

The Meaning of Care[®] magazine

Summer 2014



Lori Platt, MD
Spirit of Courage,
Message of Hope


METHODIST





John M. Fraser
President and CEO
Methodist Health System

President's Letter

We witness great courage in our hospitals and clinics. Every day we see someone's beloved son, daughter, mother or father face daunting health challenges with grace and resilience.

Sometimes a truly courageous patient is one of our own caregivers.

Lori Platt, MD, of Methodist Physicians Clinic Women's Services in Council Bluffs, suddenly found her role shift from physician to patient. A cancer diagnosis is always unwelcome, but perhaps never more so than for a pregnant mother facing a preterm delivery with a physician's full knowledge of the risks and potential complications. With remarkable courage, Dr. Platt battled to give her young daughter and herself the best chance at life and good health.

Because we know cancer can strike anyone at any stage of life, we are here with the expertise, technology and compassionate care teams to help all families fight these battles.

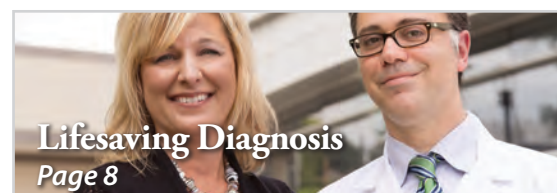
Our two nationally accredited cancer centers, Methodist Jennie Edmundson Cancer Center in Council Bluffs and Methodist Estabrook Cancer Center in Omaha, care for more than 2,300 new cancer patients every year. Methodist Women's Hospital delivers more babies and provides neonatal intensive care to more babies than any other hospital in Nebraska and southwestern Iowa. Our skilled pathologists, including those of the Methodist Hospital Pathology Center – Schenken Pavilion, provide the information necessary to diagnose and treat diseases for best outcomes. Harper's Hope services help improve the quality of life for cancer survivors, regardless of when or where treatment is provided.

We do these things for the many sons, daughters, mothers and fathers we serve, including the other remarkable patients you will meet in this issue: pneumonia survivor Brenda Ronspies, the healthier in mind-body-spirit Anne Maher Moore, and cancer survivors Sol and Lois Friedman. We honor and admire their strength and courage, just one more way we live the Meaning of Care.

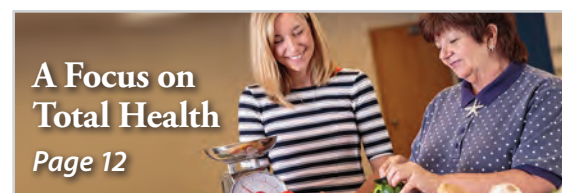
Sincerely,



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Total Health**
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Methodist Estabrook Cancer Center Joins Elite Company

The Commission on Cancer (CoC) of the American College of Surgeons (ACS) has granted its 2013 Outstanding Achievement Award to a select group of 74 accredited cancer programs throughout the United States.

Methodist Estabrook Cancer Center (MECC) is among the select group and the only Omaha facility to be named.



The purpose of the award is to raise the bar on quality cancer care, with the ultimate goal of increasing awareness about quality care choices among cancer patients and their loved ones.

"To be chosen as one of 74 programs in the United States for this national achievement award certainly means a great deal to all of us at MECC," said Patty Bauer, MECC service executive. "This recognition speaks volumes about the care we are providing to cancer patients in Omaha and throughout the region and state. We are proud of the job we are doing, and it's always an honor to be recognized for our efforts."

Elser Receives UNO Honor

Tom Elser, Methodist Hospital Foundation's director of development and marketing, was presented with the University of Nebraska



Tom Elser (left) receives the University of Nebraska at Omaha's School of Communication Alumni Achievement Award.

at Omaha's School of Communication Alumni Achievement Award on May 2.

Tom led the record-setting 2014 Methodist Hospital Foundation Caring Campaign that garnered 78 percent employee participation.

Prior to joining the Methodist Hospital Foundation staff in April 2013, Tom was a vice president of The Steier Group, a national fundraising and development firm specializing in nonprofit organizations.

Omaha area residents will recognize Tom from his years as a news reporter, first for KMTV and later for KETV.

Twitter Chat Raises Awareness

Methodist Health System recently hosted a Twitter chat to help raise awareness for sexual assault prevention and treatment in Omaha and across the nation.



From left to right: Claudia Bohn, Bridget Kelly, Jennifer Griswold, Melissa Coffin, Anne Boatright, Melissa Klutts, Sgt. Marlene Novotny and Kathryn Thomsen.

Participants in this unique social media event included the Omaha Police Department, the Women's Center for Advancement, Methodist SANE/SART nurses, the sex trafficking division of the FBI, the University of Nebraska at Omaha, sexual assault survivor Bridget Kelly, and local media personalities Jennifer Griswold (KMTV) and Erin Grace (Omaha World-Herald).

This year's event, which utilized the hashtag #SexualAssault, reached an estimated 30,183 people.



Starring Role

Landry Waddingham was diagnosed with a congenital heart defect called ventricular septal defect, a hole in the wall between the ventricles of her heart, when she was born. At just 9 months old, she had her first open-heart surgery. Two months later, she had another surgery for a rare abdominal defect called situs inversus.

Ever since, Landry and her mom, Jamie, a Nebraska Methodist College instructor, have been teaming up to raise awareness about heart conditions.

As part of this year's American Heart Association Heart Walk, Landry sold pins she created to raise dollars for education and research.

Methodist Health System was among the event sponsors and provided Landry with her very own director's chair to honor her as the young star that she has become.



"Family is everything," says Lori Platt, MD, shown with her husband, Matt Rase, and their daughters, Vivian and Estelle.

Meet LORI PLATT, MD

Spirit of Courage,
Message of Hope

This physician's breast cancer battle began with her baby's premature birth.
To learn about Methodist's cancer and birth services, visit bestcare.org/cancer.



"I don't care about having breasts. Or hair. I would much rather be alive."

Superficial details do not interest Lori Platt, MD, who was not yet eight months pregnant with her second child when she faced a devastating dual diagnosis: preterm childbirth and her own aggressive, late-stage breast cancer.

As an OB-GYN well-versed in both conditions, Dr. Lori Platt understood the difficulty of the road ahead. To protect life and health, she relied on the care teams she knows so well. While her courage continues to inspire colleagues, patients, family and friends, Lori admits to a single intense fear.

"Nothing about the cancer treatment scared me. I understand that, and I'm not afraid of death or of dying," she explained. "I'm only scared of leaving my husband without a wife and my kids without a mom."

Young Family, Bright Future

Before becoming a doctor, wife and mother, Lori was a Nebraska farm girl. She grew up in Murdock before heading to the Caribbean and to the East Coast for medical school and her OB-GYN residency. When she came back to the Midwest in 2010 to be close to family, medical school classmates teased her that returning to a hometown of 250 was a foolish move for a single woman.

Lori replied, "Everything happens for a reason."

At the Cass County Fair, Lori's brother reintroduced her to a friend, high school classmate Matt Rase, and soon wedding bells rang for Lori and Matt.

In August 2012, the couple's daughter Vivian was born, and a second pregnancy quickly followed. Lori and Matt had a growing family, satisfying careers and a bright future.

Dr. Lori Platt is part of a highly respected Methodist Physicians Clinic Women's Services medical practice located on the Methodist Jennie Edmundson campus in Council Bluffs.

"I love taking care of women," she explained. "I wake up happy each day because I love what I do."

Too Soon

While pregnant, Dr. Platt treated patients and delivered babies until her own labor began. On a workday in late September 2013, more than a month before her due date, Lori felt the contractions signaling her second child's arrival.

She called her husband, Matt, and her OB-GYN and medical partner Toby Marshall, MD, who was on vacation that week. Both men raced to Lori's side. She was in active

labor with strong contractions every three minutes.

"We were ready to deliver the baby at Methodist Jennie Edmundson if we couldn't slow labor and safely transport Lori to Methodist Women's Hospital," Dr. Marshall explained.

Methodist Women's Hospital, where the couple's daughter Vivian was born, is the region's leader in birth services. More babies are born there, and more babies receive specialized Level III Neonatal Intensive Care Unit (NICU) care there, than at any other hospital in Nebraska and southwestern Iowa.

"At Methodist Women's Hospital," Cindy Mirfield, NICU service leader, explained, "we can have a complete neonatal team at the bedside in a moment, surrounding a woman and her family with the experts they need. That makes a huge difference, sometimes a life-and-death difference."

Doctor as Patient

Lori was quickly admitted to the High Risk OB Unit. Among those on her care team were maternal-fetal medicine specialists (MFMs) Hemant Satpathy, MD, and Robert Bonebrake, MD, of the Methodist Perinatal Center, the largest perinatal practice in the region. As MFMs, Drs. Satpathy and Bonebrake are OB-GYNs with additional specialized training in caring for high-risk mothers and babies. Both physicians had worked with Dr. Platt to co-manage difficult pregnancies. Both admire her dedication to

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A surprise end-of-treatment party for Lori Platt, MD, shown with daughter Estelle.



Lori Platt, MD, enjoys family time with her grandmother June Eggert and daughter Vivian.



Lori Platt, MD, with daughter Estelle

lump she'd discovered was a likely Stage 3 invasive lobular carcinoma.

her patients and marvel at her strength and humor in the face of adversity.

"Lori is more than a wonderful physician," explained Dr. Satpathy. "She is a wonderful and courageous human being."

For the next 10 days, while a patient herself, Dr. Platt continued checking on her patients who had been admitted and charting on her iPad, prompting Dr. Bonebrake to joke he was no longer needed while she covered rounds.

This strong work ethic is "typical Lori," said her sister, Julie Frost, with great affection. "Lori puts her patients and everybody else before herself."

Shocking Discovery

Lori found the forced downtime part irritant, part luxury. Enjoying the comforts of the hotel-style hospital suite at Methodist Women's Hospital, she took a long shower, a treat for a busy mother of a one-year-old.

Reaching for a towel, Lori felt pain as her arm touched her breast. After a thorough assessment, she texted her sister, Julie: *I think I have breast cancer.*

The next day, an ultrasound and biopsy confirmed the diagnosis, indicating the large

"We were in shock," Lori said. "Julie was my rock, ready to hold my hand through anything. Matt and I hugged each other and cried, wondering why this was happening to us."

Welcoming Baby Estelle

Although some cancer treatments can begin safely during pregnancy, others cannot, and while Lori was pregnant, there was no way to know if the cancer had metastasized.

"There is no single right answer regarding when to deliver and start cancer treatment," explained Dr. Bonebrake. "This is a case-by-case, multidisciplinary decision that varies by the risks and benefits to mother and baby, degree of prematurity, and the specific type, stage and aggressive nature of the cancer."

The advice from Methodist Women's Hospital neonatologist Lynn O'Hanlon, MD, who led the baby's care team, was direct: Lori was already dilated to 7 centimeters, ready for delivery, and the baby, while premature, was fine.

"It was clear to me," Dr. O'Hanlon said, "we needed to deliver this baby."

On October 6, Estelle Kaye Rase was born. She spent the next 24 days in the NICU,

where she thrived as her feeding skills matured.

"Estelle came out beautiful and healthy, breathing on her own, and greeted us with a big smile," Matt said. "She was happy to be out in the world, and we needed some happiness in our lives."

With Estelle safe, Matt and Lori now shared a single fear: Would their little girls have a mother to raise them?



From left: Brian and Julie Frost, Matt Rase, Lori Platt, MD

Lori and her siblings had lost their own mother to a rare cancer of the appendix eight years earlier.

Lori was determined to fight for her life.

Fighting Tooth and Nail

"I did my research," Dr. Platt explained. "I knew what game plan I wanted and, of course, I wanted my care team at Methodist Jennie Edmundson."

To perform her cancer surgery, Dr. Platt chose surgeon Michael Zlomke, MD, medical director of the Methodist Jennie Edmundson Breast Health Center. This center, the only one in southwestern Iowa accredited by the American College of Surgeons National Accreditation Program for Breast Centers, provides full-service, individualized treatment through a collaborative team approach for best outcomes.

Lori underwent a double mastectomy, due to additional areas of concern in her other breast, 12 days after Estelle's birth.

"Lori was amazing in her determination to fight tooth and nail to do what was needed to get back to being a normal parent and physician as soon as possible," Dr. Zlomke said.

Lori's next treatment phase, six rigorous cycles of chemotherapy, was overseen by medical oncologist John Okerbloom, MD.

"Lori has such a positive attitude, amazing inner strength and great family support," said Dr. Okerbloom. "During treatment she would chat with her dad, they'd Skype to watch her little girls, and then Lori usually would go back to her office to see patients."

Lori's father, Don Platt, was her chemo buddy, explaining, "That's just what a dad does, and I was glad to do it."

Four months of chemotherapy were followed by six weeks of daily radiation therapy delivered over Dr. Platt's lunch breaks. By this time, she had returned to work nearly full-time.

An Inspiration

"Dr. Platt is so inspiring," said Angie Watts, a Methodist Jennie Edmundson radiation therapist. "Radiation was just part of her busy day as she continued with her life, her kids, her practice. Several times she went straight from our treatment table to deliver a baby."

“Our angel Estelle was telling Mommy to slow down and take care of herself.”

— Matt Rase

Asked if his wife was overdoing it, Matt smiled and said, "Sure, that's Lori's way. We could tell her no, and she'd do it anyway."

Looking back, Matt described the year as a whirlwind of making sure the girls were cared for, hoping and praying the treatments were working while worrying about the side effects, and knowing long-term survival rates for this stage and type of breast cancer are lower than others.

The couple rejoiced when recent tests revealed Lori's tumor markers had dropped into the normal range.

"I'm fortunate that there is so much research and so many medicines to treat breast cancer," Dr. Platt said. "That is not true for all cancers, and more funding should be poured into all cancer research."

Dr. Platt was chosen a 2014 honoree for the Spirit of Courage Celebrity Weekend, an annual charity care fundraiser for Methodist Jennie Edmundson Cancer Center patients. Minimizing the challenges she has faced, Dr. Platt is far more concerned for others whose cancer battles are just beginning, including many of her patients and several close loved ones.

Feeling Blessed, Lucky and Hopeful

Whether she is caring for patients or spending precious time with family, Lori says she feels blessed, lucky and full of hope. Some of the happiest moments come while cuddling healthy, perfect Estelle. In her heart, Lori knows she and her new baby gave each other the gift of life.

"If Estelle had been full-term, I wouldn't have noticed the mass in my breast until much later, after I had her," Lori explained, noting that extended delays can lead to grimmer outcomes.

"Our angel Estelle was telling Mommy to slow down and take care of herself," Matt said.

"Estelle came early to tell me to pay attention," Lori said, "and I did."

♥ Story by Julie Cerney



Lori Platt, MD, with Matt and newborn Estelle



Brenda Ronspies (left) and Sasan Gholami, MD

LIFESAVING DIAGNOSIS

From a simple blood draw to antigen testing that saved Brenda's life – pathology is an often unknown component of patient care.

Sometimes, a diagnosis can be complicated. When the care team is searching for answers they often turn to the team of scientists at the Methodist Hospital Pathology Center – Schenken Pavilion for the answers they seek.



Thousands of blood tests are processed daily on this Methodist lab instrument.

Lifesaving Diagnosis

Brenda Ronspies was a 44-year-old woman enjoying life and time with her 20-month-old son. But in March she woke up not feeling like herself. With every breath came pain that soon moved down her arm. She was certain it was a heart attack.

A trip to the emergency department (ED) resulted in an initial diagnosis of pleurisy. With medication in hand, Brenda headed home with the hope of feeling better – soon. But that was not the case. By day three,

breathing became excruciatingly painful, and another trip to the ED was necessary. “I was admitted, and further testing determined I had pneumonia,” Brenda said. “The medical team began giving me antibiotics, but the treatment wasn’t working. The doctors weren’t sure what was happening. The medical staff ended up putting me in a medically-induced coma, which paralyzed me from the waist down. Those overseeing my care told my family they didn’t know if I would make it through the night.”

“It was honestly very touch and go for Brenda until we were able to determine what was attacking her system.”

— Sasan Gholami, MD

It was all hands on deck for Brenda's case. Sasan Gholami, MD, an infectious disease specialist at Methodist Physicians Clinic Regency, was among those called to the table.

“I was involved in Brenda's care from the beginning. It was puzzling to try and figure out what

was making someone so young and previously healthy suddenly so critically ill,” Dr. Gholami said. “We began running tests – we did a bronchoscopy to rule out cancer, we did staining for fungal organisms and multiple cultures – all of which were tested and reviewed by our pathology team. The final diagnosis of pneumococcal pneumonia was based on an antigen test. It was honestly very touch and go for Brenda until we were able to determine what was attacking her system.”

Dr. Gholami noted that Brenda's pneumonia led to sepsis, and eventually ARDS (Adult Respiratory Distress Syndrome). ARDS is respiratory failure that develops sometimes in critically ill patients from lung injury and increased vascular permeability.

Brenda remained in a coma for 30 days, with medications administered during that time, which helped her heal. Slowly, she was brought out of her induced state, continuing to heal on a ventilator and with a tracheotomy.

Infection Detectives

What is making someone ill can be complicated, and at the very root of the patient's health issue could very well be an

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Blood cultures seen in incubator.



Carrie Kriener, microbiologist

Michael Mann, pathology assistant

Color and growth pattern are a few factors to identify bacteria.

infection. From a wound that's gone bad to bacteria attacking a person's system, determining what the organism is and how to effectively treat it becomes essential.

That's the role of a microbiologist. Anything that comes out of you or off of you, these folks can test it. When dealing with infections, cultures have to grow. What evolves during that time period becomes the tool to identification.

With the help of incubators, Petri dishes of specimens grow for 16 to 24 hours. The

sometimes colorful results can be good or bad news for Methodist patients.

"When someone has something wrong with them, they don't know what it is," said Carrie Kriener, microbiologist. "To be able to tell them what it is and what antibiotic will treat it is a relief for them. It makes us feel good because we have given an answer and there is no more uncertainty. Whether it's an infection or cancer, they have an answer, and for many that fear, panic and helplessness go away."

Behind the Scenes

Pathology, in the simplest of terms, is the study and diagnosis of disease and a patient's general health. But what happens on a daily basis is anything but simple.

"A patient's diagnosis or the development of a treatment plan based on our findings is essential to the patient care continuum," said Laura Brock, service executive and leader of The Pathology Center. "Our team provides findings in a timely fashion to the surgeon, physician or others on the care team. Whether

it's confirming a patient's diagnosis, therapy or their health status, we are at the core of the patient's health care journey."

The Pathology Center's experts include pathologists, medical technologists, cytotechnologists, histotechnicians, histotechnologists, cytogenetic technologists and phlebotomists. All specialties require some degree of additional training to gain the skills and knowledge necessary to hone their craft.



Amy Wyant, cytotechnologist

"The skill level of these individuals is tremendous," Brock said. "Our pathologists have all earned their medical degrees and have sub-specialties in specific areas of pathology.

Most other positions within our department require at least a one-year internship beyond a bachelor's degree. Our nearly 200 laboratory professionals enjoy their profession, and it shows in the work they do each and every day."

Answering the Big Question

Michael Mann, pathology assistant, spends his day looking at prostates, breasts, lobes of lungs, placentas and uteri, all of which have been surgically removed from patients who may be facing a cancer diagnosis. With a scalpel in hand, Mann prepares to confirm the preliminary findings, which are then handed off to pathologists for final diagnosis.

“Whether it’s an infection or cancer, they have an answer, and for many that fear, panic and helplessness go away.”

— Carrie Kriener, microbiologist

"We want to see if the tumor is still contained and if the surgeon got the entire tumor," Mann said. "That is a big question, and we spend a lot of time answering it."

Mann, and others who specialize in anatomic pathology examine and analyze every tissue — looking for red flags that might signal something more significant, with a focus on cancer indicators.

"We deal with a lot of cancer, which is usually bad news," he said. "We give a surgeon or oncologist the information they need to treat this really horrible disease the best way they can and to find the best treatment possible.

I want to find that cancer as quickly as I can so we can reassure the patient and develop a plan to proceed."

It's All About the Cells

While Michael Mann works with big specimens, Amy Wyant and cytotechnologists at The Pathology Center focus on the smallest of health indicators.

Analyzing body fluids obtained from fine needle aspirations (FNAs), pap smears and urine samples is what occupies a cytotechnologist's day. It is their efforts and expertise which serve as a primary diagnosis and can result in a surgical intervention.

"We're looking for abnormal cells," Wyant said. "Malignant cells are ugly and they look unhappy. Tumor cells also tend to have too much DNA. In some cases, malignant cells and benign cells can look very similar. If what we did was straightforward, then we wouldn't have to be as trained as we are."

Wyant is joined by four other cytotechnologists who evaluate bronchial specimens, GYN fluids and non-GYN fluids. They can also be called on-site at Methodist Hospital or Methodist Estabrook Cancer Center to assist with FNAs.

"In most situations the lab is at the core of the diagnosis process," Wyant said. "We play an integral role in health care treatment, and most people don't know we exist. A bad day for a patient can be a very good day for us — when we are able to provide an accurate diagnosis that helps the physician determine the course of treatment."

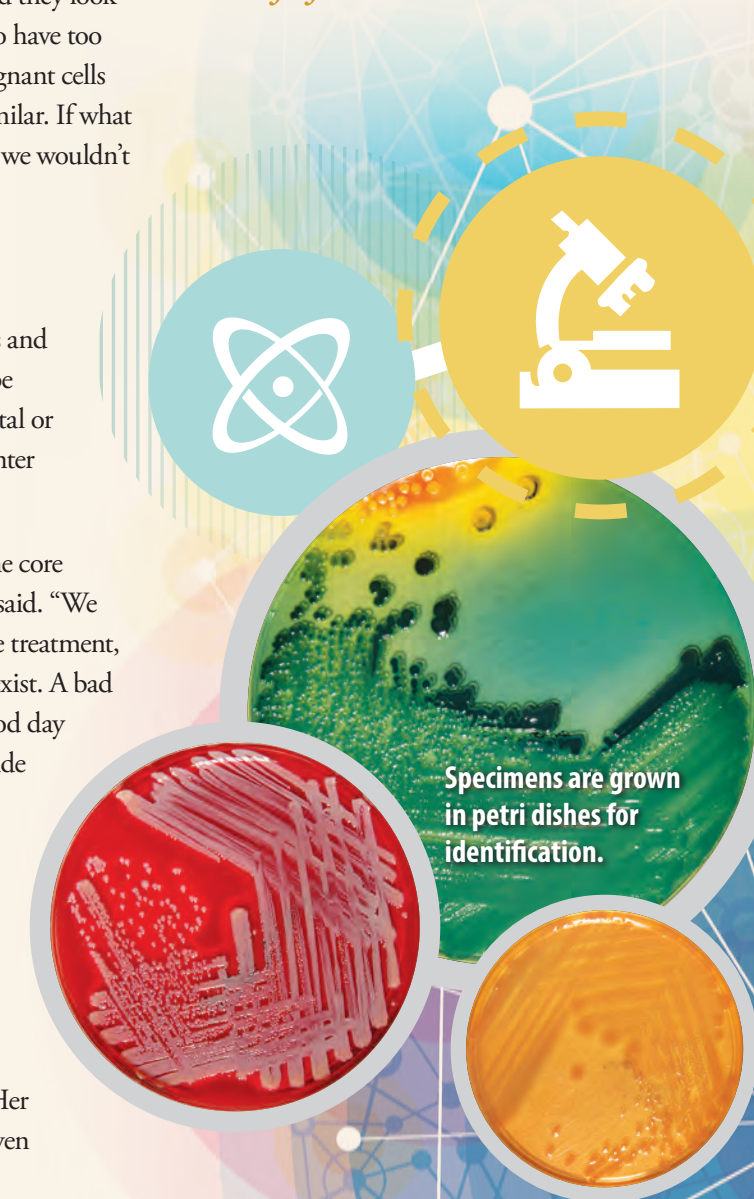
Thankful for Their Work

Brenda is still feeling the after-effects of her pneumonia battle. Her lungs are scarred, which makes even

simple tasks at home difficult to complete. She now knows how perilous her situation was and is grateful for all who played a role in her recovery.

"I wish I knew everyone who was involved," Brenda said. "I know that tests were sent to pathology for diagnosis. I had so many doctors and nurses who cared for me. They knew they had to do something — quickly — to save me, and they did. I've been told it's a miracle I'm alive. The care I received at Methodist was outstanding, whether it came from the doctor and nurses who cared for me or the technologist who diagnosed me — I wouldn't be here today without everyone who played a part in my care."

Story by Claudia Bohn



Specimens are grown in petri dishes for identification.



Anne Maher Moore (right) makes healthy food choices with support from Katrena Lacey, MD.

Weight Management Program Goes Beyond the Scale

Anne Maher Moore has lost more than 20 pounds over the last six months. But the weight loss is really just a wonderful side effect of an even bigger focus on better health ... one that started with a visit with her Methodist Physicians Clinic doctor.

"I wanted to find balance in mind, body and spirit," said Anne. "I really just decided I need to live my life around how I take care of my body, instead of taking care of my body around my life."

Patient-Centered Focus

It's this patient-centered focus on total health that is at the heart of the Methodist Physicians Clinic Weight Management program.

The six-month physician-directed program walks participants through food education and exercise basics while also providing emotional support and the tools to succeed.

"We are focusing on lifestyle and teaching people what it looks like to live that lifestyle," said Katrena Lacey, MD, internal medicine physician and co-leader of the Weight

Management program. "The way we help people make behavioral and lifestyle changes is to give them some success, encouragement and positive reinforcement.

"Their whole lives they've been told they're failing. We start with an achievable goal and educate them about the positive effects on their health if they reach that goal."

Setting Goals for Success

The goal of every participant is a 10 percent weight loss over the course of the program, but the health benefits of even a 5 to 7 percent reduction can have a huge impact on health.

"It has to become a discipline. That's what this has helped me realize."

— Anne Maher Moore

Those benefits include a decreased risk for heart attack and stroke, and a significant reduction in cardiovascular risks.

"It doesn't have to feel like a huge mountain you have to climb," said Dr. Lacey. "You just have to take a little step forward."

"It's great to lose weight and that's certainly one of the goals," said Troy Bracker, MD, family medicine physician and co-leader of the Weight Management program, "but if the participants' lifestyles become healthier — they're eating better, are more active and their cardiovascular fitness is better — it may not look that much different on the scale, but it is going to help from a longevity standpoint."

Journey to Better Health

A long, healthy life is just what Anne is looking for. She says she feels better than she has in years. Weighing and measuring food portions as well as enjoying long walks are welcome additions in Anne's life. As is the support she receives from her Methodist physician in her journey to better health.

"It has to become a discipline. That's what this has helped me realize," said Anne. "I'm really thrilled that Methodist has started this program. I think it can really help some people in getting the whole picture."

 Story by Katina Gordon

The Methodist Physicians Clinic Weight Management Program

The Methodist Physicians Clinic Weight Management program located in Millard is a six-month physician-led weight loss program that focuses on good food choices and living a healthy lifestyle.

The program provides participants with the tools to:

- Set goals
- Plan meals with an eye for portion control
- Make good choices about proteins, carbohydrates, fiber and fats
- Prepare healthy meals and shop wisely
- Exercise appropriately

With Methodist Physicians Clinic physicians, a registered dietitian and an exercise professional assisting every step of the way, participants receive ongoing weight loss review and management options. The team also works with patients preparing to undergo bariatric surgery and assists them with understanding best practices for success before and after their procedure. They are dedicated to supporting each patient in developing a personalized plan for total health.



Weighing and measuring portions is part of a healthy diet plan.

Shhh!
**WE'RE FIGHTING
CANCER!**

Sol and Lois Friedman

When it comes to battling cancer, Sol and Lois Friedman say that sometimes silence is the best medicine for them.

Both of these cancer survivors take mindful meditation classes as part of their ongoing recovery.

"It got me through radiation," said Lois. "I liked it so much I continued."

Married for 55 years, Lois cared for Sol as he fought prostate cancer in 1991. He returned the favor as she battled colon cancer at Methodist Hospital last year.

Together, they are happy and healthy and give much of the credit to the people and programs offered through Harper's Hope, a comprehensive cancer survivorship program.

"These services have played a big part in helping us get well and stay well," said Lois.

Harper's Hope was established to help improve the quality of life for cancer survivors. It was started with a generous contribution from the Harper Family Foundation to Methodist Hospital Foundation.

With the help of donor support, all of the services are initially offered free of charge, and no one is ever turned away because of an inability to pay. Survivors can see counselors, a clinical cosmetologist and social service professionals to name a few.

In addition to physical wellness advice, the Friedmans are also benefiting from nutritional guidance.

Chandy Lockman Hoke is the only board-certified oncology dietitian in Omaha. Her services are covered by Harper's Hope.

"The right nutrition can help you better handle your cancer therapy," said Lockman Hoke. "In the long-term it can also reduce your risk of other chronic diseases and secondary cancers."

"With so much misinformation about nutrition these days, Chandy is a great resource," said Lois. "And she provides such positive reinforcement."

So while Sol and Lois may enjoy silence, they are speaking out and sharing their story to make sure others know these valuable services are available – for free!

Harper's Hope programs are offered to all cancer survivors, no matter where they are being treated.

"How fortunate we are to have this available to all of us," said Lois. "It's invaluable."

To find out more about these programs or to make a donation, go to HarpersHope.org or call (402) 354-4673.



Certified yoga instructor Michelle Miller shares a story with the Friedmans before class.



Chandy Lockman Hoke, MS, RD, LMNT

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 **February 1, 2014, and May 31, 2014.**

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Gifts and pledges \$100,000 and greater

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