

THE pulse

 **syracuse**
AREA HEALTH



WINTER 2020
INSIDE THIS ISSUE:



STRASBURGER
ORTHOPAEDIC SERVICES



RIGHT HERE WHEN YOU
NEED US MOST



NEW LOCATION,
SAME GREAT CARE

LETTER FROM THE CEO



Dear Friend,

Another season—another reason—to share what’s new and exciting here at Syracuse Area Health!

In this issue of The Pulse, you’ll find an article about our Weeping Water Clinic. A new location means greater convenience and more services, including a new pharmacy. Read on to learn more!

Speaking of “new”... Syracuse Area Health recently acquired Strasburger Orthopaedics, and is now able to offer orthopaedic appointments in Lincoln, Syracuse, and Nebraska City. We are excited about the extended reach and enhanced level of orthopaedic care we are now able to provide.

We also have some news about the former Community Memorial Hospital building, which has been for sale since 2018.

‘Tis the season for annual reports and you’ll find ours in this issue. It highlights key financial points related to the performance and growth of Syracuse Area Health.

Another timely article highlights the important steps each of us can take to stay as healthy as possible in the midst of COVID-19—and the flu season. A few simple precautions can make a big difference in keeping these viruses in check.

As 2020 draws to a close, I would be remiss if I didn’t acknowledge the challenges we’ve all faced during the past year, exacerbated by the pandemic. While I can’t predict the future, I look forward to 2021 with confidence, knowing Syracuse Area Health has never been more committed—and prepared—to serve you with exceptional, compassionate care.

**Sincerely yours,
Michael Harvey
President & CEO**

A **Fond Farewell** to a Building That Served the Community Well

It’s hard to believe, but it has already been two years since the new Syracuse Area Health campus opened for patient care! With healthcare operations moving to a new campus, the original Community Memorial Hospital building has been on the market for over two and a half years, since April of 2018.



Realizing the historic connection the facility has to the community, Syracuse Area Health has gone to great lengths to maintain the property and tried to sell the building, hoping that someone would be able to put it to good use.

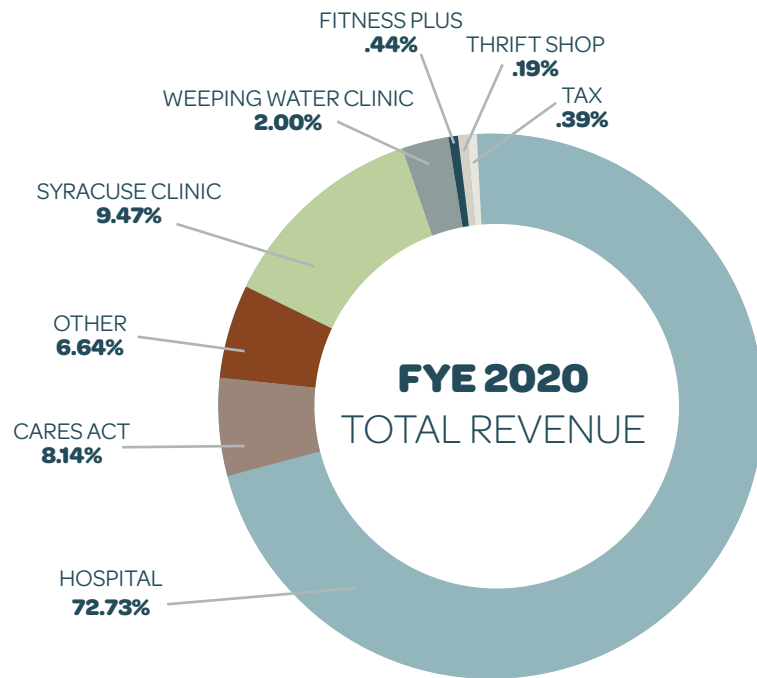
Syracuse Memorial Hospital CEO Michael Harvey shared, “The original building has been a part of this community since 1952 and many families have ties to it. A lot of them have memories of the compassionate care they received both in times of joy, like the birth of a child, as well as times of sorrow. We did our best to try to sell the building, and we had around ten different parties express interest. We had four of those parties do extensive evaluation of a business plan, but ultimately none of them could make their numbers work.”

Since moving out of the facility, maintenance, utility costs and ongoing expenses associated with the property have been around \$120,000 a year. With no prospective buyers now in sight, hospital leaders—along with the board of directors—have made the decision to have the building torn down. Demolition is slated to begin as soon as early winter.

While there are no definite plans for the vacant property, the land will likely be sold for residential development. Revenue from the sale of the property will help fund the cost of demolition, which is estimated to be around \$500,000.

While the original building will soon be gone, “out of sight” in no way means “out of mind.” Syracuse Area Health will proudly carry on the important tradition of providing quality, compassionate care across Southeast Nebraska that began nearly seven decades ago.

Annual Report



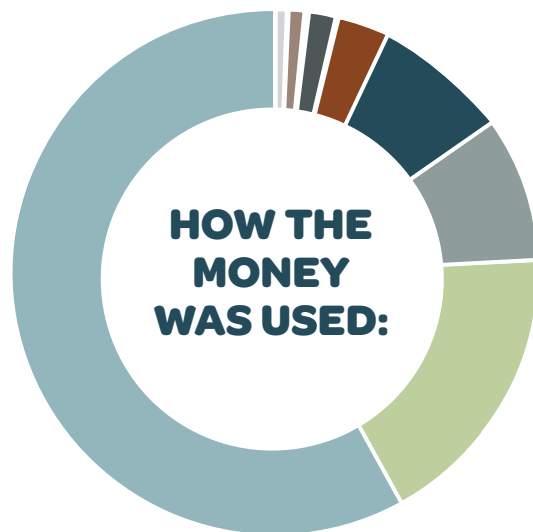
Gross Revenue:
\$30,486,992

**Health Insurance
Write-offs:**
\$4,674,749

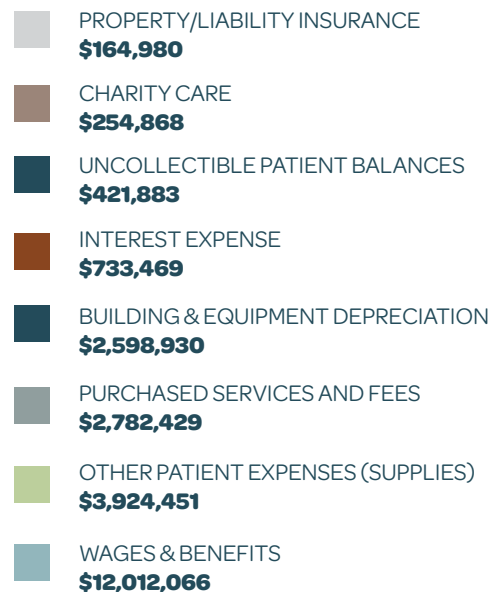
Net Revenue:
\$25,812,243

Expenses:
\$22,893,076

**Funds left over for
future needs:**
\$2,919,167



Wages paid to employees:
\$9,512,014



Numbers are based on draft audited financials

by the numbers

2020 FINANCIAL INFORMATION

Fiscal Year Ending June 30, 2020 STATISTICS

	FY 2019	FY 2020
Admissions	13,883	14,640
Cardiac Rehab Visits	539	603
Cafeteria Meals	21,997	24,412
ER Visits	1,429	1,562
Laboratory Tests	29,306	26,292
CT Scans	854	965
MRI Scans	91	115
Sleep Studies	90	71
Specialty Clinic Visits	2,642	2,964
Physical Therapy Sessions	8,937	10,795
Syracuse Clinic Visits	11,362	10,802
Weeping Water Clinic Visits	2,875	2,901
Inpatient/Swing Bed Days	481	518
Surgical Procedures (includes GI)	425	477

Syracuse Area Health Acquires

Strasburger Orthopaedics



Meet the Orthopaedic Team



Dr. Scott Strasburger



Betsy Davison, APRN



Megan Neemann
MS, LAT, ATC

Syracuse Area Health is devoted to offering patients the best, most comprehensive care. To continue to provide the highest level of orthopaedic services, SAH recently acquired Strasburger Orthopaedics. Dr. Scott Strasburger and SAH offer three locations for advanced orthopaedic care with clinics in Syracuse, Lincoln and Nebraska City.

Syracuse Area Health CEO Michael Harvey is excited about the extended reach and enhanced level of orthopaedic care the healthcare system can now provide. “We’re extremely happy to have Dr. Strasburger and his practice join Syracuse Area Health,” Harvey shared.



“This partnership will provide access both to his skills and his practice’s established local feel, which is important in tightly knit communities like Syracuse, Lincoln and Nebraska City.”

With the addition of Dr. Strasburger as a full-time provider, Syracuse Area Health builds on their relationship with the accomplished surgeon, long-known for delivering leading-edge regenerative health and sports medicine treatments throughout Southeast Nebraska. As one of the first to train on the NAVIO[®] robotics assisted surgical system for full and partial knee replacement procedures, Dr. Strasburger is an expert in the process and remains one of the few physicians in the state to offer the option to qualified candidates.

Dr. Strasburger’s patient-centered approach helps people feel heard and understood, so he can help them manage or treat their pain and return to an improved quality of life. His philosophy to listen to each person to fully understand their lifestyle, obstacles, and health goals helps him provide the most effective treatments.

“We always try the least invasive options for joint care when possible, whether that is joint injections or arthroplasty,” shared Dr. Strasburger. Patients can turn to Syracuse Area Health–Strasburger Orthopaedics for advanced approaches to pain management and to avoid or delay surgery. One option is Ilovera[®], which uses cryotherapy to promote faster healing and effective pain relief by targeting the nerve responsible for sending pain signals to the brain.

To round out the expanded offerings, athletic trainer, Megan Neemann, MS, LAT, ATC, and Betsy Davison, APRN, also joined the Syracuse Area Health team. This exciting growth makes the orthopaedic and sports medicine programs at Syracuse Area Health more accessible, diverse, and able to meet the varied needs of patients of all ages.

Three locations to serve you:

Syracuse Area Health

2731 Healthcare Drive
P.O. Box N
Syracuse, NE 68446
402-269-7636

Syracuse Area Health – Strasburger Orthopaedics

7121 Stephanie Lane, Suite 100
Lincoln, NE 68516
402-466-0100

Husker Rehab – Nebraska City

115 S. 8th Street
Nebraska City, NE 68410
402-466-0100



Your connection to a **continuum of care**

Syracuse Area Health hospitalists:
with you every step of your stay



Tim Rosfeld,
PA-C



Cindy Keckler,
APRN



Heather Noerrlinger,
APRN

While a hospital stay is never ideal, Syracuse Area Health's hospitalists are there to help, 24 hours a day, seven days a week. Hospitalists treat patients of all ages, often starting in the emergency room. They coordinate care with other physicians and specialists, order tests, lab work, medical services and become a patient's point person throughout his or her entire hospital stay.

Meet Our **Family Practice Providers**



James Steckelberg, MD



"I want to walk along with patients both when they are feeling well, and when they are going through any sort of health concern or issue."

Dr. James Steckelberg found exactly what he was looking for when he joined the Syracuse Area Health team. The lifelong Nebraska resident grew up in the northeast town of Osmond, a small community of 800 people, and wanted to practice medicine in a similar community. He has a genuine appreciation for the impact rural medicine has in the state, and chose family practice for the relationships he's able to develop with people throughout every stage of their lives.

Dr. Steckelberg also believes in using a shared-decision approach to providing care, which gives patients an active role in their healthcare paths and decisions.



Kayla Heidinger, MD



"I've wanted to practice rural medicine forever. I love how rural doctors do everything and earn families' trust; it's so rewarding."

Nebraska native, Dr. Kayla Heidinger, was excited to return to her home state and join Syracuse Area Health.

While impressed by SAH's state-of-the-art facilities, she was most attracted to the rural communities the health system serves.

Dr. Heidinger chose family practice because of the variety of care she can provide people of all ages. She's also drawn to the relationships that family practice physicians form with patients.

In addition to family practice, Dr. Heidinger also has a women's health focus, including prenatal care. Dr. Heidinger joined SAH in August after completing her residency at The Mayo Clinic Health System in Wisconsin.



Lindsey Elder, APRN



"Family practice is more personal; it's the care I received when I was growing up. I like to care for an entire family and not just one person."

Family practice, and working at Syracuse Area Health, were easy choices for Lindsey Elder, APRN. A lifelong resident of Louisville, Lindsey feels most at home at a healthcare system with rural roots.

It's that connection that Lindsey credits for understanding her patients, many of whom remind her of her own family. That familiarity helps her address specific health needs of hardworking people in a rural area. "I know what they do for a living which helps me care for them," Lindsey said. "When patients describe their injuries, I understand what happened because I grew up here."



Molly Skomer, APRN



"My goal was always to practice in a small town where I could get to know my patients well. Small towns have always had my heart!"

Growing up in a town of 200 people, Molly Skomer, APRN, chose family practice at Syracuse Area Health for the variety of patients she's able to treat. "I enjoy people of all ages and want to make positive changes throughout their entire lifespan," she shared.

Her relationship-based care approach helps her understand her patients' history, learn their family dynamics and evolve with their changing health needs—and goals.

Rural healthcare aligns perfectly with Molly's commitment to provide compassionate care, create lasting relationships and serve her community. "I have been so welcomed into the Syracuse community, and I am so grateful to be here."



Jeri Spatz, PA-C



"I am proud to be able to support and provide care to the Syracuse community and surrounding area."

After years working in Lincoln, Jeri Spatz, PA-C, embraced the opportunity to practice in a rural setting and enjoys the wide variety of patients she cares for as a family practice provider.

Jeri appreciates her patients' openness and enjoys learning about their families and hearing stories about their lives. She's also dedicated to educating patients in every stage of their lives and helping them take ownership of their health.

While Jeri likes every facet of family practice, she has a special interest in pulmonary care and sleep medicine.

New location, **same great care**

Weeping Water Clinic to Relocate With New Clinic and Pharmacy

Syracuse Area Health's Weeping Water Clinic is changing its address. Because providing the best care is the primary goal of SAH, the move to a more central location with the addition of a pharmacy is about patient experience, enhanced services, and additional patient resources—all in a convenient, accessible location for the entire region.

The new Syracuse Area Health Clinic & Pharmacy - North Campus will be nearly double the size of the current Weeping Water clinic, allowing providers to serve more patients. The new clinic and pharmacy will be located 3/4 of a mile south of the Hwy 50 and Hwy 1 intersection, on the west side of Hwy 50. The new site will be more visible and accessible so patients in all of the surrounding communities will have better access to convenient, quality care. The new location also promises the ability for continued, long-term growth, evolution and enhanced patient offerings.



Syracuse Area Health Clinic & Pharmacy - North Campus
Convenient location, added services, new pharmacy—same compassionate care

The clinic will also boast new and convenient offerings. X-ray services will be added so patients can receive immediate results without the need for added appointments or travel. Plus, a new, on-site retail pharmacy means patients can fill prescriptions before they even leave their appointments. “From a clinic operational perspective, the new building will be quite a bit larger so it has sufficient space for growth for many years to come,” shared Syracuse Area Health CEO Michael Harvey. “It will also include X-ray services, unlike our current facility, as well as a retail pharmacy.” Currently, the region’s closest pharmacies are in Louisville and Syracuse, so this resource is especially advantageous for the area.

In addition to added services and state-of-the-art equipment, more space means an improvement to staff resources, so providers can better coordinate care and treatments—all to provide an even better overall patient experience.



“The new clinic & pharmacy will provide easy access for patients across the entire region, including Weeping Water, Elmwood, Murdock, Manley, Avoca, Eagle, Nehawka, Louisville, and all of Cass County.”



New Future Location:
Syracuse Area Health Clinic & Pharmacy - North Campus!

Along with the many tangible improvements, patients can trust the same, personalized care from providers they know. “The staff that patients see currently will move to the new location, so those familiar faces will stay the same—and so will the quality care provided,” Harvey promised. He also said that there are opportunities, in time, to add staff—something that the size of the current Weeping Water location hindered.

We need you!

Your donation will positively impact healthcare in Southeast Nebraska.

The Syracuse Area Health Foundation has started a Capital Campaign to support this project, inviting area residents to positively impact the future of healthcare in Southeast Nebraska. Donations or pledges to this important project will benefit residents across the entire region by providing convenient access to quality care and resources. Residents can support Syracuse Area Health’s ongoing commitment to enhance patient care and serve families and neighbors throughout the region.

A donor recognition feature at the new clinic will allow donors to memorialize the name of their family or business. You can make your gift through the Syracuse Area Health Foundation, a tax-exempt, 501 (c)(3) corporation. All gifts are tax deductible in accordance with federal and Nebraska state laws.

For more information, contact Jill Ford, Syracuse Area Health Foundation, at **402.269.7658**. Donations can be mailed to Syracuse Area Health Foundation 2731 Healthcare Drive, Syracuse, NE 68446. Visit **SyracuseAreaHealth.com/Foundation** to make a donation online.

The new Syracuse Area Health Clinic & Pharmacy - North Campus is scheduled to open in the fall of 2021.

2 Viruses, 1 Goal: Staying Healthy

Navigating COVID-19 and the flu season

Flu season is here—but this year, it's compounded by the COVID-19 pandemic. That makes it even more important to take precautions to stay as healthy as possible this winter. Following are some simple, yet important steps for navigating through COVID-19 and the flu.

Avoid the Three Cs



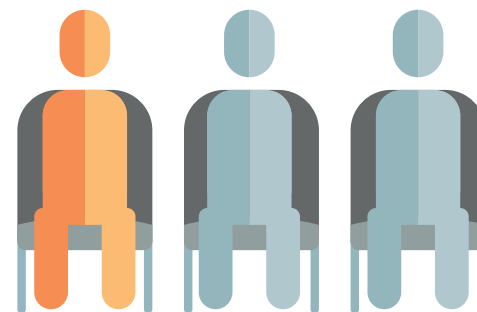
1. Crowded Places

Avoid gathering in groups where you can't maintain 6-feet distance from others.



2. Close Contact

Wear a mask or maintain 6-feet distance when you're with people you don't live with.



3. Confined Spaces

Avoid enclosed spaces with poor ventilation.

COVID-19 Prevention

At work, at school, at small & large gatherings and everywhere you go, follow these additional tips to keep yourself and others safe.



Mask Up



Disinfect Surfaces



Wash Hands



Questions? Call.

Influenza

Many people ask: Can a flu shot help prevent COVID-19? While the answer is no, that doesn't mean it's safe to forgo the flu vaccine. Here's why:

- It's possible to get both COVID-19 and influenza at the same time. If you do, it could increase the risk of very severe complications.
- The Centers for Disease Control (CDC) recommends getting the vaccine for multiple reasons:
 - It can reduce the risk of flu illness by 40 to 60% during the flu season.
 - If you get the flu, the vaccine can greatly reduce the severity of your symptoms and reduce the need for medical attention or hospitalization.

Looking ahead

Donna Armknecht, Director of Quality & Compliance at Syracuse Area Health, is concerned about the increase in COVID-19 cases in the area. "It's important to really just stay at home this winter," Donna shared. "I know it's hard, but we've got to protect ourselves; we've got to protect our hospital and our community."

At the same time, Donna is cautiously optimistic about the future. "We believe a vaccine will be ready to go by the beginning of the year," she said. "We are planning to start healthcare worker vaccination at that time. How it unfolds from there is still to be determined, but the first line of defense is scheduled to be rolled out sometime in December."

Think you have COVID-19 or influenza?

- If you think you may have COVID-19 or influenza, but have not been diagnosed, please call Syracuse Clinic at **402.269.2411** for a telehealth visit and drive thru testing. Although there isn't a specific treatment for COVID-19, antivirals may be prescribed for your influenza diagnosis to minimize symptoms.
- If you have been diagnosed with COVID-19 or influenza and are able to manage your symptoms by taking fever-reducing medications and staying hydrated with fluids, please do so.
- If you have trouble breathing or other life threatening symptoms, call 911 or go to the Emergency Room



Nutrition Info

- Calories 177
- Fat 13g
- Carbs 8g
- Fiber 2g
- Sugar 2g
- Protein 7g

Estimated values
based on one serving
size. Makes 10 servings.

A Skinnier Dip: Healthy Slow Cooker Spinach Artichoke Dip

The days are short. The nights are long. And both are quite cold. But it's the perfect weather for a dip—especially when it's this hot favorite that practically makes itself. Simply combine the ingredients and let your slow cooker do the rest to make a lighter version of this festive favorite.

Ingredients

- 8 oz reduced fat cream cheese
- ¼ cup nonfat Greek yogurt
- 2 cups canned artichoke heart, drained and chopped
- 2 cups frozen spinach
- 1 cup low fat mozzarella cheese

Preparation—as easy as 1-2-3!

1. Add all ingredients into a slow cooker and stir until combined.
2. Cook on high for 4 hours, or until all cheese is melted.
3. Serve! Enjoy with baked chips, pretzels, veggies such as celery, carrots, peppers or sliced zucchini rounds. It also makes a great topping for roasted vegetables or can be served on shredded chicken if you'd like to make a meal of it!



2731 Healthcare Drive
Syracuse, NE 68446

Syracuse Area Health **Auxiliary & Thrift Shop Volunteers**

Funded Purchases in FY20:

\$20,385	Automated Window Shades for SAH Lobby
\$12,000	Mower for Maintenance Department
\$4,506	Endoscope Drying System for Surgery
\$4,100	Five Hospital Bed Mattresses
\$2,525	Anesthesia Infusion Pump for Surgery
\$707	Two Temporal Thermometers
\$725	Fitness Center Upgrades
\$250	Funding for Public Presentation
\$103	Medical Clinic Equipment

Total FY20 purchases = \$45,301

FISCAL YEAR 2020

Number of **Volunteers** **54**

6,016 ^{*}Hours
Volunteered

*The Thrift Shop was closed for more than five months due to COVID-19 restrictions.

The Thrift Shop opened in December of 2007. Grand total for the items donated to the hospital since the Thrift Shop opened is

\$808,036.67