

55PLUS
Beatrice Community Hospital & Health Center
1110 N 10th St.
Beatrice, NE 68310
www.beatricecommunityhospital.com

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Aerial photo of the new Beatrice Community Hospital and Health Center.

This photo was taken Nov. 20, 2010

Blue Cross and Blue Shield Notice

Seniors who have Blue Cross and Blue Shield as a supplemental insurance may have gotten a new BCBS card that now begins with YEK. Be advised that you need to carry the new card with you and show it when you check in at the Admissions Office at Beatrice Community Hospital and Health Center. Most BCBS supplemental subscribers got new cards as of Sept. 1, 2010.

Clarissa Suiter
BCHHC Patient Accounts Director

Bring this coupon in for
20% off any item in the Beatrice
Community Hospital & Health Center

Gift Shop

(excluding cards and candy)
Expires April 1, 2011

55PLUS NEWS

is a service of Beatrice Community Hospital
in conjunction with BryanLGH Medical Center

24th Edition

January 2011

Upcoming Events

Subject to Change

March 21

Spoken 4 w/Homer Lee
Lincoln

May 19

Things in Omaha

June - TBA

Surprises in Lincoln

July - TBA

Ice Cream Social

July 14

Brownville Village Theater
Spirit of Brownville Cruise & Lunch

September 20

Hastings Ammunitions Depot

October 1-8

Albuquerque International Balloon
Festival

November

DeSoto Wildlife Refuge

December - TBA

Christmas Social

Featured Articles

• A Word From The Coordinator

- Room Service
- Living With Arthritis
- Employee Spotlight
- Spaghetti Soup
- Insurance Notice

A Word From The Coordinator

Another year out to pasture! The following is a poem I found that somebody else wrote, but says more eloquently those things that I wanted to say to all of you.



New Year's Reflections

Looking back on the months gone by,
As a new year starts and an old one ends,
We contemplate what brought us joy,
And we think of our loved ones and our friends.

Recalling all the happy times,
Remembering how they enriched our lives,
We reflect upon who really counts,
As the fresh and bright new year arrives.

And when I ponder those who do,
I immediately think of all of you.

Thanks for being one of the reasons I'll look forward to a new year!

By Joanna Fuchs

We're making our plans to go to Hong Kong to see our kids. You may get a quick sentence or two about it in the next newsletter and maybe a picture. So many things to think about in getting ready, but the anticipation of going gets stronger as the time gets closer. We got to see them on Skype over Thanksgiving and can't wait to see them in person.

Take a look at some of the new trips planned. Remember to get your deposits to me early so you'll be guaranteed a place on the bus.

See you in 2011!

Stay healthy and happy!

Deb Whaley

BCHHC 55PLUS Coordinator & SHIP Volunteer 402-223-7227

New Room Service Program

If your idea of hospital food service is food made in large quantities to serve lots of patients and is tasteless and bland, then Beatrice Community Hospital and Health Center and its Nutritional Services Department want to change that image.

Beatrice Community Hospital will launch the At Your Request - Room Service Dining Program on Jan. 31, 2011. The room service program offers patients a restaurant-style menu of freshly-prepared foods, similar to hotel room service,

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Room Service *continued from previous page*

anytime between the hours of 7 a.m. and 7 p.m., seven days a week. Meals are individually prepared and delivered to the patient's room within 45 minutes. Patients can also place multiple orders if they choose to make their menu selections in advance for other meals.

"So many times when patients are in the hospital, many things are out of their control. At Your Request - Room Service Dining is a wonderful program that puts control back in patients' hands, allowing them to place their meal order when they are ready to eat, rather than receiving a meal tray at a regularly scheduled time that we determine for them," said Jennifer Sirek, director of Nutritional Services at Beatrice Community Hospital.

Nutritional Services staff ensure patients' dietary restrictions and nutritional needs are adhered to with every order. A menu is in each patient's room and a patient simply places

a phone call to submit an order. Reminder calls or visits are made by the Nutritional Services staff to ensure patients don't miss a meal or forget to place their order.

The At Your Request - Room Service Dining menu offers 23 entree selections such as oven roasted turkey, baked ham, oven baked fish, gourmet pastas and chicken or beef taco salads, as well as a variety of options from a deli menu, and new dessert offerings like homemade fruit crisps and homemade cinnamon rolls.

"We believe our patients will be satisfied with their made-to-order meals, which should help improve their overall satisfaction," Sirek said. "We expect to see an increase in patient satisfaction as well as more overall enjoyment from the patient's food selections."

Jennifer Sirek
BCHHC Nutritional Services Director

Living With Arthritis

What is arthritis?

Many people start to feel pain and stiffness in their bodies over time. Sometimes their hands or knees or shoulders get sore and are hard to move and may become swollen. These people may have arthritis. Arthritis may be caused by inflammation of the tissue lining the joints. Some signs of inflammation include redness, heat, pain and swelling. These problems are telling you that something is wrong. There are different types of arthritis. In some diseases in which arthritis occurs, other organs, such as your eyes, your chest or your skin, can also be affected. Some people may worry that arthritis means they won't be able to work or take care of their children and their family. Others think that you just have to accept things like arthritis.

What are the types of arthritis?

There are several types of arthritis. The two most common ones are osteoarthritis and rheumatoid arthritis.

Osteoarthritis is the most common form of arthritis. This condition usually comes with age and most often affects the fingers, knees and hips. Sometimes osteoarthritis follows an injury to a joint. For example, a young person might hurt his knee badly playing soccer. Or someone might fall or be injured in a car accident. Then, years after the individual's knee has apparently healed, he might get arthritis in his knee joint.

Rheumatoid arthritis happens when the body's own defense system doesn't work properly. It affects joints and bones (often of the hands and feet), and may also affect

internal organs and systems. You may feel sick or tired, and you may have a fever.

Another common type of arthritis, gout, is caused by crystals that build up in the joints. It usually affects the big toe, but many other joints may be affected.

Do I have arthritis?

Pain is the way your body tells you that something is wrong. Most types of arthritis cause pain in your joints. You might have trouble moving around. Some kinds of arthritis can affect different parts of your body. So, along with pain in your joints, you may: have a fever, lose weight, have trouble breathing or get a rash or itch.

What can I do?

Go see a doctor. Many people use herbs or medicines that you can buy without a prescription for pain. You should tell your doctor if you do. Only a doctor can tell if you have arthritis or a related condition and what to do about it. It's important not to wait.

You'll need to tell the doctor how you feel and where you hurt. The doctor will examine you and may take X-rays of your bones or joints. You may also have to give a little blood for tests that will help the doctor decide what kind of arthritis you may have.

What if I still hurt?

Sometimes you might still have pain after using your medicine. Here are some things to try: take a warm

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Employee Spotlight

Pediatrician

Dr. Amy Schomer came to Beatrice Sept. 1, 2010, from Omaha. She was looking for a community where she could make a difference in the health of children one child at a time. When she learned the Beatrice Community Hospital and Health Center Board of Directors was committed to improving the health of children in Beatrice, she knew she had found her new home.



Dr. Schomer received her undergraduate degree from Creighton and went to medical school at the University of Iowa. She spent 18 years practicing in Iowa City and Cedar Rapids and has spent the last two years at Boys Town. She is the mother of two boys. One son is 20 years old and attends St. Louis University and the other son is an 18-year-old senior at Beatrice High School.

When asked why she decided to be a pediatrician, it didn't take long to see her face light up as she talked about her love for children, for the hugs they give and for her opportunity to teach, which she sees as going hand-in-hand with healthcare. Who they are today isn't who they will be tomorrow, Dr. Schomer says.

In her spare time she likes bicycling, fishing and downhill skiing. She is an avid reader. She hopes next year to start a literacy program for children starting at the age of 6 months. Having a book in the home at a young age and starting them on the path to loving books is a goal important to her love of reading. She says a "sense of self" starts young and entering school with pre-reading skills leads to an "I can do" attitude.

Dr. Schomer says parents don't get any training to be a parent and it's the hardest job of all. She says health and education go together and can be impacted by the private citizen. She is impressed that Beatrice has a grandparenting program in which an older person acts as a role model and shares their love, time and experience with children. She can see the community as being a participant in the welfare of its children.

Welcome Dr. Schomer to the Beatrice Children's Clinic, located on the third floor of Beatrice Community Hospital.

Spaghetti Soup *(Makes 4 Servings)*

Ingredients:	4 cups chicken broth
2 tablespoons vegetable oil	1 (10.75 ounce) can condensed tomato soup
1/2 pound skinless, boneless chicken breast halves, cut into cubes	1 cup water
1 medium onion, chopped	3 ounces uncooked spaghetti, broken into 1-inch pieces
1 large carrot, chopped	2 tablespoons chopped fresh parsley (optional)
1 stalk celery, finely chopped	
2 cloves garlic, minced	

Directions:

Heat one tablespoon oil in a saucepot over medium-high heat. Add the chicken and cook until it is browned, stirring often. Remove the chicken.

Stir in the remaining oil and heat over medium heat. Add the onion and cook for one minute. Add the carrots and cook for one minute. Add the celery and garlic and cook for one minute.

Stir in the broth, soup and water. Heat to a boil. Stir in the pasta. Cook for 10 minutes or until pasta is tender. Add the chicken and parsley, if desired, and heat through.

Jennifer Sirek
BCHHC Nutritional Services Director

Arthritis *continued from previous page*

shower, do some gentle stretching exercises, use an ice pack on the sore area and rest the sore joint.

If you still hurt after using your medicine correctly and doing one or more of these things, call your doctor. Another kind of medicine might work better for you. Some people can also benefit from surgery, such as joint replacement.

You can feel better!

Arthritis can damage your joints, internal organs and skin. There are things you can do to keep the damage from getting worse. They might also make you feel better:

- Try to keep your weight down. Too much weight can make your knees and hips hurt.
- Exercise. Moving all of your joints will help you. The doctor or nurse can show you how to move more easily. Going for a walk every day will help, too.
- Take your medicines when and how you are supposed to. They can help reduce pain and stiffness.
- Try taking a warm shower in the morning.
- See your doctor regularly.
- Seek information that can help you.

For more help

For more information on arthritis and related conditions, contact any of the following organizations:

- National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS)
- Information Clearinghouse
- National Institutes of Health

(U.S. Department of Health and Human Services)