those over age 65.

With heart failure, the heart pump is not as strong as it should be. This may be from heart disease, a history of heart attacks or heart valves not working well, and may become worse with medical conditions associated with aging. There is no cure for heart failure, but with an intensive multidisciplinary treatment strategy involving education, assessment and management, the patient may not be hospitalized as often and be able to do more of those activities they enjoy.

The Cardio-Pulmonary Rehabilitation program offers a comprehensive outpatient program twice weekly. If you or your loved one is homebound with heart failure, our CCH Home Health Department has a Tele-monitor System they can bring to your home to make regular assessments, which are important to keeping your heart condition under control. Both of these programs work with your physician and require an order from your doctor.

The Home Health Department’s Tele-monitor System provides daily monitoring at the patient’s home, including blood pressure, heart rate, oxygen saturation, weight and more. This valuable information allows the home health clinician to monitor the patient's condition. For instance, if the patient's weight goes up, it could indicate possible fluid retention and would call for adjustments in the patient’s care to keep him or her on a healthy track.

The Cardio-Pulmonary Rehabilitation department program provides assessment and monitoring of symptoms by a registered nurse. Education on heart failure and how to manage the disease is provided by an interdisciplinary team including nurses, a personal trainer, a respiratory therapist, dietitians and other Hospital experts as needed. The heart failure patient also exercises in the beautiful rehab area while monitored by the rehab team. Exercising within safe limits will help keep the muscles from being deconditioned and help the participant to be more active.

We thank the Hospital Auxiliary and Hospital Foundation for their generous donations that help make possible both of these state-of-the-art programs. If you or a loved one would like more information on these heart failure programs, please contact the Cardio-Pulmonary Rehab Department at 402-562-3344 or Home Health at 402-562-3300.

A robust new CT system brings benefits to patients and healthcare providers. Slated for installation in April, the Siemens SOMATOM Definition AS 64-slice CT scanner will provide fast, detailed exams with advanced safety features.

CT stands for computed tomography and is an advanced type of X-ray. As an essential tool in medicine, CT scans are used for routine and emergency exams of the inside of patients' bodies when those areas can’t be seen by standard X-ray machines.

The Definition AS CT scanner has FAST CARE technology, which has been recognized as an effective solution for optimizing exam speed and enhancing image quality. It also has SAFIRE, an innovative application that reduces radiation dose exposure by up to 60 percent.5 The new system adapts to nearly any clinical need, including imaging pediatric and bariatric patients.

Diseases and trauma injuries are treated more successfully when diagnosed early,
THE BENEFITS of Choosing Rural Practice

A recent study of final-year medical residents found that only 6 percent would prefer to work in communities of 50,000 or fewer people.* But doctors who choose rural practice often find the work rewarding and unique. It takes a special person to thrive in a rural community. One doctor who has chosen rural practice and is thriving in Columbus is Dr. Greg Schafer.

Dr. Greg Schafer finds that rural practice is rewarding and serves a great need.

According to Dr. John Beauvais, Diagnostic Imaging Medical Director. That means CT scans can help save lives. For example, CTs can assist in determining the extent of bone and soft tissue damage in trauma patients. “In cases like a car accident or sports injury, it really helps to have an imaging system that provides a fast initial diagnosis,” Dr. Beauvais says. “Our new CT system is designed to make exams less stressful for patients, with unique features that quickly provide the detailed images our physicians need.”

* In clinical practice, the use of SAFIRE may reduce CT patient dose depending on the clinical task, patient size, anatomical location and clinical practice. A consultation with a radiologist and a physicist should be made to determine the appropriate dose to obtain diagnostic image quality for the particular clinical task. The following test method was used to determine a 54 to 60 percent dose reduction when using the SAFIRE reconstruction software. Noise, CT numbers, homogeneity, low-contrast resolution and high-contrast resolution were assessed in a Gammex 438 phantom. Low-dose data reconstructed with SAFIRE showed the same image quality compared to full-dose data based on this test. Data on file.

A CHANCE TO OFFER SOMETHING DIFFERENT

“I didn’t want to do the same thing as all of my friends and stay in Omaha. I wanted to do something different,” explains Dr. Schafer, an internal medicine doctor in Columbus, who practices at Alegent Creighton Clinic. Practicing in Columbus since 1990, Dr. Schafer says that Columbus always “seemed to be a more interesting place” than Omaha. And he says, “Columbus certainly needed internal medicine doctors more.”

Doctors who choose rural practice over working in larger cities find their work serves a great need. Dr. Schafer was glad to be able to provide his internal medicine specialty to the community of Columbus. “We do a lot of dermatology, arthritis assessment, and we take care of a lot of heart disease, lung disease and cancers,” says Dr. Schafer.

MAKING PERSONAL CONNECTIONS

In large cities, many specialty physicians will never see their patients again after they are treated. Practicing in rural communities allows doctors to know their patients before and after they treat them. “You can’t help but run into patients when you’re out and about,” says Dr. Schafer. “It seems like everybody’s your patient. It’s nice, your work is highly appreciated by people.” Often he is approached with medical questions outside of work, but says he doesn’t mind at all. He enjoys being known as an important resource in the community.

A LESS COMPLICATED LIFE

While doctors in urban communities may practice at several hospitals, often even in a single day, rural doctors enjoy a much simpler schedule. “You have one hospital to go to every morning rather than several. My office is conveniently located right here at the hospital. I like that,” Dr. Schafer notes.

Dr. Schafer admits that he sometimes works longer hours and sees more patients than he would in Omaha. But for him, Columbus is where he wants to practice. “For what I like to do it’s better than being in the middle of Omaha,” he says. Outside of his practice, Dr. Schafer enjoys horticulture and many other hobbies he says would not be possible if he lived in a large city.

THE RIGHT PLACE

“I enjoy being here and plan to be here for quite a while. Working with Columbus Community Hospital has been ideal for what I like to do. I have a lot of help with my affiliation with Creighton and Alegent, as well as Columbus Community Hospital.”

EDUCATION AND SUPPORT GROUP SESSIONS

EDUCATION AND SUPPORT GROUP SESSIONS ARE FREE, UNLESS OTHERWISE NOTED.

Baby Care

BABY CARE CLASS
These classes include basic instructions for going home with a newborn. Classes are held on the 2nd Tuesday of each month at 7 p.m.
> For more information, call 402-562-3266.

BREAST-FEEDING CLASS
The more you can learn about breast-feeding before you deliver your baby, the more prepared and confident you will feel. Classes are held on the 3rd Tuesday of each month at 7 p.m. Stop at 2nd floor Maternal Child Health Department to check the location of the class.
> For more information, call 402-562-3266.

BREAST-FEEDING SUPPORT SESSIONS
Support group for new mothers who have chosen to breast-feed their newborns. The nurses will weigh your baby before and after breast-feeding, help you with latching on and address ways to handle breast-feeding when you go back to work.
> For more information, call 402-562-3266. By appointment only.

BABY SIGNS® SIGN LANGUAGE CLASS
Babies and toddlers often use signs as a natural part of communication. This program will teach babies/toddlers the signs they can use most easily to express their needs, thoughts and feelings until they have words. Classes are scheduled on an ongoing basis. A small fee will be charged for the class to help defray the cost of materials.
> For more information, contact Delanie Hudnall at Wiggles and Giggles Therapy for Kids at 402-562-3341.

Diabetes Education

COMPREHENSIVE DIABETES CLASSES
These classes help educate people with diabetes about the skills they need to lead a healthy life. Comprehensive classes are 2½ hours in length. Each series has two classes that will total five hours of education. The classes are available year-round with new classes beginning every two weeks. Instructors for the course include Certified Diabetes Educators, Registered Nurses and Registered Dietitians.
> For more information or to pre-register, please call 402-562-4462.

CONTROL DIABETES FOR LIFE
The Hospital’s Control Diabetes for Life sessions are held in conjunction with the UNL Extension office. This series of four workshops will help you stay current on the issues associated with management of the disease.
> For more information, contact the Diabetes Education Department at 402-562-4462.

DIABETES ACTIVITY GROUP
This group encourages activity and weight loss. Attendees will work with a walking tape for 30 minutes and then take a few minutes to discuss a recipe, food labels and other diabetes concerns. Weigh-in and review of your food records will also be available. Meetings are held every Thursday at 7:30 a.m.
> For more information, contact Joan Plummer at 402-562-4462.

ADVANCED CARBOHYDRATE COUNTING CLASS
This two-hour class is for people with diabetes and will give more intensive instruction on carbohydrate counting. It will include carbohydrate choices vs. gram, practice with sample menus, fat, calories, eating out and calculating carbohydrates in recipes.
> For more information or to pre-register, please call 402-562-4462.

Fitness & Nutrition

HEALTHY STEPS®
Healthy Steps is a therapeutic exercise and movement program. Anyone can participate in the classes, from young adults to seniors, regardless of health, age or ability. The program improves overall wellness, range of motion, balance, strength and endurance. The class is taught by Occupational Therapist Liz Gonka.
> To learn more or to register for the next session, call 402-562-3333.

SHAPEDOWN®
Shapedown is a 10-week program providing education applied to the needs of children, adolescents and their families. The class meets for two hours each week and is taught by Joan Plummer, Registered Dietitian. The program will cover:
- Healthy eating
- Exercise
- Behavior modification
- Self-esteem
- Stress management
- Communication
> To learn more or to register for the program, call 402-562-4462.
Support Groups

THE AMERICAN CANCER SOCIETY’S LOOK GOOD ... FEEL BETTER® PROGRAM
This program teaches beauty techniques to female cancer patients in active treatment. The participants are provided with a free cosmetic kit, donated by the cosmetic industry. With the help of trained cosmetologists, the women are taught how to cope with skin changes and hair loss. Meetings are held the 2nd Wednesday of the month at 1 p.m. Pre-registration is required.

For more information, or if interested in registering for a session, contact Shirley Spence at 402-564-2900 or 402-564-0160 or register online at www.columbushosp.org.

ARTHRITIS/FIBROMyalgia SUPPORT GROUP
This group is for all persons affected by arthritis or fibromyalgia, and their family members. Meetings provide networking opportunities as members discuss current treatment options, trends and other issues involving chronic pain. Meetings are held the 2nd Wednesday of every month at 5 p.m.

For more information, contact Jolene Bruce at 402-936-1169 (evenings).

COPD SUPPORT GROUP
Networking opportunities and support for all persons affected by COPD (chronic obstructive pulmonary disease). Featured speakers will present information on current treatment options, trends and issues related to COPD. Meetings are held the 2nd Wednesday in February, April, June, August and October at 3 p.m.

For more information, contact Heidi Wesch at 402-562-3344.

GRIEF SUPPORT GROUP
Participants share common problems, receive benefits from helping others, help individuals develop new social support systems and develop or redevelop coping skills. A group support format during the grieving process also allows for the exploration of behaviors and feelings related to the loss of a loved one. Meetings are held on the 2nd Tuesday of the month at 6:30 p.m.

For more information, contact Group Facilitator Lisa Weber at 402-562-4496.

COLUMBUS CANCER CARE
This group is sponsored by the American Cancer Society in partnership with Joan Keit, M.D., Columbus Cancer Care, and Theresa Hilton, LMHP, Columbus Community Hospital. It is a cancer education and support program for people who are personally facing cancer or as a friend or family caregiver. Meetings are held the first Tuesday of the month at 4 p.m.

For more information, call 402-562-8666 or 402-562-4499.

PARKINSON’S SUPPORT GROUP
Networking opportunities for those affected with the disease and their families.

For more information, contact Michell Ruskamp or Haley Bidroski at 402-562-3333.

TBI/STROKE SUPPORT GROUP
This group is designed for TBI/stroke survivors and caregivers. Our goal is to provide education regarding traumatic brain injury and stroke, promote wellness, provide opportunities for group members to use skills that have been or are being taught, and of course to provide support for each other. Meetings are held on the 4th Wednesday of each month from 12-1 p.m., in the Pawnee Room on 3rd floor of Columbus Community Hospital.

For more information, contact Megan Freier, Meghan Jantzi or Michell Ruskamp at 402-562-3333.

Comprehensive diabetes classes provide education about skills to help lead a healthier life. Learn more or register by calling 402-562-4462.
ehealth Library NOW ON HOSPITAL'S WEBSITE

Current, relevant and easy-to-understand health information is now located on the Hospital website. The ehealth library provides comprehensive coverage of health, wellness and other medically related topics. Content is presented in an easy-to-understand manner that helps consumers make appropriate choices about healthcare.

The database also features a comprehensive medicine resource that includes an extensive range of natural and alternative treatments. All of the content is written by experienced medical writers, independently reviewed by medically credentialed experts and updated on a regular basis to reflect the most recent information and research available.

The information is not intended to be a substitute for medical advice from your physician, but the library does contain a wide variety of information, including:

♦ Health articles covering the latest health news and most recent FDA approval for drugs and health devices.
♦ Fun and easy-to-use interactive tools to help you learn more about your health and healthcare options.
♦ Videos on procedures and wellness topics.
♦ Illustrations and animations to support understanding of health articles and material.
♦ Over 3,630 individual items.

To browse the library, go to the Hospital’s website at www.columbushosp.org and click on the ehealth library picture found on the homepage. If you have comments or questions, please contact the Hospital’s Marketing Department at 402-562-3380.