

THE pulse

 **syracuse**
AREA HEALTH



SPRING/SUMMER 2022
INSIDE THIS ISSUE:



NAMED **TOP 20** CRITICAL
ACCESS HOSPITAL



SUPPORTING
STUDENT ATHLETES



THE AUXILIARY THRIFT
SHOP'S **BIG MILESTONE**

LETTER FROM THE CEO



Dear Friend,

Warmer weather is finally upon us and so is a new issue of The Pulse newsletter. I'm happy to share the latest updates from Syracuse Area Health with you.

We kick off this issue by highlighting the North Campus Clinic and Pharmacy. It has now been open for six months, and we are proud of the upgraded facilities and services it has brought to surrounding communities.

You'll also get a chance to "meet" all our Family Practice providers and learn more about how they can offer compassionate, lifelong care for you and your family members.

Next up, we're showcasing three great services offered by Syracuse Area Health: on-site MRI services, athletic training for local student athletes, and urology – now led by Dr. Lance Wiebush. Be sure to read on to learn how these services could help you or someone you love.

Finally, we're wrapping up this edition with a heartfelt thank you to the SAH Auxiliary volunteers for reaching \$1 MILLION in sales at our Auxiliary Thrift Shop. Read all about how they hit this incredible milestone with their tireless dedication over the past 15 years.

I'd also like to take the time to share some exciting news: Syracuse Area Health was named one of the Top 20 Critical Access Hospitals in the country for patient satisfaction! This is such an honor as we continue to prioritize the care and well-being of our patients.

I hope you enjoy this issue of The Pulse and thank you so much for your support. It's an honor to be able to serve such wonderful communities.

Sincerely yours,
Michael Harvey, President & CEO

SYRACUSE AREA HEALTH NAMED TOP 20 CRITICAL ACCESS HOSPITAL Best Practice in Patient Satisfaction



Syracuse Area Health Recognized out of 1,353 Critical Access Hospitals in the Nation

Syracuse Area Health is thrilled to be a recipient of this prestigious award – and honored to have ranked in the top 1.47% of critical access hospitals for patient satisfaction.

"Syracuse Area Health is proud of the efforts of the physicians and staff who have contributed to our hospital achieving this designation," said Michael Harvey, Syracuse Area Health CEO. "Our results as a top patient satisfaction recipient means our community can count on us to deliver the services they need now and in the future. I could not be more proud of our staff at Syracuse Area Health for winning this prestigious award. Our goal is to provide the best possible care for each patient we serve, and I am extremely thankful to work with such a great team."

Local Residents Enjoy Convenience

of New North Campus Clinic & Pharmacy

The North Campus Clinic & Pharmacy has been serving residents across Southeast Nebraska since opening late last year, and patients are enjoying all the new facility has to offer. The larger medical clinic offers more exam rooms and on-site X-ray services. And the attached pharmacy is the cherry on top for patient convenience after appointments.

“There has been an overwhelming positive response to our opening of the North Campus Clinic, and I am grateful to be a part of it,” Stephanie Blair, PharmD, RP, North Campus Pharmacy Director, shared. “We have many patients who appreciate the convenience of stopping to get their prescription right after seeing their provider here at the clinic.”

Replacing the previous Weeping Water Clinic, the North Campus facility is more centrally located. The new campus is just **7 miles south of Louisville** and **4 miles northwest of Weeping Water**.

The new North Campus also offers behavioral health appointments with Apryl Benedict, LCSW.

The goal for the North Campus Clinic & Pharmacy is simple: Improve outcomes for rural patients through immediate support from providers close to home.



Meet Your North Campus Clinic & Pharmacy Providers



Kayla Heidinger, MD
Family Medicine



Lindsey Eggers, APRN
Family Medicine



Jeri Spatz, PA-C
Family Medicine



Apryl Benedict, LCSW
Behavioral Health



Stephanie Blair, PharmD
Director of Retail Pharmacy



Sean Tolstedt, PharmD
Staff Pharmacist



Clinic Office Hours:

Monday – Friday:
8:00 a.m. – 12:00 p.m. and
1:00 p.m. – 5:00 p.m.

Pharmacy Hours:

Monday – Friday:
9:00 a.m. – 6:00 p.m.
Sat: 9:00 a.m. – 1:00 p.m.



Location:

North Campus Clinic & Pharmacy
7512 Highway 50
Weeping Water, NE 68463
Clinic: **402-267-5330**
Pharmacy: **402-258-2311**

Did You Know?

Behavioral Health appointments are available at the North Campus and in Syracuse. Call **402-267-5330** to learn more or schedule an appointment.

Family Practice at Syracuse Area Health

Caring for Patients Through All Stages of Life & Health

Whether you're looking for a provider that can meet the needs of your growing family, a healthcare professional who can stick with you for the long-haul, or need same-day care that just can't wait, Syracuse Area Health is here for you.

Each member of the family practice team has the skills and knowledge to care for patients with a wide range of medical needs, including routine preventative care and treatment for acute, chronic or osteopathic health issues.

"The benefit of receiving care from a family practice provider is that your doctor is at the heart of your overall care—meaning that it is 'all inclusive'," explained **Jill Gansemer**, clinic operations director. "The family practice provider is the holder of all the patient's medical information from specialists, hospitalizations, and emergency room visits, all in one place. This helps provide the patient with the most efficient and high-quality care."

Plus, Syracuse Area Health offers a more personalized level of care than larger hospital systems can provide.



"The patient is not just a number; every patient is part of the Syracuse Area Health family. In addition, we use the same technology and resources that big healthcare systems offer, right here at home."

-Jill Gansemer

Patients can connect with a family practice provider at both our Syracuse Clinic and the North Campus Clinic & Pharmacy.

Meet the Syracuse Area Health Family Practice Team!



James Steckelberg, MD
Syracuse Clinic



Kayla Heidinger, MD
Syracuse Clinic & North Campus



Randy Bain, DO
Syracuse Clinic



Jeri Spatz, PA-C
Syracuse Clinic & North Campus



Molly Skomer, APRN
Syracuse Clinic



Lindsey Eggers, APRN
North Campus Clinic



Becca Lechner, APRN
Syracuse Clinic
(Same Day Appointments)



Syracuse Clinic:

2731 Healthcare Dr., Syracuse, NE 68446

Office Hours:

Monday – Thursday: 7:00 a.m. – 7:00 p.m.

Friday: 7:30 a.m. – 5:00 p.m.



North Campus Clinic:

7512 Highway 50, Weeping Water, NE 68463

Office Hours:

Monday – Friday: 8:00 a.m. – 12:00 p.m.

and 1:00 p.m. – 5:00 p.m.

Appointments are available five days a week.

To find a family practice provider, visit us online at
syracuseareahealth.com/clinics.

The Latest in MRI Technology at SAH

Keeps Patients Close to Home for Care



The unveiling of Syracuse Area Health’s new state-of-the-art MRI imaging services is an exciting development for Southeast Nebraska.

The transition from mobile MRI services available twice weekly to full-time, on-site services provides the convenience and flexibility patients need to schedule appointments and address healthcare needs as quickly as possible. Plus, they can rely on the cutting-edge technology to accurately diagnose conditions including bone, joint and soft-tissue injuries.

The new MRI services offer many benefits, including:

- Larger opening for all sizes and those with claustrophobia
- Faster, quieter scans
- High quality, more detailed and accurate images
- Compassionate, experienced MRI technologists

“This really was a great upgrade for our patients. The new MRI system is much more comfortable and open feeling than the mobile service,” **Jill Janssen**, Syracuse Area Health’s first on-staff MRI technologist, shared. “Also, the ability for patients to schedule an appointment that works for them and not be forced to work around a certain schedule is wonderful.”

Having advanced MRI services available at Syracuse Area Health helps keep care as local as possible, as often as possible. Plus, providing patients with access to more services right in Syracuse provides a more personalized level of care.



“The patient response to the new MRI services has been great; patients really appreciate our small community feel and the services we provide! Patients don’t get ‘lost in the system’ here like they can at a larger organization.”

-Jill Janssen

MRI Services are available at Syracuse Area Health in our new MRI area, with a designated entrance on the southeast side of the hospital. If you need an MRI, simply ask your provider for a referral. To schedule an appointment or learn more, call **402-269-7590**.

Supporting Student Athletes

Athletic Training Services Provided by Syracuse Area Health



Megan Neemann
MS, LAT, ATC

Nothing helps build responsibility, teamwork, leadership and dedication quite like school athletics. And Syracuse Area Health is honored to help support local student athletes by providing athletic training services to help ensure their health and safety.

Currently, Syracuse Area Health serves the Syracuse-Dunbar-Avooca School District and is excited to add two more districts this fall: Elmwood-Murdock and Weeping Water. A new athletic trainer is being hired to serve these additional schools.

“At SDA, I am there daily to look at injuries that happen during sports practices or sometimes PE classes. I am present at all home sporting events and away football games to provide emergency and sideline care as needed,” **Megan Neemann, MS, LAT, ATC**, shared. “I also work with kids in the summer to identify potential problem areas and hopefully mitigate risk of future injury. I’m always available to manage concussion care for any student athletes at the school.”

For the most part, Megan cares for student athletes right at the school—or on the field, court or mat—as needed, which makes the service convenient for students and their families. And there is no charge for the care Megan provides, which ensures that all students have equal access to high-quality athletic care.

“It has been well documented that catastrophic injuries can and do happen during sports. A certified athletic trainer is prepared to respond to such injuries, as well as the other more frequent minor injuries that sometimes keep kids out of sports,” Megan explained. “It’s important to provide these services to keep kids actively involved in athletics in the safest way possible.”

For Megan, there is also a personal connection to athletic training that makes her particularly passionate about helping student athletes stay healthy and able to play their sport.

“I was an athlete in high school and college, and I wanted to do something to stay in touch with that athletic mentality. I love that the kids I see truly want to get better and improve themselves and their skills,” Megan shared. “It’s very rewarding to see a student who I have been working with go out and get a new personal record on the track or have a great game on the court. I just love the team environment and am very lucky that I can continue to be a part of so many different teams through my work.”

Athletic Training focuses on five core domains in caring for athletes:

1. Injury and Illness Prevention and Wellness Promotion
2. Examination, Assessment, and Diagnosis of Injuries
3. Immediate and Emergency Care
4. Therapeutic Intervention
5. Health Care Administration and Professional Responsibility

By mastering the five domains, Athletic Trainers are expertly equipped to handle the health of student athletes.





Benefits of Knee Replacement Surgery

Assisted by the CORI[◇] Surgical System

Syracuse Area Health—Strasburger Orthopaedics is proud to offer knee replacement surgery performed by **Dr. Scott Strasburger** using the CORI[◇] Robotics-Assisted Surgical System. With CORI[◇], Dr. Strasburger's skills are supported by leading-edge technology to help deliver excellent results.

Dr. Strasburger is a highly-experienced surgeon with years of experience. He was the first surgeon in the state of Nebraska to train with the CORI[◇] system, and remains one of the few surgeons in the region offering this technology to knee replacement patients.

Thanks to Dr. Strasburger's full control of the CORI[◇] system, patients may depend confidently on his surgical skills and the enhanced precision available through robotic assistance.

Is knee replacement surgery in your future? For more information on CORI[◇] Robotics-Assisted Surgical System for total or partial knee replacement, visit **strasburgerorthopaedics.com** or call **402-269-2011**.

Knee Replacements Have Changed for the Better.

The CORI[◇] system offers many benefits over a traditional knee replacement surgery for a better patient experience:

Before surgery:

- The CORI[◇] system creates an accurate model of the patient's knee structure
- There is no additional need for an MRI or CT scan of the knee joint
- Dr. Strasburger can select the implant with the most precise match to the model

During surgery:

- The CORI[◇] system continually supplies real-time information about the patient's knee
- This allows for greater precision when removing damaged surfaces and balancing the joint
- CORI[◇] assists Dr. Strasburger in positioning the implant based on the patient's unique anatomy
- Surgery is completed more quickly, and with less damage to the knee's internal structure

After surgery:

- Patients can recover faster thanks to shorter surgical times and less trauma to knee tissues
- Replication of the natural knee structure can lead to increased post-surgical range of motion
- In many cases, the ACL can be entirely preserved during the knee replacement surgery

Syracuse Area Health Welcomes New Urology Team

There are some new members of the Syracuse Area Health specialty clinic team: Urology providers **Dr. Lance Wiebusch, MD** and **Krystle Hajek, MSN, APRN**. They are thrilled to provide this essential service to the communities of Southeast Nebraska.



Dr. Wiebusch and Krystle joined Syracuse Area Health in February and offer urology clinics on the third Thursday of every month.

“Having urology services available at SAH allows patients to meet with our urology providers and have uncomplicated surgical procedures completed right here in our community in an efficient, compassionate environment,” **Rachel Werner**, director of specialty clinics and cardiac rehab, shared.

Dr. Wiebusch and Krystle make an exceptional team, focusing on expert care and ensuring patients understand the treatment they need and feel at ease during appointments. This approach helps even anxious patients address and overcome urological health issues.



“Dr. Wiebusch and Krystle are thorough in their discussions with patients to make sure they are comfortable asking questions about topics that may be sensitive or uncomfortable. They believe it is of the utmost importance that patients feel secure having these frank conversations with their provider.”

-Rachel Werner

And it’s worth noting that Dr. Wiebusch has close ties to Syracuse, which further builds trust among his patients. His father lived in Syracuse and his aunt worked at Syracuse Area Health for many years. He was thrilled when the clinic opened and jumped at the chance to live and work near family and friends.

At Syracuse Area Health, the importance of connection between patients and their providers is invaluable to providing patients with the highest quality health care. The urology services of Dr. Wiebusch and Krystle reflect this commitment, and Syracuse Area Health is excited to have them on the team. They work in tandem and make a remarkable duo.



What is Urology?

Urology is the treatment of disorders of the male and female urinary tract (bladder, ureter, kidney, and urethra) and the male reproductive system.

Some common health concerns that Dr. Wiebusch and Krystle help treat include:

- Incontinence
- Recurrent urinary tract infections or difficulty with urination
- Prostate cancer
- Kidney stones
- Urinary Disorders
- Erectile Dysfunction
- Peyronie's Disease



Lance Wiebusch, MD
Urology



Krystle Hajek, MSN, APRN
Urology



To learn more or schedule an appointment with the urology team, call **402-269-7636**.

The Syracuse Area Health Auxiliary Thrift Shop Celebrates a Big Milestone!

On Friday May 13th, the Syracuse Area Health Auxiliary Thrift Shop achieved \$1 Million in sales! This tremendous achievement is a testament to the hard work of all the volunteers who keep the shop up and running.

“The accomplishments of the Syracuse Area Health Auxiliary, especially reaching a goal of \$1 million in sales at the Thrift Shop, is a great source of pride. The fact that the volunteers were able to do this in less than 15 years is amazing,” **Terri Janssen**, Syracuse Area Health auxiliary liaison, said.

In 2007, the former Syracuse Area Health medical center stood empty, and it has turned out to be the perfect home for a Thrift Shop.



Thrift Shop

881 Mohawk, Syracuse, NE 68446

Shopping Hours

Monday: 3:00 p.m. - 6:00 p.m.

Friday: 9:00 a.m. - 1:00 p.m.

Saturday: 9:00 a.m. - 1:00 p.m.

Donation Hours

Monday: 9:00 a.m. - 11:00 a.m.

Friday: 9:00 a.m. - 11:00 a.m.

Saturday: 9:00 a.m. - 11:00 a.m.

“The Thrift Shop has helped a lot of people in many ways. It is an excellent place to recycle useful items, purchase new items, socialize, and perform purposeful volunteer work,” Terri shared. “With limited shopping opportunities in Syracuse, our Thrift Shop has been able to meet the needs of many locals and also much of Southeast Nebraska.”

Most of the proceeds from the Thrift Shop go directly back to the hospital for equipment or building projects. The funds have been used to purchase more than 200 pieces of equipment and have also supported major hospital upgrades.

“Some of our bigger donations included a security camera system, a waste management system for the surgery department, new flooring, \$250,000 for the new hospital construction and \$46,000 for construction and landscaping at the North Clinic,” Terri said. “We also fund Auxiliary Scholarships annually that go to high school seniors entering the medical field.”

The Thrift Shop is a great place to find gently used—or even some new—items at great prices. With 18 different departments, there is something for everyone. And donations are always welcome. The shop accepts a range of items including clothing and most home, garden and sports-related items that are clean and gently used.

It’s also a great place to volunteer and get involved in helping the community. Terri, who is retiring from her role at Syracuse Area Health this summer, plans to spend time during her retirement volunteering at the Thrift Shop.



“If someone is interested in volunteering, we would encourage them to come by on a Monday morning from 9:00 a.m. – 11:00 a.m. That’s our biggest workday, and the volunteers could help identify the current openings to see if our needs fit their interests and availability.”

-Terri Janssen

Fortunately, as the auxiliary has grown to nearly 50 members, the Thrift Shop continues to thrive and will for years to come.

THANK YOU, VOLUNTEERS!

A heartfelt thank you goes out to the Syracuse Area Health Auxiliary volunteers for their hard work over the past 15 years. The SAH Auxiliary has contributed so much to the hospital and community – from funding construction and purchasing equipment to awarding scholarships and more. The Thrift Shop would not be what it is today without their time, talent, and dedication. Thank you!





2731 Healthcare Drive | Syracuse, NE 68446
syracuseareahealth.com



Are You on Track?

Syracuse Area Health Offers Vaccines for All Ages.

The team at Syracuse Area Health can help with the vaccinations you need to prevent a wide range of illnesses so you can live your healthiest life. SAH provides routine immunizations and COVID-19 vaccinations, including booster doses.

We continue to encourage anyone five years or older to get vaccinated against COVID-19 and remain up to date on all important immunizations.



If you have any questions about vaccinations or how to get them, please contact your provider today or call Syracuse Area Health at **402-269-2411**.