

THE pulse

 **syracuse**
AREA HEALTH



SUMMER 2019
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TOWN CHAMPION

LETTER FROM THE CEO



Dear Friend,

We are pleased to present the next issue of *The Pulse Magazine*, the community publication of Syracuse Area Health.

I wanted to highlight a few articles that particularly resonated with me. First and foremost, I'm pleased we have decided to spotlight the talent we have here at Syracuse Area Health. Dr. Scott McHam explains his path to becoming an oncologist and the passion behind his patient care.

Please also take a look at the article about our staff member, Julie Werner, who had an unexpected fall while on vacation in Mexico. What began as a harrowing experience turned into a celebration of the services and community Syracuse Area Health offers.

This issue spotlights community member Don Harms, a man long overdue for recognition here at Syracuse Area Health.

As a hospital board member, Don's steady leadership in past years has been instrumental in helping ensure the success of this facility. We are grateful and glad to be able to give him this small token of recognition.

Check out our fan favorite recipe for blueberry French toast, and finally, as summer comes to our state, we leave you with safety tips to keep you and your family happy and healthy this season.

As always, we want you to be involved and truly recognize that SAH is not a community hospital, but your community hospital. Please don't hesitate to reach out with feature ideas or feedback on the magazine. It's as much your publication as it is ours.

**Sincerely yours,
Michael Harvey
CEO**



Growing with You

All the services you need, right here at Syracuse Area Health

At Syracuse Area Health, we are with you along every step of life's journey. From our family practice providers guiding your child's first steps to specialty physicians who offer the same services and innovative procedures available at larger healthcare facilities, we continue to grow with you. It's our ongoing commitment to provide you access to the level of care you deserve, without the need for travel.

Visit syracuseareahealth.com to learn more or call **402-269-2011** to schedule an appointment.



Services Include:

- Orthopedics and Sports Medicine
- Women's Health
- Rehabilitation
- Primary Care
- Preventative Screenings
- Oncology
- Specialty Services



As a college student, **Scott McHam** watched as his grandfather battled cancer. A few years later, when he was in medical school, becoming an oncologist was the obvious choice.

"I was learning from an oncologist who had a great relationship with his patients," says Dr. McHam. "I loved seeing that relationship. The patients inspired me every day. The situations were often difficult and complex, but there was hope and encouragement."

Now it's Dr. McHam's own patients who inspire him. Dr. McHam comes to Syracuse Area Health triple-board certified by the American Board of Internal Medicine (he's certified in internal medicine, medical oncology, and hematology). He is a member of the American College of Clinical Oncology and the American Society of Hematology. He completed an internal medicine residency and a three-year hematology/medical oncology fellowship at the Cleveland Clinic Foundation in Cleveland, Ohio.

"I love being at Syracuse Area Health because of the patients," he says.

"One of them brings me homegrown tomatoes from his garden. The small town feel of it here makes it a friendly and inviting place to work. I grew up in a small town myself, so I appreciate the care this community has for each other."

A love for small town life doesn't, however, prevent Dr. McHam from exploring big ideas. Cancer is a smart disease, but fortunately, cancer

doctors are smarter—and Dr. McHam is continuing to learn the newest and best treatments for his patients. He recently attended a medical conference at Harvard University where there was plenty of exciting and promising news about fighting cancer.

"A lot of data on immunotherapy was presented at the conference," he says. "Immunotherapy activates the patient's own immune system to fight cancer, and it is changing the landscape in oncology. We have been seeing amazing results with this! There are more patients in remission with hope of cure."

As passionate as Dr. McHam is about cancer treatment, he does his best to spend as much time as possible with his family.

"I feel the most relaxed when I am out in nature. Some of my best memories are teaching my children to hunt and fish. I wish I could do more of that," he says. On the secret to his successful 27-years-and-counting marriage,

"I love being at Syracuse Area Health because of the patients."

he says it's the same thing that helps him be a good doctor: "I have found that healthy communication is a large part of what makes our relationship work. I take a similar 'team approach' when I'm working with my patients. It begins with honest conversation. Each person has individual goals and desires for their care. I try to understand those personal aspects and then tailor a plan that fits that person's individual needs."

Relationships are the foundation of care for Dr. McHam, and Syracuse Area Health is proud that he is here fighting cancer and establishing healthy, successful relationships with patients in our community.

An Unexpected “Break”

SAH EMPLOYEE FINDS OUT WHAT IT’S LIKE TO NEED CARE IN A DIFFERENT COUNTRY

Work was the farthest thing from **Julie Werner’s** mind when she was on vacation with her husband and friends, hundreds of miles away in Cancun, Mexico.

Julie’s role at SAH is Utilization Review & Discharge Planning in the Nursing Administration Department. She was enjoying the break from everyday life.

Until she had another kind of break. “We were staying at a wonderful resort and I sustained a fall,” she says. “I fractured my left wrist in several places.”

Getting medical care was nothing short of an ordeal for Julie. “We did not have a favorable experience in Mexico,” she says, “but that was because—as we found out later—that we were subjected to a

healthcare scam attempt. As it happens, there were several other very competent facilities nearby that we were not offered.”

It was a long and scary story, says Julie, but fortunately she was able to be cared for—even long distance—by her friends and coworkers at Syracuse Area Health.

After connecting with Dr. Tempelmeyer, Dr. Steckelberg and their nursing teams, the wheels were set in motion. “Our orthopaedic surgeon, Dr. Strasburger, actually called me in Mexico from Syracuse Area Health to have me send him my x-ray films. He, along with the SAH family practice providers, gave me direction for my care. It was a great relief to have our team looking out for me,” she says.



BACK HOME AT SYRACUSE

Julie’s fracture was displaced, so she ended up needing surgery upon her return home.

“I believe I’m probably a very impatient patient,” Julie laughs. “I’ve received care at Syracuse Area Health many times before and am so grateful they put up with me!”

Joking aside, Julie is grateful for the care she received at home at SAH. “I trust and know firsthand, from being on both sides of care, that our staff performs in the best interest of every patient,” she says.



Don Harms is good in a crisis. Although he may not put it that way himself, Don has a reputation for calm, clear-eyed leadership. For years he was what he calls a “fixer” of banks, going in to small town banks, righting the ship, and moving on.

“You can always tell with small towns,” he says. “If there’s a good bank, good schools, and a good medical facility, people will want to come there and stay there.”

Having helped many banks in his career, Don saw a need and became part of the Syracuse Area Health board. It was a time of potential upheaval for SAH, and the board was tasked with deciding whether to keep or sell the old clinic.

“If I had to describe myself, I’d say I bring a calming effect when there’s a crisis, keeping emotions out of it,” says Don. Ultimately, the board decided to keep the clinic and open the Auxiliary Thrift Shop. The thrift store has since raised almost \$800,000 for the hospital, providing the funds for new equipment and technology.

SAH CEO Michael Harvey says what Don himself won’t: “I really believe that it was Don’s leadership that saw us through the rough times. It’s enabled us to become what we are now: a brand new facility, providing more services to our community than ever before. Don was board chair at a pivotal point. We would not be where we are today without him.”

When asked why he felt compelled to help the hospital grow and thrive, Don says, “I think everyone needs to have a place to go rather than having to take an ambulance or car 40 miles before they can get treated in emergencies. I think it’s very, very important for people in the area to have a quality healthcare facility close to them.”

Don values community so much perhaps because growing up, he didn’t have one. He grew up on a farm outside of Glendale, Nebraska, going to school in a one-room schoolhouse. His brother took on the farm partly because Don knew farming wasn’t where his strengths were.

“My brother could fix anything, from a watch to a tractor. I like to fix financial things. If you put my brother in my office, he’d climb the wall. If I were on the farm, it wouldn’t be as successful,” he says. Even so, Don is not afraid to get his hands dirty. He still volunteers for

the Auxiliary Thrift Shop, unloading merchandise and carrying things from storage to the sales floor.



Don and his wife Sharon will have been married for 57 years this year. They have children—two daughters who live in the community, plus grandchildren, and one great grandchild. “It’s fun keeping up with them,” says Don.

Don says it’s important to volunteer. “Everyone can do something. I feel it’s important for people to share their talent and make the community better for all of us.”

A Salute to **Summer** Safety

stay safe *in the sun*

After the winter we've had, it's exciting to finally be able to get outside without all the scarves, hats, and layers. But don't let the warm temperatures go to your head: Summer can be dangerous, so it's best to remember summer safety tips no matter how much fun you're having.



SEEK THE SUN SAFELY

The sun is more dangerous than it used to be. Even if you're outside for only a short time, you can still get burned. Always wear a hat and sunglasses, plus sunscreen of SPF 30 or higher. Cover up with light, breathable fabric, and don't forget to stay inside during the sun's peak from 11 a.m. to 1 p.m.

FEET FIRST

It might be warm enough for flip-flops, but consider your task before considering your footwear. Mowing, hiking, and even walking on the beach can be disastrous if you're not wearing the right shoes. Protect your toes, no matter what the temperature.

STAY HYDRATED

Dehydration can sneak up on you, so be sure to drink plenty of water, even if you don't feel thirsty. If you feel dehydration (headache, nausea) coming on, try taking Dramamine or Benadryl to help with the symptoms, along with small sips of water or a sports drink.

FIREWORKS FOR PROFESSIONALS ONLY

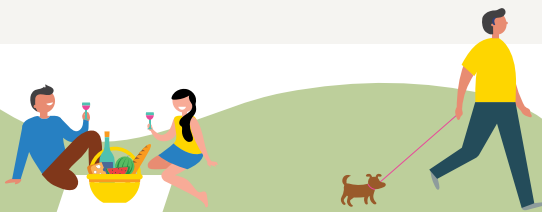
There's a reason fireworks aren't sold next to the bread and milk in the grocery store: They are dangerous, even deadly. Leave the fireworks to pyrotechnic crews, not your brother.

BE SAFE ON THE WATER

Before skipping your vessel off towards fun, be sure you have plenty of sunscreen, lifejackets, and fully charged cell phones. And if you're responsible for your crew, never ever drink and boat.

COOKOUT WITH CARE

Grilling and summer go hand in hand, but so do foodborne illnesses. Make sure your burgers and chicken are cooked through and don't let food sit out too long.



Syracuse Area Health wishes you and yours a happy and safe summer! We hope you'll follow these tips because although we want to see you, we'd rather see you outside enjoying the season—and not in the ER.



LETTUCE EAT CAFE

Join us for lunch Monday-Friday,
11:30 am - 1:30 pm.
Public is always welcome!



AJ'S COFFEE BAR

Grab a cup of joe or handcrafted specialty drink at AJ's Coffee Bar.
New summer hours:
Monday-Friday, 7:00 am - 11:00 am.



This is the one you've been hearing about!
Syracuse Area Health's own, Stephanie Pfeiffer, shares her recipe for Overnight Blueberry French Toast. Lettuce Eat Café guests love this, and so will yours!



Overnight Blueberry French Toast

DIRECTIONS

Lightly grease a 9 x 13 inch baking dish. Arrange half the bread cubes in the dish and top with cream cheese cubes. Sprinkle 1 cup of blueberries over the cream cheese and top with remaining bread cubes.

In a large bowl, mix the eggs, milk, vanilla extract, and syrup. Pour over the bread cubes. Cover and refrigerate overnight.

Remove the bread cube mixture from the refrigerator about 30 minutes before baking. Preheat the oven to 350 degrees.

Cover and bake 30 minutes. Uncover and continue baking an additional 25-30 minutes or until center is firm and surface is lightly browned.

In a medium saucepan, mix the sugar, cornstarch, and water. Bring to a boil. Stirring constantly, cook 3 to 4 minutes. Mix in the remaining 1 cup of blueberries. Reduce heat and simmer 10 minutes, until the blueberries burst. Stir in the butter and pour over the baked French toast.

INGREDIENTS

- 12 slices day-old bread, cut into 1-inch cubes
- 2 (8 ounce) packages cream cheese, cut into 1-inch cubes
- 2 cups fresh blueberries
- 12 eggs, beaten
- 2 cups milk
- 1 teaspoon vanilla extract
- 1/3 cup maple syrup
- 1 cup white sugar
- 2 tablespoons cornstarch
- 1 cup water
- 1 tablespoon butter



2731 Healthcare Drive
Syracuse, NE 68446

Community Outreach Schedule

Join us for these events this summer. We'll be marching in parades, appearing at county fairs, and hosting a community health presentation. We hope to see you this summer!

PELVIC HEALTH COMMUNITY PRESENTATION

Wednesday, June 26, 2019 | 10:00 am and 6:00 pm
SAH Conference Center

Lindsay Tuxhorn, Occupational Therapist, along with Lindsey Elder, Family Practice Provider, will discuss how to improve pelvic health including non-invasive treatment options and pelvic floor therapy for incontinence.

LIMESTONE DAY PARADE

Saturday, June 29, 2019
Weeping Water, NE

OTOE COUNTY FAIR

Thursday, July 25 - Sunday, July 28, 2019
Syracuse, NE

GERMANFEST PARADE AND FESTIVITIES

Saturday, July 13, 2019
Syracuse, NE

CASS COUNTY FAIR

Wednesday, August 7 - Saturday, August 10, 2019
Weeping Water, NE



We'd like to add a correction from the Winter 2018 issue.

The surgical procedure number in the fiscal year 2018 statistics was noted as 194 but SAH actually saw a rise in surgical procedures and ended the fiscal year at 323.