

# The Meaning of Care<sup>®</sup>

magazine

Winter 2014



**Frank DeLira**  
Lucky to Be Alive

  
**METHODIST**







**John M. Fraser**  
President and CEO  
Methodist Health System

## President's Letter

Is today the day you or a loved one will have a heart attack? Or receive another life-altering diagnosis?

I certainly hope not.

While no one plans on needing emergency care or developing a chronic disease, every day someone does. That is why we are ready 24/7 to protect life and health.

We are ready to help people like Frank DeLira, who came to our Methodist Women's Hospital Emergency Department unaware that a recurring ache signaled the most deadly type of heart attack. For Frank and others, we are ready with the care teams, technology and processes to speedily open blocked coronary arteries.

We are ready with specialized, nationally recognized cardiac care for diagnosis, treatment and recovery. We are ready with the innovative team approach called Medical Home, led by our Methodist Physicians Clinic's family medicine and internal medicine physicians, designed to keep patients out of our emergency departments, catheterization labs and cardiac units through preventive care and individualized education.

As you will see in the stories in this issue, we are ready to help you meet health challenges of all types and at all points along life's journey, whether one day you need help with heart health, high blood pressure, diabetes, sleep issues, healthier aging or the financial difficulties that can accompany a cancer diagnosis.

You cannot know when illness, injury or another emergency will strike your family. But at Methodist, we are ready to help ... just one more way we live *The Meaning of Care*.

Sincerely,



## Women's Hospital Exceeds 400 Births

At 2:22 a.m., on Tuesday, Sept. 30, Tennyson Davis Cromer arrived at Methodist Women's Hospital and became the 400th birth for the month of September. By the end of the day, the final mark for September was 412 births.

Of those 412 births, there were 230 boys and 182 girls, including seven sets of twins.

"We have been targeting this number for the last several months," said Sue Korth, vice president and chief operating officer of Methodist Women's Hospital. "To finally hit 400 was a landmark day for all of us at Methodist Women's Hospital. Since we opened our doors in 2010, our birth numbers have grown each year. The accomplishment of so much so quickly is a direct reflection on our physicians and staff. Without all they do, the outstanding care they provide, this would not be possible."



**Tennyson Davis Cromer, baby number 400 born in September.**

Tennyson is the sixth child of Carl and Kelly Cromer of Omaha. When they were told of the news in the delivery room, they were thrilled to be part of the special accomplishment.

"It was quite exciting," Kelly said. "Once we found out we were in the running, our other children were cheering us on. We couldn't have done it without the nursing staff and others. Their care was excellent. We couldn't ask for more."

## Raising Awareness for Alzheimer's

Methodist Health System continued its support to raise awareness and research dollars by serving as presenting sponsor for the Walk to End Alzheimer's at Turner Park.

About 2,000 participants enjoyed a beautiful day and in the process raised more than \$100,000.



**From Left: Stephen Zubrod; Viv Ewing, executive director, Alzheimer's Association; and Holly Huerter, Methodist vice president of human resources and Alzheimer's Association board member.**

The Omaha event was one of 600 across the country held in support of the Alzheimer's Association, whose goal is to end the disease that is the sixth-leading cause of death in the U.S.

"As the nation's population continues to age, by 2050, the number of people age 65 and older with Alzheimer's disease may nearly triple, from 5 million to as many as 16 million," said Stephen Zubrod, vice

president and chief marketing officer for Methodist Health System. "We have to continue striving for a cure for this terrible disease. Methodist is so very proud to be a part of this important education and awareness effort."



## Pink at the Link

More than 10,000 people gathered in downtown Omaha in early October to participate in the Susan G. Komen Race for the Cure – an annual event held to raise awareness and research dollars in the fight against breast cancer.

For the past three years, Methodist Health System has provided banners for participants to respond to the question "I raced for..." which results in a simple name or words of encouragement for other survivors.

This year Methodist also provided "To Lift Your Spirits" cards for participants to provide a message of hope. The cards will be distributed to cancer patients at Methodist Estabrook Cancer Center as a means of inspiration.

"We want people to know they are not alone," said Patty Bauer, service executive of Methodist Estabrook Cancer Center. "Those simple messages can mean so much to our patients. It may be the little bit of inspiration they need in their journey."





Frank DeLira makes the most of every moment with grandson Franky DeLira Jr., 6.

# Lucky TO BE ALIVE



The battle back from a near-fatal heart attack began at Methodist Women's Hospital.  
To learn how Methodist diagnoses, treats and helps prevent heart attacks, visit [bestcare.org/cardiac](http://bestcare.org/cardiac).

**"I should be dead. Instead, God gave me a wake-up call."**

Software engineer and Marine veteran Frank DeLira, 50, feels lucky to be alive after years of unhealthy lifestyle choices, saying, "I have no one else to blame. I brought my heart attack on myself."

His advice: "Please learn from my arrogance and stupidity."

On March 5, 2014, Frank made a lifesaving stop at the Methodist Women's Hospital Emergency Department. A man of deep faith, Frank says he felt the hand of God guiding him on a journey back to health.

## Life Gets in the Way

Born and raised in Los Angeles, Frank and his wife chose small-town life in Valley for their growing family. Later, after the couple divorced, Frank raised their five children.

A devoted father, Frank has always put his kids first. He gladly coached his children's sports teams and attended to their school,

activity and health needs. When a layoff left Frank without benefits, he made sure his children had regular medical care.

Frank's parents are his other top priority. When his father, then 85, was diagnosed with terminal lung cancer, Frank traveled thousands of miles to secure successful treatment. When his mother put off seeing her doctor, Frank flew in to personally escort her to the appointment.

Asked how he managed his own health, Frank refused to sugarcoat the answer.

"I lived the way I wanted, ate and drank what I wanted, and chose not to see a doctor, even after I had insurance," Frank said. "I let life get in the way."

## Living on Someday Island

"In the Marines, I weighed 170," explained Frank, who stands just over 5' 7". "As the years passed, I felt comfortable at 220, then 250, then 280, then 300. I stopped feeling comfortable at 320."

By this time, Frank's kids were grown, and he was no longer involved in athletics. He feasted on convenient fast food, buffets, buckets of beer at the neighborhood bar and high-sugar, high-fat snacks.

"I was living on Someday Island," Frank explained. "I said someday I'll eat right, get fit and be healthy, but I was lying to myself."

In 2013, the birth of his third grandchild motivated Frank to work on weight loss, but life was increasingly complicated. Frank's real priority was his son Francisco, who was battling a serious bone marrow transplant rejection after successfully defeating leukemia. In March 2014, Frank was remodeling his home to create a handicap-friendly living area for his sick son.

## A Weird Ache

On March 3, a typical Monday, Frank stopped after work for beer and bar food. At home, fueled by more beer, he worked on the renovation, swinging a sledgehammer until midnight.

"I never get hangovers, but I woke up miserable Tuesday and still didn't feel well that night," Frank said.

On Wednesday, he awakened before dawn with an

intermittent, flu-like ache creeping from his chest into his shoulders. A cold clamminess settled in, despite a hot shower. He decided to power through the day.

"As I left for work, I started feeling better," Frank said, "but I told myself if the weird ache

**"I was living on Someday Island. I said someday I'll eat right, get fit and be healthy, but I was lying to myself."**

— Frank DeLira

came back before I drove past the Women's Hospital, I'd stop."

Frank knew Methodist Women's Hospital is not for women only.

"My son was taken by ambulance to Women's as the first available hospital, and we loved their emergency care," Frank said. "I am so glad they built that hospital there."

The moment he neared the hospital's 192nd and Dodge Street exit, Frank felt the ache. He turned in.



Walks are a part of Frank's daily routine.



# Saving Frank

## A Three-Stage Journey Back to Health

### Time Is Muscle

"I never had a sharp pain, never clutched my chest," Frank said. "So after I was rushed to an exam room and hooked to an EKG machine, I was surprised to be told, 'Sir, you're having a heart attack.'"

According to the American Heart Association, each year more than one million Americans suffer heart attacks. Hundreds of thousands of heart attacks are fatal, and many survivors experience lasting heart damage, often because they do not recognize the warning signs and call 911 to get medical help fast.

"With heart attacks, time lost is heart muscle lost, so we implement protocols and start medications quickly," said Frank's emergency department (ED) nurse, Lindsay Overman, BSN, RN. "In one minute, we confirmed this was a STEMI."

STEMI, short for ST-elevation myocardial infarction, is the most serious type of heart attack. A STEMI, identified by a specific finding on an electrocardiogram (EKG), means blood supply to one or more of the heart's major arteries is completely blocked.

"We're ready for anything, including swift treatment and transport for STEMIs where speed is of the

**3 METHODIST PHYSICIANS CLINIC VALLEY MEDICAL HOME**  
Physician-led team approach to protect health and prevent hospitalization.

**1 METHODIST WOMEN'S HOSPITAL ED**  
24/7 emergency care for men, women and children.

**2 METHODIST HOSPITAL CATH LAB & CARDIAC CARE**  
24/7 emergency and acute care for men and women.

essence," said Frank's ED physician, Johnathan Colling, MD. "That's why we're here."

### Frank's Pit Crew

A waiting ambulance rushed Frank to Methodist Hospital's 84th Street campus for cardiac catheterization. The procedure, also called a heart cath, assesses blocked blood vessels and other cardiovascular problems. More heart caths are performed at Methodist than at any other hospital in Nebraska.

Frank's ambulance was met on arrival by cath lab nurse

Nicole Meyers, MSN, RN-BC CVN, a member of the team responding seamlessly to this "Code STEMI." Frank was comforted by her warm welcome and clear explanations along a fast-paced gurney ride.

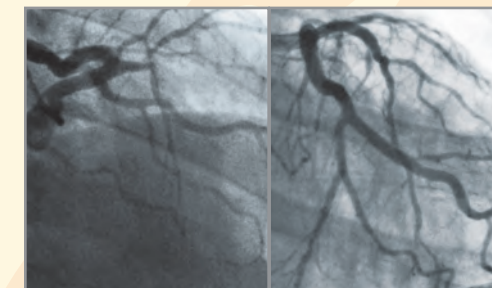
"She told me exactly what to expect, describing the cath lab as a kind of operating room where half a dozen people in surgical scrubs would come at me like a NASCAR pit crew," Frank said.

"Every minute counts," explained cardiologist Randal Cassling, MD. "Fast, efficient teamwork from the moment Frank came to the Women's Hospital ED was essential to saving his life and preventing further heart damage."

To open Frank's blocked artery, Dr. Cassling performed an angioplasty by expertly threading a long, narrow, balloon-tipped catheter tube through an artery in Frank's leg up to the blockage in his heart. After inflating the balloon to widen the artery and restore oxygen-carrying blood flow, Dr. Cassling left behind only tiny tubular mesh stents as supportive scaffolding.

The time from ED arrival to the artery's opening by angioplasty is called door-to-balloon time. Frank's time, including transfer by ambulance, was faster than the 90-minute national target.

Referencing quality awards from the American College of Cardiology and American Heart Association Mission Lifeline program, Dr. Cassling said, "Methodist's heart attack care, including door-to-balloon time, wins awards because this is a carefully coordinated system, and the system works."



At left, prior to stent placement by balloon angioplasty, Frank's fully blocked coronary artery resembled a short tree stump. Afterward, at right, blood flows through numerous branching blood vessels.

### Triple Threat

During Frank's 48-hour stay on Methodist Hospital's cardiac unit, daughter Bryana Jackson was among his many visitors.

"I'd been worried about Dad's weight and health," Bryana admitted, "but I never expected this."

Dr. Cassling and the nursing staff helped Frank understand his current lifestyle would make another heart attack inevitable.

"It's time for a new way of life. You need to take care of yourself now," cardiac nurse Ryan Carnahan, BSN, RN, told Frank.

"I'd known something wasn't right, but not this triple threat," Frank said. "I had high blood pressure, high cholesterol and diabetes."

Taking full responsibility, Frank said, "I did this, and I can turn it around."

### Getting Healthy with Medical Home

Frank scheduled a physical, his first doctor's appointment in eight years, with family medicine physician Mark Mahloch, MD, at Methodist Physicians Clinic in Valley. Frank was surprised and pleased to meet regularly with the doctor, a health coach and a nutritionist certified in diabetes education.

This innovative team approach to chronic disease care, called Medical Home, is provided at all Methodist Physicians Clinic family and internal medicine offices throughout Nebraska and southwestern Iowa.

"Essentially, Frank's heart was struggling to push syrup through arteries narrowed by sticky, plaque-forming cholesterol," Dr. Mahloch said, explaining the connection between Frank's diabetes and heart disease. "We had to help him get his weight, blood pressure, blood sugar and cholesterol down to healthy levels."

Eager to heed the wake-up call, Frank said, "Doc, just tell me what to do, and I'll do it."

Frank said goodbye to Cokes, candy bars and thousand-calorie meals. He learned to savor an occasional beer and add fresh fruits and vegetables to his formerly meat-laden menus. He worked up to walking nine miles a day: three miles morning, noon and night.

"I hate the words 'diet' and 'exercise,'" Frank explained. "I'm just making wiser choices and feeling better."

### Eyes Open Wide

The results are impressive.

With the help of his care team, insulin and other medicines, lifestyles changes and positive attitude, Frank cut his blood

The diameter of the catheter and uninflated stent used to open Frank's coronary artery is about one millimeter, the size of a pinhead.

sugar reading in half and brought his skyrocketing blood pressure down to normal only three months after his near-fatal heart attack.

Thanks to a 15-pound weight loss, he could once again fit into clothes unworn for eight years.

"What I've liked most is no blaming, no finger-pointing, no one forced me to do anything," Frank said. "They simply opened my eyes and educated me."

### Second Chance, Sacred Trust

Frank's journey forward hit the most heartbreaking detour in May when his beloved son Francisco, 26, lost his cancer battle, leaving behind two young children.

Frank knows the choices he makes today will determine the length and quality of his own life, and he feels a deep love and responsibility for those he would leave behind. Frank considers it a sacred trust to be here for his grandkids, adult children and elderly parents.

"I have bigger things to accomplish, so I'm going to eat right, get fit, see the doctor, and try to live a long and healthy life," Frank said. "Every day, I thank God for giving me a second chance."

 Story by Julie Cerney

More heart catheterization procedures are performed at Methodist than at any other hospital in Nebraska.

It's goodbye, bar food, and hello, healthy salad, when Frank meets a friend for lunch.



# Better FOCUS THROUGH Sleep



**Devin Thomas studies with the help and support of his mother, Darie.**

## Seventh grade was a tough year for Devin Thomas.

"It was really hard to listen to the teacher because my mind was off in space," said 13-year-old Devin, now an eighth grader at Beadle Middle School. "I wasn't paying attention, and my grades failed."

A lack of concentration wasn't Devin's only problem. He was also acting out, breaking rules, and snapping at teachers and parents. The consequences were piling up fast.

"He wasn't able to do things his other friends were doing because of the way he was acting," said his mom, Darie. "As parents, we had to figure out a way to shut it down fast."

## The Sleep Solution

While Devin's behavior could have stemmed from many different problems, there was one solution that fixed it all: sleep.

Devin wasn't getting the eight to nine hours his growing body needed to recharge and refuel. Watching television and playing video games kept him up late.

"In middle school and high school, kids are going through hormone changes and growing physically and mentally," said Katrena Lacey, MD, Devin's pediatrician and an internal medicine physician at Methodist Physicians Clinic Millard. "They should be resting more, but unfortunately, many teens are doing the opposite."

## Life Can Get in the Way

"People often attribute sleep disturbances to busy work schedules, family life and excessive commitments," said Lindsay Northam, MD, an internal medicine physician at Methodist Physicians Clinic 192Dodge, "but being tired all the time can be the symptom of an underlying medical condition."

A recent poll shows 40 percent of Americans get less than seven hours of sleep per night. While some suffer from medical conditions or dangerous health problems, such as sleep apnea, many times it's simply a matter of not making proper sleep a priority.

## Make Time for Sleep

Dr. Northam says people undervalue the importance of creating a relaxing, quiet sleep environment and training the body to enjoy a healthy quantity and quality of sleep.

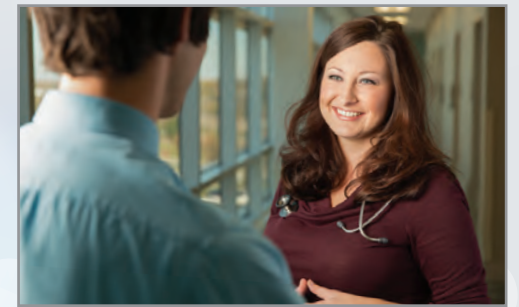
While it may be difficult, she recommends starting by turning off the electronics an hour before bedtime.

Research has proven the blue light emitted from computers, televisions, cell phones and tablets stimulates the brain.

"With kids, that's where parents have to come into play. Monitor and crack down on the TV, iPad and texting because children aren't going

**"People often attribute sleep disturbances to busy work schedules, family life and excessive commitments."**

— Lindsay Northam, MD



**Lindsay Northam, MD, discusses the importance of sleep and the effect it can have on our health.**

to do it themselves," said Chris Campagna, manager of the Methodist Hospital Sleep Center. "At some point, everything has to shut off to make time for sleep."

Devin knows just how getting good sleep can turn life around. He's a different young man than he was just a year ago, earning top grades in school, a spot on the basketball team, and compliments from teachers on his improved academics and attitude.

"This year I feel really good," said Devin. "I'm more confident. I feel like a leader."

 **Story by Katina Gordon**

**Read more** about tips on creating a peaceful sleep environment and steps you can take to diagnose other sleep health problems by visiting [bestcare.org](http://bestcare.org).



**Devin made the school basketball team thanks to hard work and better sleep.**





HELP volunteer and future physician Andrew Pryor shares stories and laughter with Methodist Hospital patient Esther Christensen.

# Volunteer

## FOR BODY, MIND AND SPIRIT

“I love being a HELP volunteer because there is nothing like making someone feel better,” said Batoul Rabaa.

“The program is so beneficial from a medical standpoint,” said Andrew Pryor, “and it’s such a rewarding, enjoyable volunteer activity.”

Batoul and Andrew are members of a specially selected and trained team of Methodist Hospital

volunteers for the Hospital Elder Life Program (HELP). Established in June 2013, it is Nebraska’s first and only HELP program.

Most HELP volunteers are preparing for careers in health care. Batoul is studying to become a physician assistant. Andrew, a graduate student, is applying to medical school to become a physician. Both are outgoing conversationalists and attentive listeners eager to spend time with hospitalized older adults.

### Chit-Chat and Connection

“I’m a new face asking to come in and just chit-chat,” Batoul explained. “We start as strangers, and the more we talk, the more we connect. Often family members can’t be there, and patients miss their family. I can help take their minds off that for a while.”

“The time we spend with a patient is unlike any hour of the rest of their day,” Andrew said. “It’s relaxed, total one-on-one interaction.”

Batoul and Andrew are both quick with stories, questions and laughter, easily shifting topics to find common ground or elicit favorite memories.

“Reliving a moment of life that brought great joy can take patients away from their worries and fears,” Andrew explained.

“I get to learn so much about the past and meet such interesting people!” Batoul said. “And I get to help them feel a little better if they are sad, lonely or confused.”

### Interaction with Purpose

What from outward appearances may seem like chatting is actually a very purposeful and evidenced-based practice designed to help prevent a common

and serious problem for hospitalized elders: delirium.

“Delirium is an acute or sudden state of confusion, occurring over hours or days, with serious complications that include decreased cognitive functioning,” said gerontological clinical nurse specialist Deborah Conley, MSN, APRN-CNS, GCNS-BC, FNGNA, who established the Methodist Hospital HELP program. “Nationwide, more than 2 million elders will develop delirium and functional decline during hospitalization, worsening their medical outcomes and increasing lengths of stay.”

“I’ve also learned that sometimes just being there to listen makes all the difference.”

— Andrew Pryor

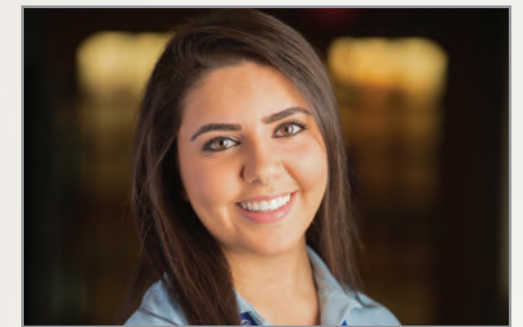
Elder patients can become disoriented by the unfamiliar hospital setting, absence or reduced presence of family, and changes in routine, especially in combination with illness or injury, surgery, anesthesia and multiple medications.

HELP volunteers are specially trained to orient at-risk patients 70 years and older by supporting and encouraging their socialization, alertness and mobility within the limits of their physical condition. Training and oversight are provided by Methodist Hospital’s volunteer services department, gerontological specialists, and nursing and therapy staff.

### Shaping Future Elder Care

Part of the HELP training simulates aging with devices that temporarily reduce a volunteer’s vision, hearing,

strength and mobility. Experiencing a few of the limitations of old age firsthand, even briefly, raises awareness.



HELP volunteer and future physician assistant Batoul Rabaa.

Such insights are instilling greater patience, understanding and compassion for older adults among HELP volunteers, who are the health care professionals of the future.

“I’ve realized as a physician I’ll want to make time so my patients, especially those who are older, feel valued as the individuals they are,” said Andrew. “I’ve also learned that sometimes just being there to listen makes all the difference.”

Story by Julie Cerney

HELP is another example of compassionate care for the unique needs of older patients provided at Methodist Hospital, one of 40 hospitals in the nation to earn the top “Exemplar” status from the Nurses Improving Care for Healthsystem Elders (NICHE) program. To learn more, visit [bestcare.org](http://bestcare.org).



Patient Henry Schmieding enjoys the health benefits of increased mobility and friendly conversation.





Marcina Zimmerman

# Healthy Aging

## THROUGH EXERCISE

Marcina Zimmerman's doctor can't believe she's 82 years old.

"It makes me laugh when he asks if I'm really 82... he should know!" chuckled Marcina, whose laughter is as infectious as her smile. "I guess I've just always been active. Got to keep moving!"

While not as outgoing as she once was due to lingering pain from a broken leg and fall a few years back, Marcina recently traded in her local gym membership for attending exercise classes at her independent living senior community.

"We have exercise three times a week here," said Marcina. "I'm glad I can stay healthy and active."

### Boosting Body and Brain

Marcina's teams of Methodist physicians attribute her good health, and the good health of seniors everywhere, to staying active and involved. Exercise is essential for everyone, but it becomes even more important as we age.

"The first thing I talk to people about is exercise," said Rebecca Reilly, MD, medical director of the Methodist Hospital Geriatric Evaluation and Management (GEM) Clinic.

"People want to remain independent and enjoy life as they age, and exercise is the single best thing to make that happen."

Being physically active helps seniors stay healthy by improving circulation, maintaining muscle mass and reinforcing bone strength. It may also be prescribed as therapy for some chronic illnesses, such as arthritis, heart disease, high blood pressure and even dementia.

"Physical activity is so important because the second most common cause of memory

loss, after Alzheimer's disease, is vascular dementia, a circulatory problem," said Abelardo Cruz, MD, internal medicine and geriatrics physician at the Methodist Hospital GEM Clinic. "You need to take care of your brain in the same way you care for your heart and other bodily organs: by making sure it gets adequate blood flow. Exercise, especially aerobic exercise, is one way to keep your brain healthy."

### Exercise Is Essential

Exercise also provides seniors with their best defense against debilitating falls. A single fall can change a senior's life dramatically, even leading to possible death. Statistics show 20 to 30 percent of Americans 65 or older who

“As you age, you lose muscle mass, regardless of how strong you are. Working out slows that process.”

— Madonna Klein, PT, MPT

fracture a hip will die within 12 months. Many more will experience significant functional loss.

"Hip fractures are particularly devastating," said Dr. Reilly. "If you fall and break your hip, you have a major chance of not being able to return to your home."

"As you age, you lose muscle mass, regardless of how strong you are," said Madonna Klein, PT, MPT, clinical coordinator of outpatient therapy at Methodist Hospital. "Working out slows that

process. In order to maintain your strength, you have to do some sort of exercise."

So what sort of exercise should seniors pack into their day? Practicing Tai Chi, taking the stairs or even going for a 15-minute walk are good boosters for both body and brain.



Rebecca Reilly, MD, tells patients at the Methodist Hospital GEM Clinic about the importance of exercise.

Just ask Marcina. Exercise helped her bounce back not only from her fall injury, but also from a knee replacement. Living in a senior community, she sees the effects exercise has not only on her own life, but in her friends as well.

"I've got some friends who sit around and don't exercise, and I think they struggle more," said Marcina. "I feel I do better when I stay busy and active. I like to be busy."

♥ Story by Katina Gordon



Marcina joins in on a standing exercise routine.



## Thankful FOR A HELPING HAND

**Joey Loth**

Photo by Ashley Crawford Photography

Joey Loth remembers the days when she would talk about “never getting sick.” Now, as she fights colon cancer, she still expresses plenty of gratitude.

“I literally cry when I think about the generosity and how it’s helped me,” said Joey.

Her battle with cancer created a tough financial situation. When Joey was facing some urgent needs, Methodist Hospital Foundation stepped in to help with a program called Charitable Care.

Charitable Care supports patients who are coping with serious illness and mounting medical bills. In 2013, the program helped more than 4,500 patients and distributed over \$200,000 in assistance.

“It can break your heart to hear their stories,” said Heather Binns, a Methodist Hospital social worker.

She says it’s easy to put yourself in patients’ shoes.

“Many times these are people who are working full-time and suddenly have a catastrophic illness that changes everything,” said Binns.

Having somewhere to turn can help them heal.

“Sometimes it is something small, like a food voucher, phone card or gas money,” said Binns. “It is one less thing for the patients to worry about while they try to get well.”



**Heather Binns,**  
Methodist Hospital social worker.

Here are some recent examples of how donations to the Charitable Care program are making a real difference:

- Restored Power – Paid a patient’s electricity bill so she could use her medical equipment.
- Replaced Walker – Insurance would not cover a stolen wheeled walker.
- Provided Car Seat – Parents were unable to afford a special baby car seat.
- Paid Hotel Bill – Housing was provided for an out-of-town family with a premature baby in the NICU.
- Purchased Medication – A cancer patient could not afford anti-nausea drugs.
- Bought Bus Ticket – A patient needed transportation to return home after treatment.

As for Joey, a family heard about her story and donated to the Charitable Care program in a show of support.

“It gives you peace of mind while you are fighting for your life,” said Joey.

She looks forward to the days of “never getting sick” again and being able to pay it forward.

“The help I have received takes away so much stress and allows me to stay positive,” said Joey. “I want to do that for someone else.”

To find out more about these programs or to make a donation, go to [MethodistHospitalFoundation.org](http://MethodistHospitalFoundation.org) or call (402) 354-4825.

### The 1891 Society

Named for the year in which Methodist Hospital was established, the 1891 Society recognizes the current giving of loyal donors who support the programs and projects of Methodist Hospital Foundation. We thank the following friends who have made a gift between **June 1, 2014, and September 30, 2014.**

#### Founders:

**Gifts and pledges \$100,000 and greater**

The McGowan Family  
The William & Ruth Scott Family Foundation

#### Leaders:

**Gifts and pledges \$50,000 to \$99,999**

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#### Protectors:

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