Meet Our Partners caring for the health of the Smoky Valley communities.

**Family Health Care Clinic**

a department of the Lindsborg Community Hospital

605 West Lincoln • Lindsborg • 785-227-3308

**Specialty Clinics**

**Specialty providers see patients by appointment**

Call 785-227-3308

for additional information

Cardiology
Karl Bellah, MD

General Surgery
Dwane Beckenhauer, MD

Jacob Breeding, MD

Orthopaedic
David Peterson, MD

Podiatry
Trent Timson, DPM

Radiology
United Radiology
Group of Salina

Digital Mammography & Bone Density
Mary Jane Wild
Stephen Fowler

Nuclear Medicine
Dale Livengood, CNMT

The Family Health Care Clinic is accepting new patients. Call to make an appointment today! Accepting pediatric, adolescent, and young adult through senior ages.

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www.lindsborghospital.org

Welcome! Dr. Andrea Eden, DO

Dr. Eden is a Family Practice physician joining our provider staff in late February. Look for more information about Dr. Eden and her family in the coming weeks. Dr. Eden will be seeing patients of all ages.

Nearly a quarter of a million dollars and counting….

Formed in 1971, the Lindsborg Hospital Auxiliary has raised $248,091.81 to benefit the hospital improvement projects.

The membership numbers around 80—with about 30 dedicated workers supporting the gift shop and hosting fund-raising events. Over the years, fundraisers have included giant garage sales, fashion shows and Mexican dinners. The Annual Salad Luncheon and Membership drive kicks off each new year on the second Wednesday of September.

While purchases that include laboratory and nursing equipment, room furnishings and patient comfort items are high on the wish list, new and innovative purchases are also being made. A built-in computer station; a new patient waiting area, and completed earlier this year, the clinic’s patient waiting room.

Each year the Auxiliary provides a scholarship to a hospital or clinic employee, with the funds designated for educational purposes in health care. Radiology technologists, food service workers, and nursing staff have earned Auxiliary scholarships.

Now with the holidays just around the corner, the Auxiliary is once again offering featured products from Rada Cutlery as a fundraiser.

One hundred percent American made, Rada Cutlery have carbon stainless steel blades and has been manufactured in Waverly, IA since 1948.

Order online at www.lindsborghospital.org and click on “Rada Cutlery”. Enter customer #503667 enter password = hospital (lower case) and a portion of the sale will benefit the Auxiliary’s projects!

~Betty Nelson, Director of Marketing & Development

The Beat Goes On!

A change in the seasons—it is one of the best things about living in Kansas. We think of Spring as the time for renewal and energy, but doesn’t Autumn deliver some of same Spring qualities? Extremes are missing—milder temperatures, new activities, a fresh color palette for the landscape.

Our landscape is changing, too! The affiliation with Salina Regional Health Center and the growth of our permanent medical staff is exhilarating! New and familiar faces seeking medical care from Dr. Bieker, and early reports are enthusiastic about her appeal as a physician. You can learn more about Dr. Bieker and her family on page 3.

What’s new? Something we haven’t done for nearly two years! Back by popular demand after the first of the year will be a weight challenge event similar to those previously sponsored by the hospital. Look for a continuation in a series of public health education events made possible with generous grants provided by the Smoky Valley Community Foundation and the McPherson County Community Foundation.

The season for giving and the season of Thanksgiving is just ahead, too. The annual campaign asking for your support of our mission will arrive in the traditional way in a few weeks. We have committed time and energy to personalizing our on-line giving for your convenience. Your gifts and your support are the valuable foundation for ‘keeping healthcare local’. We are grateful to all of our supporters and our community partners. You make the difference.

These are exciting times at Lindsborg Community Hospital! Committed to providing health care for you and your family, we invite you to jump on board and enjoy the ride into the future of healthcare!
It’s Ba-a-ack! The Great Weight Challenge Returns!

You’ve asked for it, we listened, and in January, you can join in the Great Weight Challenge!

The twelve week program will begin in early to mid-January...if you made a New Year’s resolution to shed those un-wanted, unhealthy pounds, studies show that many people have started to slip with the commitment in those first two weeks, and that ultimately, as many as 88% fail in the quest to lose the weight. Our collective failure to do that has made America the world’s fattest nation, and continues to add needlessly to the nation’s healthcare costs.

OK. Away the negative stuff and let’s forge ahead! The Great Weight Challenge developed and mentored by Karna Peterson, RD, LD, in 2012 will be adopted and led by a team of health care professionals dedicated to leading the Challenge. We pledge to remain true to Karna’s philosophies of lifestyle changes, positive attitudes and supportive mentors.

There will be an initial weigh in with registration, required weigh-ins for 8 of the 12 weeks, and a final weigh in. Weight loss goals specific to the individual will be given at registration and will be 6-12% of the participant’s starting weight. An individual must have a BMI (body mass index) of greater than 25 to enter. The purpose of this is to encourage a safe rate of weight loss versus a rapid, unsustainable weight loss. Everyone that successfully reaches the established goal will share in the registration pool. The very first GWC in January 2012 had 87 participants, with twenty-one meeting their goal. Those competitors earned back more than four times their registration fee!

Look for specifics near the end of the year on Facebook, our website and the local newspaper.

Examples of Weight Loss Goals for the Great Weight Challenge

<table>
<thead>
<tr>
<th>Start Weight</th>
<th>6-12% weight loss</th>
<th># per week (12 weeks)</th>
</tr>
</thead>
<tbody>
<tr>
<td>350</td>
<td>21.42 lbs.</td>
<td>1.4-3.5</td>
</tr>
<tr>
<td>325</td>
<td>19.5-39 lbs.</td>
<td>1.6-3.25</td>
</tr>
<tr>
<td>300</td>
<td>16.38 lbs.</td>
<td>1.5-3.0</td>
</tr>
<tr>
<td>275</td>
<td>14.53 lbs.</td>
<td>1.4-2.75</td>
</tr>
<tr>
<td>250</td>
<td>13.5-30 lbs.</td>
<td>1.25-2.5</td>
</tr>
<tr>
<td>225</td>
<td>13.5-27 lbs.</td>
<td>1.1-2.25</td>
</tr>
<tr>
<td>200</td>
<td>12.24 lbs.</td>
<td>1.0-2.0</td>
</tr>
<tr>
<td>175</td>
<td>10.5-21 lbs.</td>
<td>0.9-1.75</td>
</tr>
<tr>
<td>150</td>
<td>9.18 lbs.</td>
<td>0.75-1.5</td>
</tr>
<tr>
<td>125</td>
<td>7.5-15 lbs.</td>
<td>0.6-1.25</td>
</tr>
</tbody>
</table>

A Scot Finds a Home in “Little Sweden” Welcome, Emily!

She appears to be of average build—but just looking at Emily Burchett is deceiving. Nyckelharpa and Hambo dances are not part of her regular repertoire, but hand her a set of bagpipes and a Braemar stone and you will meet “Iowa’s Strongest Woman”.

Emily is the new Physical Therapy Assistant, joining the rehabilitation staff in late summer. And while her ‘other’ hobbies include meteorology, an extensive album collection, playing guitar, ukulele and banjo, “strong woman” Highland Games competitions are a passion.

Born in Hays, her family moved to Missouri when she was five years old. Her mother, five brothers and two sisters live in Warrensburg, MO. After high school graduation, Emily moved to Iowa to attend Northern Iowa Community College, graduating as a PTA. Her father cultivated her interest in Scottish Highland Games and her brothers also compete...but Emily is the family star, having competed at the Women’s World Championship every year since she was just 14 years old—and never finishing less than 7th place. The competition is hosted each year in Phoenix, AZ.

A Highlands competition will include nine events: the Braemar Stone, a 12-16 pound stone (for women) that is thrown, somewhat similar to the track and field event of shot put, but without the approach; the “open stone” weighing ‘only’ 8 pounds and thrown as the shot put, with an approach and the hammer throw—a 12-16 pound hammer thrown with planted feet. Next up are weights for distance—hand throwing 28 and 14 pound weights, throwing a 28 pound weight with a handle over a cross bar. Enough? Not yet—the classic sheaf throwing (her personal favorite) is throwing a 10 pound burlap bag of twine over a cross bar, generally while maintaining a stand. The most popular is the crowd pleasing caber throw. A caber is a telephone- pole like post post 12-16’ long and weighing between 30 and 70 pounds. The goal is to toss the pole so it lands at a position that is “12 o’clock” from the stance of the athlete—or directly in front of the athlete. In the competition, the “weight over bar” is where she has performed best.

Emily’s integration into the Smoky Valley has been a good one...her quick, bright smile is warm and friendly and patients have quickly embraced her dedication to their well-being. She successfully competed in the McPherson Scottish Festival in late September, winning the women’s event. Emily may also be a bit of a ‘ham’...providing some additional fun at the third annual “Battle of the Buses” —by “helping out” the local volunteer fire department when it appeared their truck had stalled. Emily stepped up to push it out of the way! Further sign of her integration is the desire to participate with the Track & Field coaching staff at Bethany College.

When asked what has surprised her the most about moving to Lindsborg and her first job as a PT assistant, Emily replied—“how nice everyone is!” And if you are ever watching a Highland Games competition and want to find Emily? She’ll be the one in the Crawford Clan Tartan.
**Are you prepared for the flu season? We can help!**

Maybe we take it for granted—“it’s just the flu” but the number of deaths according to the Kansas Department of Health and Environment, influenza or pneumonia contributed to or was the direct cause of 1,444 deaths among Kansas residents during the 2012-2013 influenza season. Influenza and pneumonia was the eighth leading cause of death in 2012 in Kansas. The KDHE has reported the first confirmed influenza cases of the 2013-2014 season. Both cases were among adults in the Wichita area. It is not too late to get vaccinated. Influenza vaccine is recommended for nearly everyone, six months of age and older. Infants less than six months of age are too young to be vaccinated but are more vulnerable to flu complications, so health officials say it is important for people who will be in close contact with infants to be vaccinated. Adults age 65 and older are at greater risk, too.

Being vaccinated against influenza is especially important for anyone at high risk of complications and for anyone who is a child care provider of children younger than five years of age, and for care-givers for those with medical conditions that put them at higher risk for severe complications. “The arrival of our first confirmed influenza cases of the season serves as an important reminder for everyone to get vaccinated to protect themselves, their loved ones and the community,” said Robert Moser, M.D., KDHE Secretary and State Health Officer. “Influenza normally increases during the holidays before peaking around February.” Symptoms of influenza may include fever, dry cough, extreme tiredness and muscle aches. Complications can include pneumonia, ear and sinus infections, and dehydration. Influenza may also worsen other chronic conditions such as diabetes, lung, liver, kidney or heart disease, those receiving long-term steroid treatment, the morbidly obese, people with AIDS or HIV, cancer, individuals with neurological or neurodevelopmental conditions. Depending on the severity of the influenza season, five to 20 percent of the population may get influenza each year. The best ways to avoid spreading influenza include covering coughs and sneezes, washing your hands and staying home when sick.

**The Family Health Care Clinic has scheduled a Saturday flu vaccination clinic on Saturday, December 7 from 10 am until noon. A Saturday clinic is for anyone, but is extended as a courtesy to those that are unable to leave work or work out of town. Walk-ins are accepted for flu vaccines at the Family Health Care Clinic during the hours of 8:30-4:45, Monday-Friday.**

**Primary Care Providers: Questions and Answers**

With the changes in providers (Doctors, Physician Assistant and Nurse Practitioner) over the past year and the addition of Dr. Bieker in October and Dr. Eden in February, 2014, there have been questions about choosing one’s primary care provider for established patients. We hope this Q & A can help clarify.

Q: If Kelsey Swisher, PA or Miranda Brown, APRN is my primary care provider, do I need to switch to the new doctor?
A: No you don’t. We believe Kelsey and Miranda can meet your needs but if you prefer a doctor as your primary clinician, contact the clinic and we will assist you in that process.

Q: Is it okay to switch from one provider to another because of gender preferences?
A: Absolutely. Although a male provider can care for females and female providers can care for males, there are times when you would prefer a provider of the same gender. We are pleased that you have a choice, and who may choose who is right for you, bearing in mind that it isn’t all about the gender of the provider.

Q: If I am or have been an established patient of the Family Health Care Clinic, and don’t have a PCP, now what?
A: Call the Clinic at 785-227-3371 and we can schedule a “get to know” visit with Dr. Bieker. We will begin scheduling appointment and “get to know” visits with patients for Dr. Eden in February.

Q: If I want to see a male provider, can I switch to Dr. Dolezal?
A: Yes, contact the clinic and request to have Dr. Dolezal become your primary care provider. Another option: just like Kelsey or Miranda performing well-woman exams for Dr. Dolezal patients, Dr. Dolezal is willing to see male patients for delicate exams on behalf of the female providers.

**Between Jayhawks and Alaskan Dreams...**

Jody Bieker claims to have always known healthcare would be in her future. Her mother was a nurse before becoming a hospital administrator, and she completed the nursing program at Kansas State University before determining it “wasn’t for me.” It was perhaps while tutoring with a group of pre-med students at Fort Hays State University that she determined her own path was to make the commitment to become a physician. Born in Salina and raised in Minneapolis, KS, Bieker is the younger of two daughters. She received her undergraduate degree from Fort Hays State University, and received her medical education from the University of Kansas School of Medicine in Kansas City, where she participated in the Family Health Care Program, a program designed to increase the supply and retention of rural physicians. Bieker completed her residency with Smoky Hill Family Medicine in Salina.

Since 2007, Dr. Bieker was employed by the Nemaha County Community Hospital in Se- neca, KS as a family medicine physician with obstetrics. In August, upon announcing her contract signing with Lindsborg Community Hospital on the hospital’s Facebook page, it became clear that Dr. Bieker develops strong bonds and lasting relationships with staff and patients. The Facebook post was followed with praise and well-wishes for her from patients and co-workers and congratulations for LCH, one post generously indicating that Seneca’s loss was Lindsborg’s gain.

Her former practice was full from babies to seniors, and she hopes to see the Smoky Val- ley communities utilize the talents of family practitioners to care for young children. “Who wants to pick up a sick child and drive out of town?” and believes that as a physi- cian, it is fun seeing both well kids and sick kids. She is an advocate for preventative care, for being pro-active, and is committed to continuity of care and advocating for her patients. A referral to a specialist does not equate with there no longer being a need for a family physician, “I develop rela- tionships with my patients and once I know it, I’ll never forget it.”

Husband Roger Bieker, a medical technolo- gist, is a stay at home dad for their three children. Eleven year old Emma, Maxwell, eight, and five year old Jack are enrolled in USD 400 and recently participated in their first Svensk Hyllingsfest. Ali and Chase, Ger- man Shorthairs, are the family pets.

The Bieker family has purchased a home in rural McPherson County. Fishing “makes great family time together” and they like to visit their lake house near Milford Reservoir. It is a get-away home they remodeled and landscaped together. Roger is a hunter, and they all enjoy outdoor activities. Meeting her for the first time, one notes that she greets people with ease, offering a broad and confident smile with a firm handshake. Citing her cell phone as the one thing she can’t leave home without, she completes the answer to a question about time manage- ment without hesitation: her nurse (Lynn Nightingale) will be the best time manage- ment tool. Lynn had the unique opportunity to meet and visit with Bieker’s clinic nurse from Seneca at Bieker’s welcome reception in September.

In a series of questions meant to shake loose some interesting facts, it was discovered that:

- If she could be invisible for one day, she would go shopping with the kids.
- An Arby’s® roast beef sandwich is her fast-food fix.
- Grilling steaks would be her choice if she were cooking to impress someone.
- The best way to positively influence healthcare decisions is with collective decision making and early intervention.
- She is a KU basketball fan.
- Being close to family, creating balance between work and home and seeking things you can enjoy together is what makes a good life.
- Her dream vacation would be an Alaskan cruise with Roger.

**Wellness Center: New equipment, longer hours and FREE!**

Participants in a health assessment conducted in McPherson County this summer indicated a need for increased access (and less cost) to an exercise facility. (The complete assessment can be viewed at www.lindsborghospital.org on the ‘links’ tab.) The best way to positively influence healthcare decisions is with collective decision making and early intervention.

A new treadmill was purchased with gifts dedicated to the Health, Education and Wellness Fund in Development earlier this year. A recumbent stepper was purchased in March, an item long-desired by Cardiac Rehab Director, Sarah Ross-Moberg. Stationary bikes, free weights, weight machines, a recumbent bike and an elliptical trainer completes the equip- ment inventory.

The hours are Monday-Friday 5:30 am-7 pm and Saturday, Sunday and holidays, 8 am - 10 pm. There is no access during the hours Cardiac Rehab is conducted, on Monday, Wednesday and Friday from 1:30-3:30. Visitors must sign in with each visit and everyone should sign the one-time "Waiver and Release" and take it to a Customer Service Representative at the reception desk or place it in the "Payment Box" in the main hospital lobby. Children under the age of 12 are not permitted to use the fitness room and children 12-14 must be accompanied by an adult. There is not an attendant staffing the wellness center, but a remote camera monitors activity at all times. Questions regarding the operation of fitness equipment can be directed to Sarah Ross-Moberg, RN at 785-227-2911 ext. 163 or to arrange an appointment for instruction.

*BV