

Letter from the CEO



Dear Reader,

As we move into the heart of summer, I'm excited to welcome you to the newest edition of The Pulse. At Syracuse Area Health, our commitment to compassionate care and healthy communities remains stronger than ever, and this issue highlights some of the incredible ways we're advancing that mission in 2025.

We're thrilled to share news about our new location in Lincoln, bringing our trusted services even closer to more families in Southeast Nebraska.

You'll also read a moving testimonial from a recent patient who benefited from our

Swing Bed program, a reminder of how important it is to have expert rehabilitation services available close to home, surrounded by family and a familiar community of care.

Inside, we spotlight our clinic and pharmacy services, highlighting some of the providers making a difference in the lives of our patients every day. Whether you're visiting us for primary care, prescriptions, or specialty services, our goal is to make access to quality care personalized.

Don't miss the feature on diabetes education, which includes a delicious recipe and outlines the ways our team provides support for those managing this condition. At Syracuse Area Health, we're focused on not just treating illness but helping people take proactive steps toward lifelong wellness.

We're also proud to highlight the work of our Foundation, which continues to fuel programs and services that support our entire community.



Lisa Voorhees Interim CEO

In this issue, you'll also meet a patient bravely facing lymphedema and learn about our growing telemedicine offerings in nephrology, bringing expert kidney care right to our patients' fingertips.

As always, I am deeply proud of the dedicated team here at Syracuse Area Health. Each story in this issue reflects their passion, skill, and genuine care for the people we serve. Thank you for continuing to place your trust in us.

Warm regards, Lisa Voorhees Interim CEO





Note from Lisa

After working at Syracuse Area Health for 25 years, it's been amazing to see the organization continue to thrive over the years. Most importantly, it's the relationships I've built along the way with wonderful co-workers who have been with me every step of the way. Working in a community that you grew up in is something special when you know you are caring for your neighbors, family, and friends. I am proud that we have continued to keep the patientfocused mission as the organization continues to grow. With my time at SAH, I have been through several projects along the way, including:

- Clinic Addition to the Old Hospital
- Acquired the Weeping Water Clinic
- Opened the Thrift Store
- Full Remodel of the Old Hospital
- **New Hospital**
- Acquired Strasburger Orthopaedics
- New North Clinic / Retail Pharmacy
- MRI Addition
- Relocation of Strasburger Orthopaedics (Sagewell Orthopaedics)
- New Sagewell Urgent Care

It's been a fun journey. I am truly blessed to have been a part of the success of this organization. I am excited to see what the future holds...

Syracuse Area Health

Exciting Changes Coming to Our Lincoln Location

Introducing Sagewell Health

Syracuse Area Health is proud to announce the launch of its new division, known as Sagewell, which promises trusted, expert care as a compassionate partner in health for our communities. Plans to open a state-of-the-art facility in Lincoln, Nebraska, this Fall 2025 are underway, and Sagewell will combine existing orthopaedic care and a new urgent care under one roof at 7350 Willowbrook Lane, just 25 minutes from Syracuse Area Health's main campus and hospital.

As part of the brand rollout, Strasburger Orthopaedics will transition to Sagewell Orthopaedics and relocate from 7121 Stephanie Lane to the new site. Dr. Scott Strasburger and his team will continue providing exceptional orthopaedic care in Lincoln, Syracuse, and Nebraska City, with surgeries performed at Syracuse Area Health's main campus.

"Our goal is to enhance access to high-quality care for residents of Lincoln and surrounding rural communities," said Lisa Voorhees, Interim CEO of Syracuse Area Health. "By relocating the existing orthopaedic clinic in Lincoln to this convenient location near Nebraska Parkway and Pine Lake Road, patients will experience the benefit of state-of-the-art technology along with the relationship they have established with Dr. Strasburger and his team."

In addition, Sagewell Urgent Care will offer immediate treatment seven days a week







for a wide range of illnesses and injuries. This facility will provide onsite radiology, extended business hours, and walk-in availability, making it a convenient option for individuals and families seeking quality care.

"It's exciting to see this project unfold. We have a passionate, well-trained team, ready to serve our patients in health," shared Voorhees.

The launch of Sagewell reflects Syracuse Area Health's commitment to innovation, accessibility, and community well-being. By uniting orthopaedic and urgent care services under one name and one roof, the new brand aims to simplify the healthcare experience while continuing to deliver trusted, expert care.

The new Lincoln location will open in the Fall of 2025. **For more information about this organization, visit www.syracuseareahealth.com.**



Regaining Strength & Independence

How Swing Bed Care Helped Bill Dettmer Heal

For Bill Dettmer, what started as a routine day quickly turned into a life-changing event.

A fall from a piece of machinery left him with severe pain in his lower back and hip. Seeking immediate medical attention, he arrived at the Emergency Room at Syracuse Area Health, where Molly Skomer, APRN, along with emergency doctors and nurses, provided him with expert and compassionate care.

As the team assessed his condition, they discovered blood clots that had formed as a result of the fall. Bill was admitted to the hospital for close monitoring and treatment. Thanks to the prompt medical attention and proper medications, the clots began to dissolve, but his journey to recovery was just beginning.

After several days of hospitalization, the care team determined Bill needed additional support before returning home. That's when he was introduced to Swing Bed Care at Syracuse Area Health.

What is Swing Bed?

Swing Bed is a specialized program designed to help patients transition from hospital care to home by providing skilled nursing and rehabilitation services. It's ideal for those who are recovering from surgery, illness, or injury and need extra time to regain their strength, mobility, and independence.

For Bill, the Swing Bed meant 11 additional days of focused rehabilitation. The staff explained the program's purpose: to improve his strength, mobility, and ability to care for himself. As soon as it began, he knew he was in good hands.

The Road to Recovery

During his time in Swing Bed, Bill experienced firsthand the dedication of the Syracuse Area Health team. His care team encouraged him daily and checked in on him regularly to ensure his progress. They helped him walk, regain confidence, and rebuild his independence.

"They would come in at different times and say, 'Bill, it's time for a walk again,'" he recalls. Those consistent check-ins, paired with expert care, made all the difference. By the end of his stay, Bill felt stronger, more mobile, and, most importantly, confident he could live on his own again.

"Swing Bed Saved Me"

Looking back, Bill credits the Swing Bed program with his successful recovery. What started as a frightening and painful experience turned into an opportunity to rebuild his strength with the support of a skilled and compassionate care team.

"After my stay in Swing Bed, I felt stronger and was ready to go home and live alone. I felt more confident that I could take care of myself again," Bill says. "All I got to say is thank you all—Molly and the entire staff."

For patients like Bill, Swing Bed is more than just a program; it's a bridge to independence. At Syracuse Area Health, it's delivered with the expertise, encouragement, and personal care every patient deserves.

If you or a loved one need extra care after a hospital stay, Swing Bed at Syracuse Area Health may be the perfect next step toward recovery. Call us today to learn more about how we can help you regain your strength and independence.



"After my stay in Swing Bed, I felt stronger and was ready to go home and live alone. I felt more confident that I could take care of myself again. All I got to say is thank you all - Molly and the entire staff."

Family Care for All Ages

Comprehensive Care Close to Home

No matter your age, gender, or illness, there's likely a provider at Syracuse Area Health that's right for you. Our highly qualified providers have a wide variety of backgrounds, just like our patients. Receive the personalized and customized care you deserve at SAH.

Syracuse Clinic

402.269.2411 2731 Healthcare Drive Syracuse, NE 68446



Randy Bain DO. FAAFP



Todd Stuckey MD. FAAFP



James Steckelberg



Heather Noerrlinger APRN



Molly Skomer APRN



Nicole Maher LIMHP, LADC



North Clinic

402.267.5330 7512 Highway 50 Weeping Water, NE 68463



Brett Copley DO



Lindsey Eggers APRN



Heather Noerrlinger APRN

North Campus Pharmacy

Personalized Service, Expert Guidance

Conveniently located on Highway 50, our retail pharmacy is staffed by pharmacists who are there to answer questions, help you manage medications, and provide personalized service extending far beyond what the doctor ordered. You can pick up prescriptions, find diabetic testing supplies, or get the help you need when selecting over-the-counter medications.

Syracuse Area Health

Managing Diabetes with Confidence

Syracuse Area Health is Here to Help

At Syracuse Area Health, we believe that compassionate care includes empowering our patients with the knowledge and tools to live their healthiest lives. We're proud to offer comprehensive diabetes services designed to support individuals at every stage of their diabetes journey.

Our Diabetes Services Include:

Individual Consultations

- Comprehensive Diabetes Education
- Continuous Glucose Monitoring
- Nutrition Therapy
- Medication Management

Our diabetes education program helps you learn: what diabetes is, how it affects the body, understanding blood sugar numbers and medications, and eating to maintain healthy blood sugar levels. Classes are led by our experienced team, including a Registered Nurse and a Registered Dietitian. Individual education sessions are also available to accommodate your needs.

At Syracuse Area Health, we support you in navigating your diabetes diagnosis. Many Medicare and commercial plans cover diabetes education and offer valuable resources. With our guidance and help from organizations like the American Diabetes Association, you can learn to manage diabetes effectively.

Interested in our diabetes education services?

Talk to your healthcare provider or contact Syracuse Area Health to learn how to get started!



Rachel Werner RN, BSN, CCRP Specialty Clinic Director



Haley Volkman RN, BSN Diabetes Educator



Danae McKenzie RDN, LMNT Dietary Director

Blueberry Lemon Yogurt Parfait

5 min prep time / 4 servings

Ingredients:

- 3 cups plain nonfat Greek yogurt
- 2 small lemons (zested and juiced)
- ½ cup Splenda or stevia
- 1 Tbsp vanilla extract
- 2 cups fresh blueberries
- ¼ cup sliced almonds

Instructions:

- In a medium bowl, whisk together yogurt, lemon zest, lemon juice, and Splenda or stevia.
- Add 1/2 cup yogurt to a parfait dish or small bowl.
 Top with 1/2 cup blueberries, then another 1/4 cup of yogurt. Sprinkle with 1 Tbsp. sliced almonds.
- Repeat with three more parfait glasses. Serve immediately or refrigerate.



Finding Relief

How Lymphatic Drainage Transformed One Patient's Journey

For years, Amanda Henderson struggled with unexplained health issues. From childhood, she experienced pain, fatigue, digestive problems, and mobility challenges. As she entered adulthood, her symptoms worsened, making daily life increasingly difficult. By her late 30s, she required a motorized wheelchair at work and assistance with basic tasks at home. "I was in agonizing pain, my whole body was becoming weaker, my GI system was rejecting almost everything I ate, and I was so fatigued I could barely keep my eyes open when I sat down." After years of misdiagnoses, she was finally diagnosed with hypermobile Ehlers-Danlos syndrome (hEDS), a complex connective tissue disorder affecting every part of the body.

Determined to find better symptom management, Amanda explored various treatment options. She eventually discovered Manual Lymphatic Drainage (MLD) therapy at Syracuse Area Health, where compassionate providers worked with her to develop a personalized care plan. "The results were astounding and immediate. My body shed some of the excess fluid it was holding onto, and with it, inflammation receded." Over time, she experienced less joint pain, fewer headaches, and even improved digestive function, avoiding a previously recommended surgery.



With continued support from the healthcare team at Syracuse Area Health, Amanda incorporated MLD therapy into her daily routine. She also gained access to compression pumps for at-home use, which helped maintain her progress between appointments. "...[T]hey were able to provide a set of my very own compression pumps in my home. I use them daily and go in...every two weeks or so, and I continue to have much better symptom management." The combination of expert care and advanced therapies gave her newfound confidence in managing her condition.

Syracuse Area Health

Amanda's journey highlights the importance of innovative treatments like MLD in managing chronic illnesses. She hopes more people will benefit from lymphatic therapies, whether for pain management, post-surgical recovery, or overall wellness. "It was such a relief to find a therapy that was helpful in so many ways and contributed to so many bodily functions and systems." Thanks to the dedicated providers at Syracuse Area Health, she has found relief—and a renewed sense of hope.





Syracuse Area Health Honored for Employee Engagement

Best Places to Work in Healthcare

Syracuse Area Health has been recognized as a 2025 Best Places to Work in Healthcare by Modern Healthcare, a tribute to the team's dedication to creating a positive and supportive work environment. This marks the second consecutive year SAH has received this prestigious award.



2024

BEST PLACES
TO WORK
in Healthcare

2025

Hope in Bloom

As summer settles in, the Healing Garden at Syracuse Area Health is bursting with color.

Thanks to the generous support of our community, we've planted over 200 trees along with more than 3,000 plants and bulbs. As you stroll through the arboretum this summer, take a moment to appreciate the beauty and serenity that your support has nurtured.

To read more about what we're doing in the Arboretum Project, scan the QR code.







Telemedicine Outpatient Nephrology



Tele-Nephrology: Expert Kidney Care, Close to Home

Syracuse Area Health is excited to provide tele-nephrology services through our Specialty Clinic, offering convenient access to expert kidney care right in our community. Patients can now connect with experienced nephrologists virtually, receiving the same level of care as they would at a large hospital, without the need to travel.

How Tele-Nephrology Works

For a tele-nephrology appointment, patients visit our Specialty Clinic, where our trained staff facilitate a secure video connection with a nephrology specialist. During the session, the doctor reviews your medical history, discusses any symptoms, answers your questions, and outlines the next steps in your treatment. If any tests such as lab work or imaging are needed, they often can be completed right here at Syracuse Area Health. Thanks to this smooth integration of

technology, patients receive high-quality, specialized care close to home—whether managing chronic kidney disease or other nephrology issues.

Benefits of Tele-Nephrology

Available for both inpatient and outpatient care, tele-nephrology makes specialized treatment more accessible without compromising quality. Many top hospitals have embraced this model, and Syracuse Area Health is proud to offer the same high standards locally.

Stay Close. Stay Well.

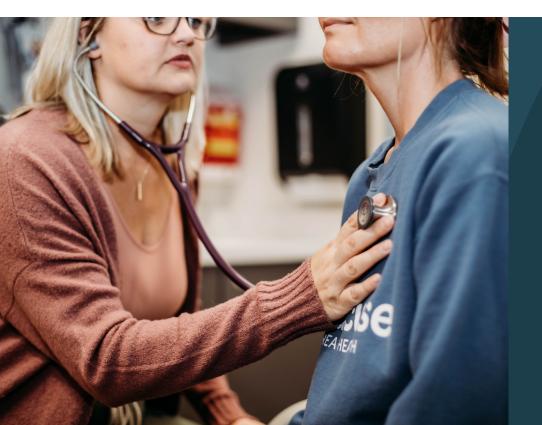
Tele-nephrology is part of our ongoing commitment to compassionate care and building healthier communities. If you or a family member could benefit from outpatient tele-nephrology, **contact our Specialty Clinic Scheduling at 402-269-7636 for more information.**



Jeffrey Marple



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Thank You for Trusting Us With Your Health

We are committed to grow with you and your loved ones. For more information, visit us at **www.syracuseareahealth.com** or scan the QR code for more information.









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