Dynamic, Patient-focused Rehab Facility to Be Part of NEW HEALTH AND WELLNESS CENTER

For years, Doug Janssen, P.T., D.P.T., director of rehabilitative services at Columbus Community Hospital, has dreamt of creating the perfect rehab facility for people to not only recover from injury or illness but also learn new ways to stay well and prevent injury in the first place. Now, his dream is coming true.

The Health and Wellness Center will include a new rehab facility that will provide expanded resources for community members to improve their health and wellness and establish lifelong healthy habits for their families – all in a supportive environment.

NEW FEATURES OFFER EXPANDED RESOURCES FOR PATIENTS

In addition to a larger physical space, more equipment and updated technologies, the new rehab center will also offer added convenience to patients, with front-door parking and first-floor access. “This is a big enhancement for our patients and something we made a priority coming from our current third floor facility,” Janssen says.

New services will also include the addition of aquatic therapy. Three different pools with varying temperatures, depths and special features will drastically expand therapy options currently available for patients. This is especially true for populations such as those suffering from arthritis. Pools will include a one-on-one therapy pool that fits up to six people; a warm water pool with one depth for activities such as lap walking and aerobics; and a lap pool with normal water temperatures.

The Health and Wellness Center will be the only facility in the area offering such comprehensive rehabilitation opportunities, and one of just a few offering such services to the pediatric population.

INTEGRATION WITH THE COLUMBUS FAMILY YMCA PROVIDES CONTINUUM OF CARE

In addition to some new equipment specifically for rehab services, patients will also have direct access to all the equipment of the YMCA. “The Columbus Family YMCA will be located in our new facility,” Janssen explains, “so we can integrate a smoother transition for patients after therapy. They can continue to work in a facility and on equipment they are already familiar with and can continue to see their therapist for ongoing support. We couldn’t offer the same scope if we just moved into a new building. This integration with the YMCA helps to provide added opportunities.

“Our programs complement each other,” Janssen continues. “For example, now when a patient gets involved in one of our specialized programs such as the STAR Cancer Rehab program, they will be able to continue that care when they are discharged through a complementary program that will be offered by the YMCA called LiveWELL. Likewise, participants in our Parkinson’s wellness program will be able to continue on with healthy activities after discharge through the YMCA’s ‘Delay the Disease’ program.

The best part is that these expanded services are designed to benefit not just rehab patients, but healthy community members as well. Therapists will be available on the workout floor as expert resources for those looking for better, smarter approaches to their health and wellness.

A WHOLE SYSTEM OF RESOURCES SEAMLESSLY INTEGRATES WELLNESS WITH REHAB

“What’s most exciting is that I’ve always felt that this is the smartest model, so this translates to the best situation for our patients,” Janssen says. “This model offers a place where people can learn how to integrate wellness into their lives. It’s a big investment, but it’s the right thing to do to keep people healthy. It’s really about prevention versus waiting to fix a problem. We’re all very excited.”
Meet Dr. Deborah Anderson
Pediatrician Connects with Columbus Families

Deborah Anderson, M.D., FAAP, is a pediatrician with Columbus Children's Healthcare who loves caring for children and working with parents to keep the kids in our community healthy. She is also the mother of two teenagers who keep her family very busy. Her husband, Kip Anderson, is a physician at Columbus Family Practice.

The Andersons chose Columbus as a place to practice and live to be close to family. “We knew that with both of us being physicians, raising a family would have unique challenges,” she shares. “Columbus has been an amazing place to raise our children.”

THE OPPORTUNITY TO HELP
Growing up, the influence of her parents inspired Dr. Anderson to pursue medicine. “My father is a physician and my mother is a nurse, so I saw first-hand how fulfilling a medical career could be. Every day is an opportunity to help someone.”

Dr. Anderson chose pediatrics because she enjoys the variety that comes with treating children of all ages, from newborn babies to teenagers. “I enjoy interacting with kids because they are honest and spontaneous,” she says. “I get to smile and laugh each day!”

Dr. Anderson received her undergraduate from the University of Nebraska Medical Center in Omaha and completed her pediatric residency at the Children’s Hospital in Milwaukee, Wis. Dr. Anderson is board certified by the American Board of Pediatrics. She joined Columbus Children’s Healthcare in 1997.

Educating families is a key aspect of preventing illness and keeping children well, and Dr. Anderson emphasizes this in her practice. “I believe that empowering families with knowledge regarding their child’s illness often does more good than simply prescribing medication,” she adds.

CLINIC AND HOSPITAL CARE
Dr. Anderson divides her time between the clinic and hospital, making hospital rounds almost every day – including many Saturdays and Sundays. She has a special interest in newborn medicine. “On most days there are healthy newborns to round on, and not infrequently I also see sick children in acute care or sick babies in the NICU,” she says.

“I can’t say enough about the quality of the medical staff at Columbus Community Hospital,” Dr. Anderson continues. “They provide excellent technical care, but they also really care about each of their patients. On a personal note, the staff members are also like family. When our son was seriously ill, they surrounded us with support and prayers,” she shares.

PUTTING FAMILY FIRST
Dr. Anderson’s greatest passion is her family. “As important as being a physician is, the only place one is truly indispensable is in one’s family,” she says. “Our son Kyle, a freshman in high school, is a senior patrol in his Boy Scout troop, and is close to receiving his Eagle Scout. He is a cancer survivor. Our daughter Katie, a seventh grader, is very active in dance, basketball and volleyball. Together we enjoy snow skiing and water skiing as well as scuba diving.”

“I believe that empowering families with knowledge regarding their child’s illness often does more good than simply prescribing medication.”

– DEBORAH ANDERSON
You Are HELPING to Meet Our Greatest Needs

The Columbus Community Hospital Foundation was able to purchase more than $220,500 in needed equipment and programs for the Hospital thanks to charitable giving to the Foundation. Through your generous giving, here is a partial list of some of the items:

- Thermometers and totes for the Hospice Department
- Compression materials for our lymphedema patients
- Books for our younger patients and a bladder scanner in our Emergency Department
- ABR Hearing Screen for our newborns and a baby scale in OB
- Trampoline for our patients at Wiggles and Giggles
- NuStep Recumbent Steppers at Premier Physical Therapy
- LSI Cardiac Rehab Telemetry System in Cardiac Rehab
- Pediatric Code Cart and Hugs (Alarm) System in ACU
- Portable Sleep Monitor for our Sleep Lab
- I-Stat instrument for instant tests results in Laboratory
- Continuing education and pedometers for the STAR program
- Software and certification for the Parkinson's program
- Scholarships for participants attending diabetes camp
- Scholarships to students and employees advancing in the medical field

To the many who have donated to the Foundation, a heartfelt thank you. Private support to the Columbus Community Hospital Foundation allows us to meet the healthcare needs of the present and into the future. Please remember the Columbus Community Hospital Foundation in your 2014 charitable giving. One hundred percent of your gifts are used for their intended purpose. You can also make your gift by visiting our secure online giving website at www.columbushosp.org.

WHY WE SUPPORT THE FOUNDATION AND HOSPITAL

“We both volunteer at Columbus Community Hospital and have seen many improvements in the past few years. We donate to the CCH Foundation because we want to continue to make Columbus Community Hospital the very best it can be with the latest equipment and facilities for our physicians and YOU.”

- Bob and Rayetta Williams

“The communities served by Columbus Community Hospital can be very proud of the first-class facility,” staff and available services. During my corporate career, my family and I have been served by hospitals in the Philadelphia, Cleveland and Houston areas in highly regarded facilities such as The Cleveland Clinic and the University of Texas Medical Center. Our Hospital service experiences here in Columbus have been every bit as professional and rewarding, and frankly, even more friendly and caring than larger institutions. Kathi and I are proud to join the scores of residents who make contributions to the Foundation.”

- Con and Kathi Nosal

“I am proud to have been a regular donor to the CCH Foundation for the past 10 years. The Foundation plays a crucial role in funding medical equipment for physicians and nurses at our Hospital. Anything that improves healthcare in our community impacts those who we care about most! If you are considering becoming a donor, I promise you, it WILL make a difference.”

- Dr. Mark Howerter, Medical Director of the ER

“I am very impressed with the state-of-the-art facilities and equipment and the professionalism of the medical staff as well as the nonmedical personnel. I know my contribution is always used for the good of the hospital.”

- Marilyn J. Murray

“Our Hospital and the new addition has been a great asset to Columbus and the outreach communities it serves. The physicians living in Columbus plus the visiting physicians has greatly increased, allowing us to have most of our medical needs met locally. We appreciate the Women’s Hospital Auxiliary raising money through extensive efforts each year and purchasing many items for the Hospital. The Columbus Hospital Foundation, through donations from our community, also helps the Hospital with equipment purchases and services. Our Hospital volunteers donate their time and talents to help the Hospital and patients. Be sure to thank them the next time you visit your community Hospital.”

- Ron and Charlotte Lambert
CARING for Our Community

Regardless of an individual’s ability to pay, the health and wellness of our community are key to the Columbus Community Hospital’s mission. As a not-for-profit hospital, we have established financial aid policies to assist patients who cannot afford care. 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.

Columbus Community Hospital’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 600 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 Columbus Community Hospital’s enduring commitment to improving the health of our community. We are pleased to share with you our accomplishments and community contributions from May 2012 through April 2013.

TRADITIONAL CHARITY CARE.............................................. $652,251
Healthcare services provided free of charge or at a discounted fee schedule to persons who meet pre-determined financial criteria. As required for Government reporting, this figure is based on calculated costs, not charges to patients.

COMMUNITY HEALTH EDUCATION AND OUTREACH ........... $88,176
Includes activities carried out to improve community health and healthcare services that are subsidized because they meet an identified need in the community. Examples include:
- First Steps prenatal program, baby care and breast-feeding classes
- Meals on Wheels – more than 11,000 people served by this program
- Tune up for Life Health Fair
- Local business workshops hosted by Occupational Health
- Diabetes education
- Healthy lifestyle programs through registered dietitians
- Volunteer services
- Healthcare support services
- Healthy Families Network – offering educational support and resources to more than 340 families
- Free interpreter services

UNPAID COSTS OF PUBLIC PROGRAMS.............................. $3,589,124
Medicare and Medicaid shortfalls, which are deficits created when Columbus Community Hospital receives payments from the government that are less than the cost of care for public programs.

SUBSIDIZED HEALTH SERVICES........................................ $518,520
These programs generate little or no income and most likely would not exist if not provided by Columbus Community Hospital and the Hospital’s Wellness Program for the medically at risk.

HEALTH PROFESSIONAL MEDICAL EDUCATION............... $18,764
Scholarships and funding for health professionals’ education

CASH AND IN-KIND DONATIONS........................................ $170,158
Community Building Activities

Community sponsorships – Includes cash and in-kind donations to nonprofit organizations for charitable purposes.
- American Heart Association
- American Cancer Society
- ALS Walk
- Alzheimer’s Memory Walk
- Columbus Community Garden
- Columbus Youth programs
- Habitat for Humanity
- Loup d’ Loup End Polio Now Bike Ride
- Multiple Sclerosis
- United Way

TOTAL AMOUNT OF COMMUNITY BENEFIT....................... $5,036,993

Contributing to the quality of life in Columbus goes well beyond the walls of the Hospital.
“They gave me back my child.” That’s the way Vanice Dawson describes Wiggles and Giggles Therapy for Kids. “I knew I had this beautiful flower that couldn’t grow,” she adds, “but through her therapy at Wiggles and Giggles, I have this very happy child who is blossoming.”

In 2010, Vanice’s daughter, Gracie, was receiving help at school for reading and had qualified for vision therapy. Vanice talked to her niece, an occupational therapist, who suggested that Gracie would also benefit from a therapy called “Interactive Metronome®” and the closest was at Wiggles and Giggles Therapy for Kids in Columbus.

PERSONALIZED EVALUATION AND THERAPY

“Gracie was 8 years old when she came to us for an occupational therapy evaluation in March 2010,” says Jill Zaruba, Occupational Therapist and Director of Wiggles and Giggles. “Gracie had been diagnosed with attention deficit disorder (ADD). Loud noises and crowds of people frightened Gracie. Despite being very smart, she was having difficulty engaging in the world around her and in school.”

An occupational therapy evaluation at Wiggles and Giggles, revealed that Gracie’s brain was having difficulty processing information. Her vision was perfect, but her brain was having trouble understanding the information her eyes were sending to it, which caused Gracie to have problems with reading, handwriting and reading comprehension. Gracie’s muscles were strong and limber, but her brain was having difficulty planning her movements and a simple task, like tying her shoes, was taking longer for her to learn. She was able to smell, taste and hear just like other children, but her brain was causing her to feel these sensations in an unusual way, which led to distress, confusion and discomfort. Gracie’s family began making the more than two-hour weekly drive to Columbus for occupational therapy at Wiggles and Giggles. Her therapy program primarily focused on using the Interactive Metronome® and Therapeutic Listening. The Wiggles and Giggles therapists receive special training and certification in order to provide both of these therapy tools.

A NEW WAY TO PROCESS INFORMATION

The Interactive Metronome “trains the brain” to plan, sequence and process information more effectively through repetition of interactive exercises. Patients synchronize a range of hand and foot exercises to a computer-generated reference tone heard through headphones and then attempt to match the rhythmic beat with repetitive motor actions, like clapping their hands or tapping their foot. The program often results in children demonstrating increased attention and focus, improved motor planning, better moods, greater tolerance to noise, improved sleep, better handwriting, fewer tantrums and less anxiety.

After approximately four months of therapy, Gracie had made great strides. Scores on all of her initial assessments had improved from significant delays to age-appropriate scores. Her mother reported Gracie to be a “completely different kid.”

Gracie has been discharged from therapy and is thriving among her peers. She “started” for her 7th grade volleyball team and has earned a purple belt in taekwondo. “Even after three years, I am still seeing the benefit of Wiggles and Giggles. As one of her homework assignments, Gracie was asked to create a timeline of her life. The only events she noted in her younger years were the births of her brother and sister,” says Vanice. “But the timeline began to fill in after the point she received therapy. It seemed like her life before Wiggles and Giggles was a blur, and now she can see and experience everything.”

Wiggles and Giggles Therapy has been a part of Columbus Community Hospital for 11 years and through their various programs completes more than 500 therapy sessions each month. The highly trained occupational, physical and speech therapists have numerous specialty certifications. The combined experience of the 10 therapists totals more than 100 years of providing pediatric therapy.

SHARING THE GOOD NEWS

Vanice has gone into the school system to talk about Gracie’s experience and the results of her therapy. “The staff at Wiggles and Giggles is so great. I recommend them to everyone.”

To find out more about the Interactive Metronome or the many other therapy options offered at Wiggles and Giggles Therapy for Kids, call 402-562-3341.
Someone had moved the airbag away from her face and was holding her head still, telling her not to move. That’s some of what Traci Wickham remembers about the near-fatal crash on December 10, 2012.

A semi had run a red light and hit her van with such force that it had crushed the driver’s side inward about 3 feet and pushed the van about 94 yards. Traci’s internal injuries were massive: a pelvic fracture, a ruptured diaphragm that had moved her organs up to push against her heart, a punctured lung, a broken collar bone, a cracked vertebra, a left hip that had broken through the socket and pushed up into her abdomen, and massive internal bleeding.

THE GOLDEN HOUR
Traci was rushed to Columbus Community Hospital for treatment and the clock was ticking. The first hour a trauma patient arrives at the Hospital is called the “Golden Hour”. The Golden Hour refers to a one-hour window of time following traumatic injury in which there is the greatest likelihood that prompt medical treatment will prevent death.

“I remember the ER staff allowed my friends to be with me because my husband works in St. Edward,” Traci recalls. “It took him 30 minutes to get to the Hospital and he got there just in time to say goodbye as they loaded me on the helicopter for Omaha. Then he headed for Omaha, too.”

Traci had experienced such massive internal bleeding that extra blood was sent with her on the helicopter, but it was questionable whether or not she would even walk again, but because her surgeon had specialized trauma and orthopedic training, her family was optimistic.

On January 10, about 2 ½ weeks after surgery, Traci had her first appointment at Columbus Community Hospital’s offsite location, Premier Physical Therapy. “Traci came with a wheelchair, a walker, a foot-drop splint and a neck brace,” says Pam Perault, Physical Therapist. “We started with non-weight bearing therapy. We used a team approach to her therapy: Traci would let us know when a therapy caused discomfort and we would try a different approach. We changed her rehab as her pain tolerance and function changed.”

Because Traci had so far to go physically, Pam notes that Traci’s therapy was a learning experience for both of them. “Traci was determined to get her life back,” says Pam. “She pushed herself to get better and sometimes we had to remind her to take it a little slower so that she didn’t cause any setbacks. We needed to allow her to recover structurally,” Pam continues, “and then work on strength and endurance.”

Two weeks later, Traci also began aquatic therapy at Premier with Physical Therapist Jay Pelan. Traci would have two land therapy sessions with Pam each week, and two aquatic sessions with Jay.

In her aquatic therapy sessions, the buoyancy of the water allowed Traci to put weight on her leg much earlier than she would have on land. The laminar flow of the water and warm temperature were conducive in providing relief from pain and a comfortable therapy environment. “We began with simply learning how to walk again and building strength,” Jay says. “Once she was given clearance for full weight bearing, we were able to progress her through more vigorous exercise.”

Traci has improved to the point where she can now run in the pool for about 10 minutes against a current of about 3 to 4 mph.

WALKING AGAIN
Although things have forever changed for Traci, she is very optimistic about her future. “This past Christmas, I was able to walk without a cane for most of the week,” Traci shares. “I just have to remember how bad it was and then how far I’ve come. I am so grateful to everyone at Premier. I feel like they are part of my family.”

Traci says there is also an advantage to living in a rural community where so many people know each other. “I’ve had great care every step of the way,” she says. “From the EMTs to the ER staff to everyone at Premier, they’ve made me feel like I was their friend and neighbor, not just a patient.”

To learn more about the Physical Therapy or Aquatic Therapy at Premier, call 402-562-7346 or visit our website at www.columbushosp.org.
NUTRITION for Growing Bodies

Children and teens need the right fuel for growing, learning and developing. This means foods and beverages with plenty of nutrients and not too many calories, fats or sugars.

The secret to feeding a healthy family is to serve delicious, nutrient-rich foods at every meal and snack. When children fill up on the right stuff – high-quality nutrition for their bodies and brains – they will naturally have less room for the nutrient-poor choices (soft drinks, chips, candy, desserts).

Here are some quick and easy ways to serve children high-quality choices from every food group.

WHOLE-GRAIN FOODS WITH CARBOHYDRATES, FIBER, B-VITAMINS AND MORE
Whole grains pack a lot of nutritional value. In recent years, there has been an explosion of new grain products on grocery shelves. With so many options, it's hard to know which ones to pick. Choose items that list whole grains as the first or second ingredient on the label. Give kids whole-grain cereals for breakfast, kid-friendly “white” whole-wheat bread for sandwiches, crunchy whole-grain crackers for snacks and whole-grain pastas for dinner.

FRUITS AND VEGETABLES WITH VITAMINS A AND C, POTASSIUM AND FIBER
You can't go wrong with fruits and vegetables: fresh, frozen, canned, dried and 100 percent juice. For kids and adults alike, eating more fruits and vegetables at every meal is important for health. At breakfast, enjoy fresh or frozen berries on cereal, slices of melon or a glass of 100 percent orange juice; at lunch, serve crunchy baby carrots or sliced apples; for dinner, put brightly colored vegetables at the center of every plate. Try to encourage your children to choose fiber-rich fruit first, and limit juice to 1 cup or less per day.

LOW-FAT DAIRY FOODS WITH PROTEIN, CALCIUM, POTASSIUM, MAGNESIUM AND PHOSPHORUS
The nutrients in this group are important for kids, but most young people in America are not getting enough calcium or potassium. Fortunately, it's easy to consume the three daily dairy servings that children and teens need. There are many nutrient-rich, low-fat dairy products to choose from: an 8-ounce glass of low-fat milk with breakfast, lunch and dinner; fat-free or low-fat yogurt parfaits for breakfast or an after-school snack; or string cheese for an on-the-go snack.

LEAN MEAT/POULTRY/FISH/EGGS/BEANS/ NUTS WITH PROTEIN, IRON, ZINC AND B-VITAMINS
Protein is important for growing muscles and active brains. Getting enough protein at every meal and snack also helps extend that feeling of having had enough to eat. While most kids eat plenty of protein at lunch and dinner, they don't necessarily get their protein fix with breakfast or snacks. Start their day with eggs, bean burritos or last night's leftovers. For snacks, provide nuts, peanut butter, or sliced lean ham or turkey.

This article was written by Lacey Zarek, RD, one of the Hospital’s registered dietitians. If you have questions or would like more information on nutrition recommendations and healthier eating, contact Lacey at 402-562-4460 or Joan Plummer, RD, LMNT, CDE, at 402-562-4462.

The secret to feeding a healthy family is to serve delicious, nutrient-rich foods at every meal and snack.
JOIN US for S.N.A.P. Camp

Keeping children healthy is a S.N.A.P., especially when they know how to make smart and healthy choices. That’s the idea behind a program developed by Reye Snitily, Education Coordinator at Columbus Community Hospital, and other members of the S.N.A.P. camp committee. S.N.A.P stands for Safety, Nutrition, Awareness and Physical Activity, all of which are part of the two-day summer camp held at the Hospital in August.

The camp is geared for children entering the 4th, 5th and 6th grades and brings together a team of Hospital and community professionals who share their expertise with the camp’s attendees. “We recognize that kids of these ages may be home alone while the parent(s) are at work,” Snitily says. “Our goal for children attending the camp is to arm them with the information they need to make smart and healthy choices.”

Data gathered through the Hospital’s 2012 Community Health Needs Assessment (CHNA) showed that obesity was considered to be a major concern for the community. The Hospital offers several classes on weight management and healthy lifestyle for adults, but the S.N.A.P. camp is geared specifically for children.

Through the educational sessions, children learn about:

- Storm safety from the city’s Emergency Management Coordinator
- Zumba for kids from a local instructor
- Internet safety and drug awareness from a Nebraska State Patrol trooper
- Nutrition, portion size and making healthy snacks from one of the Hospital’s dietitians

Activities provide hands-on learning experiences, too, like learning how to use a fire extinguisher and putting together first-aid kits they can use at home. Class leaders make the sessions fun, like the melon drop, used as a learning experience to emphasize the danger of riding a bicycle without a helmet.

As more focus is placed on keeping people well and healthy, children attending the camp will have a good foundation for becoming healthy adults, which translates into a healthier community. Although campers pay a small fee to attend, the camp is mostly funded through the Hospital’s Community Benefit program.

For more information about the 2014 camp, contact Reye Snitily, Education Coordinator, at 402-562-3321.

“Our goal for children attending the camp is to arm them with the information they need to make smart and healthy choices.”

– REYE SNITILY
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. in the Prairie Room of the Hospital.

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.

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 EXERCISE GROUP
These sessions are a medical wellness program where people affected by Parkinson’s disease (PD) are able to improve their quality of life by increasing their independence and enhancing their function. This unique exercise program is designed for anyone with a diagnosis of Parkinson’s disease (new or previously), a former LSVT-BIG or PWR! Patient with Rehabilitative Services, or someone who has been screened by one of our Parkinson’s PTs or OTs. The program is guided by certified clinicians Haley Bidroski and Matt Wesch. Classes meet on Tuesdays from 1:30-2:30 p.m. and are limited to 8 participants.

- To learn more or to register for the program, contact Rehabilitative Services at 402-562-3333.

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.

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.

Learn a variety of health tips or more about specific conditions by visiting our Online Health Library at www.columbushosp.org. Select “Health Library” under “Our Services.”
RESILIENCE in Trauma Care

A trauma center is a type of hospital that has resources and equipment needed to help care for severely injured patients. The American College of Surgeons Committee on Trauma classifies trauma centers as Level I to Level IV. A Level I trauma center provides the highest level of trauma care while Level IV trauma centers provide initial trauma care and transfers to a higher level of care if necessary.

As a Level III trauma center Columbus Community Hospital is committed to providing exceptional trauma care to patients in our community, serving more than 200 patients in 2013. Our trauma program strives to focus on each patient’s individual response to their injury. Recently there has been a shift in research and treatment models. Once focused on ways in which traumatic events overwhelm our capacity to cope and in some cases, leave us scarred by the experiences, to now understanding and acknowledging that with proper support and resources long-term harmful effects are not inevitable.

More often, we see people are incredibly resilient in the face of horrific experiences. This focus on resilience has been a cornerstone of Columbus Community Hospital’s approach to responding to traumatic events. It is a privilege for those of us who do this work to witness the incredible strength, compassion and even growth that we see in people in the immediate aftermath of trauma. With our strong commitment to education and excellence, our local trauma center serves Nebraska by ensuring that the right care will help people continue to live to their full potential, despite having experienced severe injury.