



THE
pulse

*Right Here
When It
Matters Most*

How Local Emergency Care
Made All the Difference for One
Syracuse Family



- + How LSVT BIG Therapy Supports Patients Living with Parkinson's
- + Sagewell Family Medicine & Aesthetics Expands to Hickman
- + Expert Care from the Syracuse Area Health Emergency Department

Letter *from the* CEO

Dear Reader,

As we reflect on another year of growth and service at Syracuse Area Health, I'm filled with pride in what our team continues to accomplish and gratitude for the trust you place in us.

This edition of The Pulse is full of stories that highlight our mission in action: Compassionate Care, Healthy Communities. Whether it's Jon's story of lifesaving emergency care, the inspiring progress of patients in our rehabilitation and orthopaedics programs, or the expansion of our services across Southeast Nebraska, every page reflects our commitment to you.



Lisa Voorhees
CEO

We're especially excited to share more about the LSVT BIG program now offered through our Rehab team, a powerful resource for individuals with Parkinson's disease. You'll also read about our outreach division, Sagewell, offering high-quality, personalized care even closer to more families in our region.

Our family medicine clinics, emergency department, lab, imaging, and specialty services all continue to grow in response to your needs. Behind the scenes, our dedicated Auxiliary and Thrift Store volunteers, recently named "Best of Otoe County," continue to provide vital support that uplifts our entire organization.

Thank you for being part of the Syracuse Area Health family. We're honored to serve you.

Warmly,
Lisa Voorhees
CEO



2025 Rural Provider Excellence in Quality Award

For the fourth consecutive year, SAH was awarded the 2025 Rural Provider Excellence in Quality Award by the Nebraska Department of Health and Human Services. The award honors SAH's top 10 performance in quality among Nebraska's Critical Access Hospitals.

Rediscovering Movement & Confidence

How LSVT BIG Therapy Supports Patients Living with Parkinson's

Syracuse Area Health is committed to supporting patients living with Parkinson's disease and other neurological conditions by offering proven therapies that build strength, confidence, and independence. One of the most effective programs available is LSVT BIG, now offered close to home through our certified rehabilitation team.

People with Parkinson's often experience smaller, slower movements that affect balance, posture, and daily activities. LSVT BIG is an evidence-based, one-on-one therapy designed to help patients "think BIG" by practicing larger, more intentional movements. This approach helps recalibrate the body's movement, making tasks such as walking, dressing, and rising from a chair feel more natural and controlled.

How the Program Works

LSVT BIG follows a structured schedule of:

- One-hour sessions,
- Four days per week,
- For four consecutive weeks,
- Paired with daily at-home exercises.

This consistency helps patients build momentum and maintain progress long after the program ends.



Personalized Care, Real Results

Each treatment plan is tailored to individual goals, whether that means improving steadiness at home, navigating uneven ground, or completing fine-motor tasks. While early intervention is ideal, patients in all stages of Parkinson's can benefit from the program.

Syracuse Area Health is proud to have six LSVT BIG-certified team members, including Occupational Therapists, Physical Therapists, and a Physical Therapist Assistant. Their expertise and encouragement create a supportive, motivating environment for every patient.

"Boot camp has been a life-changing experience for me. The exercises increased my mobility and balance, allowing me to enjoy everyday life again. The staff was very professional and encouraging." – Tim, LSVT BIG patient

Take the First Step Toward Better Movement

If you or a loved one is living with Parkinson's or another neurological condition, LSVT BIG can help you move bigger, live fuller, and regain confidence in daily life.

To learn more or schedule an appointment, call the Syracuse Clinic at 402.269.7622 or visit www.SyracuseAreaHealth.com.



Right Here When It Matters Most

How Local Emergency Care
Made All the Difference for
One Syracuse Family

When Jon started feeling a sharp pain in his side, he brushed it off.

He had been working hard—juggling construction projects and preparing to sell his house. It wasn't until the pain became unbearable that his wife, Alison, brought him to Syracuse Area Health's Emergency Department—just minutes from home. That quick decision, and the care he received, made all the difference.

"When I came home, it was so bad that I couldn't walk," Jon recalls. "It kept getting worse, fast. By the time I got to the ED, I was in bad shape."

Quick Diagnosis & Critical Care

Within minutes of arriving, Jon was getting a CT scan and bloodwork. The diagnosis wasn't just diverticulitis—it was

quickly progressing toward sepsis, a life-threatening condition. Thankfully, the care team at Syracuse Area Health moved fast. With access to onsite lab results, medical provider Molly Skomer, APRN, was able to prescribe accurate antibiotics and pain relief. With continuous care and monitoring from day nurse Michelle Baxa and night nurse Britnie Hoyle, Jon's body stabilized. He was then able to comfortably transfer to a hospital equipped for the next steps in his healing journey.

"If they hadn't given me those medications right away, I might've gone septic," Jon says. "The team was incredible. Candid, funny, empathetic, and completely on top of things. I never had to press a call button or wait for help. I felt safe, even though I was in a dangerous situation."

Expert Care, Close to Home

This isn't Jon's first time relying on Syracuse Area Health's Emergency Department—and once again, it exceeded expectations.

"Every time I've come here, it's been phenomenal," he says. "Knowing that we have the level of expertise here in Syracuse is reassuring, and it means a lot when you've got kids and a family."

For Jon and Alison, the proximity of top-notch care is more than just convenient; it's part of why they feel confident raising their family here.

"We love this community," Alison shares. "We like knowing our neighbors, living without the noise and traffic of a big city, but still having incredible healthcare access. You're not waiting days for an appointment. Most of the time, it's same-day. That's huge."

Grateful for Lifesaving Help

Reflecting on the experience, Jon is grateful not only for the clinical expertise but for the compassion behind it.

"They knew what they were doing, and it made a real difference. If I'd had to drive to Lincoln or Omaha in that condition... I don't know what would've happened," he says. "They potentially saved my life and helped me avoid emergency surgery. Thank you to the whole ED staff for your hard work and quick action!"



Molly Skomer
APRN

"We love this community," Alison shares. "We like knowing our neighbors, living without the noise and traffic of a big city, but still having incredible healthcare access. You're not waiting days for an appointment. Most of the time, it's same-day. That's huge."

Restoring Mobility. Rebuilding Confidence.

Real Stories from Sagewell Orthopaedics

At Sagewell Orthopaedics, a division of Syracuse Area Health, patients don't just receive treatment; they experience life-changing care grounded in expertise, compassion, and a commitment to getting them back to what they love most. A recent patient story highlights the profound impact expert orthopaedic care can have on mobility, confidence, and quality of life.



Scott Strasburger
MD



Betsy Davison
APRN

A Return to Adventure After Knee Surgery

"Sixty days after knee surgery, I found myself standing atop Mount Dundas, rising into the clouds and overlooking the breathtaking expanse of the Arctic Ocean—something I never imagined possible so soon after an operation.

Thanks to the exceptional care, skill, and support from the entire team at Sagewell Orthopaedics, I was not only able to walk again but to hike, climb, and thrive in one of the most awe-inspiring places on Earth. The precision of the surgery, the guidance throughout recovery, and the genuine encouragement I received every step of the way made all the difference.

This wasn't just a physical recovery—it was the restoration of my independence, my confidence, and my adventurous spirit. I am beyond grateful for everything your office has done for me. You gave me my mobility back, and with it, moments I'll carry for a lifetime." — Wendy Abdulai

Learn more by visiting www.SagewellMed.com/Orthopaedics.

This wasn't just a physical recovery—it was the restoration of my independence, my confidence, and my adventurous spirit."

Sagewell Urgent Care

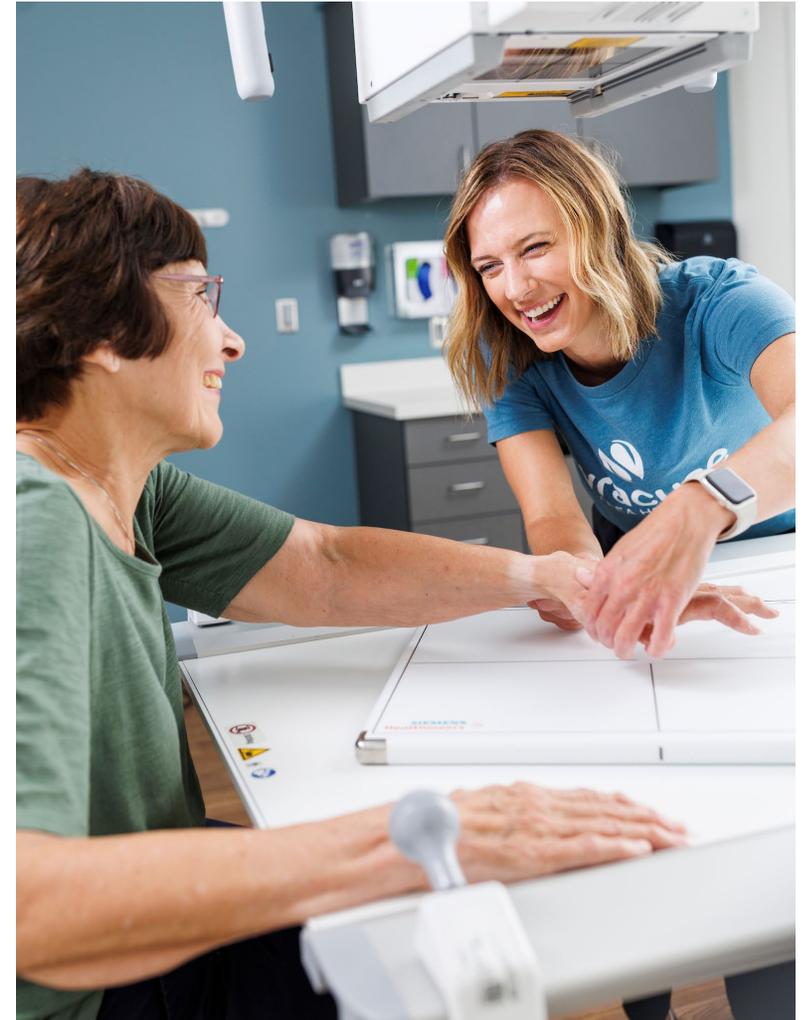
Fast, Compassionate Care for Life's Unexpected Moments

When sudden symptoms, minor injuries, or everyday illnesses interrupt your routine, Sagewell Urgent Care is here with the support you need. As a division of Syracuse Area Health, our team provides immediate care with a warm, welcoming approach that helps you feel at ease the moment you walk in.

At Sagewell Urgent Care, your concerns are heard, your time is valued, and your health is our priority. Our providers move with purpose, offering clear guidance and timely treatment so you can get back to what matters most. From children with fevers to adults managing unexpected pain, we care for patients of all ages and a wide range of urgent needs, no appointment required.

Our team delivers care that is both efficient and reassuring. We listen carefully, explain every step in simple, understandable language, and make sure you leave with confidence in your next steps. And if your condition requires follow-up with a specialist, our integrated referral network ensures you get connected to the right provider quickly and seamlessly.

Sagewell Urgent Care promises trusted expertise, compassion, and reliability to every visit. Learn more at www.SagewellMed.com/Urgent-Care.



Need an X-ray?

Sagewell Orthopaedics offers on-site X-ray imaging, allowing patients to receive fast, accurate imaging during their appointment. No additional travel or scheduling required. Quick results mean quicker answers and a faster path to feeling better.

Family Medicine You Can Trust

Compassionate Care, Right in Your Community

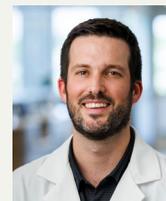
At Syracuse Area Health, your family's health is our focus. Our Family Medicine clinics bring together physicians, nurse practitioners, and physician assistants who treat patients of every age, gender, and health need with experienced, compassionate care.

With convenient locations in Syracuse, Weeping Water, and our new division Sagewell in Hickman, you'll find high-quality, patient-centered care close to home. We're here for the long run, focused on building relationships, supporting families, and helping our community thrive. **Learn more at syracuseareahealth.com**



North Clinic

402.267.5330
7512 Highway 50
Weeping Water, NE
68463



Brett Copley
DO



Lindsey Eggers
APRN



Heather Noerrlinger
APRN

Sagewell Hickman Clinic

402.792.0095
1210 Park Drive
Hickman, NE 68372



Terrie Spohn
DNP, APRN-NP, FNP-BC

Syracuse Clinic

402.269.2411
2731 Healthcare Drive
Syracuse, NE 68446



Randy Bain
DO, FAAFP



Todd Stuckey
MD, FAAFP



James Steckelberg
MD



Molly Skomer
APRN



Heather Noerrlinger
APRN



Nicole Maher
LIMHP, LADC



Dana Stark
PA-C



Expert Care When Every Second Matters

Syracuse Area Health Emergency
Department

When every second matters, the Emergency Department at Syracuse Area Health is ready around the clock with fast, expert care. Our team responds quickly to serious illnesses and injuries, providing skilled evaluation, immediate treatment, and a clear plan for next steps.

From chest pain and breathing difficulties to major injuries and sudden symptoms, we're equipped to diagnose and stabilize a wide range of emergencies. With on-site imaging, lab services, and seamless coordination by our in-house medical providers with specialty services via Avel eCare telemedicine, patients receive comprehensive care without delay.

In stressful moments, compassionate communication matters. Our providers guide patients and families through the process with clarity and reassurance, ensuring you always know what's happening and why.

The Syracuse Area Health Emergency Department delivers the advanced care you need, close to home, and always here when you need us most.



Sagewell Expands to Hickman

Welcoming Family Medicine and Aesthetics to the Syracuse Area Health Network



Syracuse Area Health is pleased to announce the transition of two respected Hickman practices—Cedar Plains Family Medicine and Bella Wellness & Aesthetics—into our Sagewell division. This important step reflects our continued commitment to offering trusted, compassionate care close to home for families across Southeast Nebraska.

As of January 1, 2026, both practices officially join Sagewell, Syracuse Area Health’s recently launched division designed to bring unified, expert care to the region. As part of this transition, Cedar Plains Family Medicine becomes Sagewell Family Medicine, and Bella Wellness & Aesthetics becomes Sagewell Aesthetics.

“This is an exciting chapter for Syracuse Area Health,” said Lisa Voorhees, CEO. “By welcoming Cedar Plains and Bella Wellness into our organization, we’re strengthening

our shared commitment to make quality, local care more accessible for our neighbors.”

Patients continue to see their familiar provider, Terrie Spohn, DNP, APRN-NP, FNP-BC, while gaining access to a broader network of services, resources, and specialists through Syracuse Area Health. Terrie Spohn shares her enthusiasm for the future:

“Syracuse Area Health is known for their strong reputation for excellent patient care and for valuing both patients and staff, which aligns with our core values,” said Terrie Spohn, DNP, APRN-NP, FNP-BC. “I’m excited to join the team and look forward to expanding local healthcare options for my patients and the community. Together, we work to make this transition smooth and continue providing the personal, high-quality care our patients deserve.”



Sagewell Hickman Clinic

402.792.0095
1210 Park Drive
Hickman, NE 68372

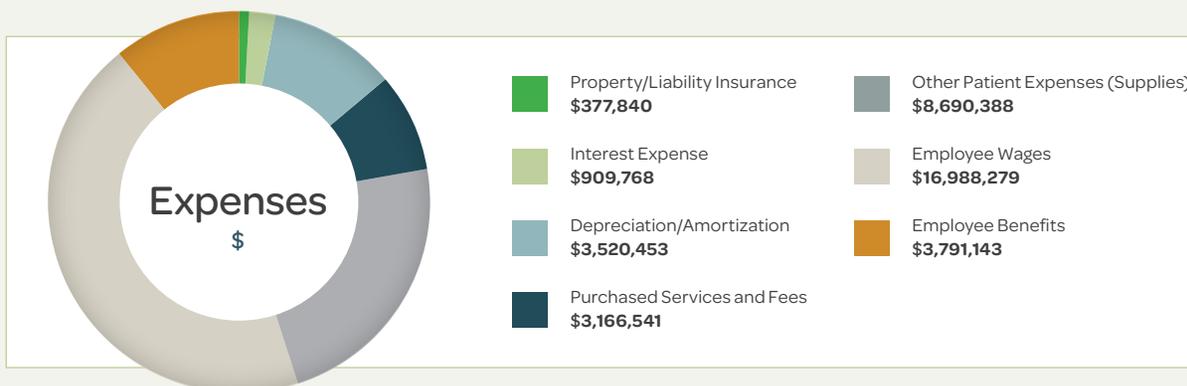
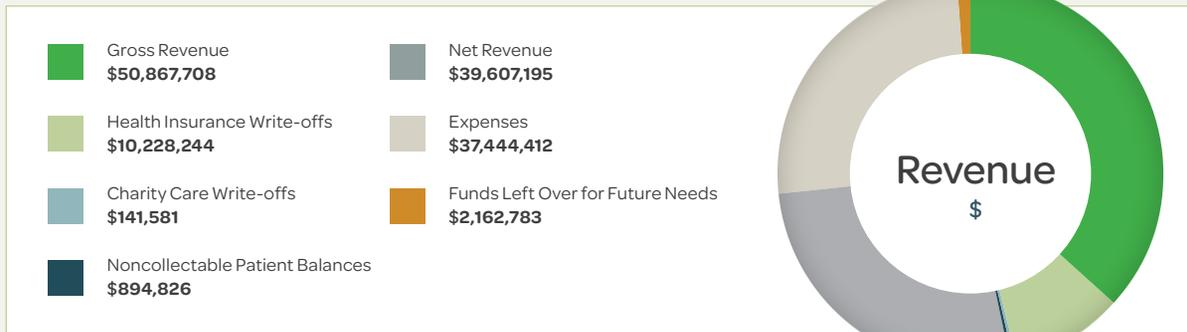
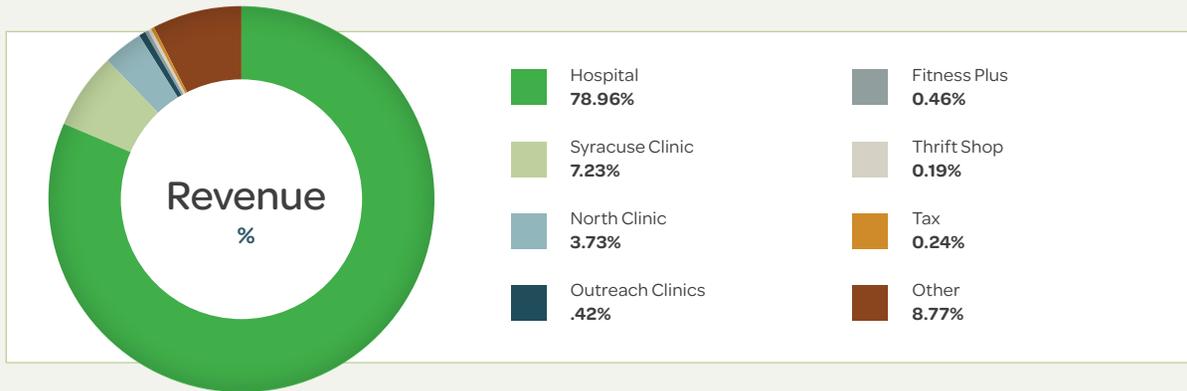
Monday - Thursday 8:00 AM - 5:00 PM
Friday 8:00 AM - 12:00 PM



Terrie Spohn
DNP, APRN-NP, FNP-BC

Annual Report

2025 Fiscal Year-End
Syracuse Area Health



	2023	2024	2025
Inpatient/Swing Bed Days	632	808	644
ER Visits	1,836	1,955	2,086
Surgical Procedures	304	287	299
Syracuse Clinic Visits	10,287	10,747	10,595
North Clinic Visits	4,158	5,137	5,868
Specialty Clinic Visits	3,555	3,505	3,584
CT Scans	1,705	2,101	2,154
MRI Scans	326	399	396
Laboratory Tests	34,867	37,039	36,265
Physical Therapy Units	13,023	13,640	13,888
Occupational Therapy Units	6,296	7,026	8,086
Cardiac Rehab Visits	701	635	548
Pulmonary Rehab Visits	134	178	297
Respiratory Treatments	848	844	1,072



2731 Healthcare Drive, Syracuse, NE 68446
SyracuseAreaHealth.com



Syracuse Area Health Auxiliary & Thrift Shop

The Syracuse Area Health Auxiliary & Thrift Shop was proudly voted Best of Otoe County, and its impact continues to shine. Thanks to the generosity of donors, the Auxiliary recently provided funding for Sagewell Urgent Care's lab equipment, helping our team deliver faster, more accurate results for patients.

Scan to learn more and get involved.

