



THE EDMUNDSONIAN

A Jennie Edmundson Auxiliary Publication

"Your mind expands when you give,
your heart expands when you share,
and your soul expands when you are charitable."
Matshona Dhlwayo.

Newsletter - Summer 2025



President's Message

By Roger Williams

To all my dear friends who volunteer at our beloved Methodist Jennie Edmondson Hospital,

Although I have been laid up with assorted health problems for more than 5 months, I am pleased to provide encouragement and support from the sidelines. In that regard, I am writing to all of you to of course thank you deeply for all that you do in your volunteer role, but also to strongly encourage you to take an active part in the current year-end fundraising campaign happening right now. Our support to this campaign goes a long way in helping it be a huge success. Giving your time is already a great gift but adding financial support to that mix is a tremendous bonus. Please consider becoming a participant in this critical effort and continue having a most rewarding year in your volunteer efforts.

Thank you all so very much,

CONTENTS

PAGE 1	Announcements
PAGE 3	Hospital News
PAGE 4	Methodist News
PAGE 5	Past Event Recap
PAGE 8	Celebrating Volunteers
PAGE 10	Health & Safety Tips

Announcements

Upcoming Events

Flu Shot



Proof of Flu Shot needs to be turned into Sam Fragoso by November 21, 2025. Those who participate will receive a free meal voucher.

Methodist is proud to sponsor the upcoming Walk to End Alzheimer's events in Omaha and Council Bluffs, and all Methodist employees and volunteers are invited to participate. There is an indoor and an outdoor walk path for participants. To sign up go to <http://www.alz.org/iowawalks>

Event information:

Council Bluffs

When: Oct. 4

Where: Iowa Western Community College

Registration 9:00 am

Walk begins: 10:00am

Team name: Methodist Jennie Edmundson

Omaha

When: Oct. 12

Where: College of Saint Mary

Team name: Nebraska Methodist Hospital

**WALK TO END
ALZHEIMER'S**
ALZHEIMER'S ASSOCIATION

Announcements

Pink Out



T-SHIRTS SOLD THE MONTH OF OCTOBER AT THESE LOCATIONS:

- Jennie Edmundson Foundation
- Sherbondy's Garden Center
- Heartland Oncology & Hematology
- 1st Interstate Bank - Glenwood
- MPC Glenwood
- Malvern Bank



COUNCIL BLUFFS

Pink Out Day - Oct. 10

Pinkercize at Jazzercise - Oct. 11

Classes run from 7:30am to 11:00 am.

Sign up at JEHFoundation.org or the day of Jazzercise.



MILLS COUNTY

Save the Twins Poker Run - Oct. 11

Held at Loess Hills Harley-Davidson

Registration starting at 9am

Kick Stands up at 11am

Last Bike in at 4pm

Pink Out Day - Oct. 22

Keith Klan Bingo - Oct. 22

Held at the Mills County Museum

Doors open at 5pm, starts at 6:30pm.

Bra decorating contest - Voting at 6pm

Winner announced that evening.

T-Shirts also sold at this event!



Use QR code to
order your shirts
today!!

Proceeds will support the Methodist Jennie Edmundson Hospital Breast Health Center in the continued efforts to provide financial assistance to women who are uninsured or underinsured for 3D screening mammograms, diagnostic mammograms and breast ultrasounds.

Call to schedule your Jennie Edmundson Hospital Mammogram 712-396-7600



JEHFoundation@nmhs.org or 712-396-6040



Hospital News

Methodist hospitals recognized for excellence in lactation care



The International Board of Lactation Consultant Examiners (IBLCE) and International Lactation Consultant Association (ILCA) have recognized Methodist Women's Hospital and Methodist Jennie Edmundson Hospital for excellence in lactation care.

The hospitals have received the IBCLC Care Award in recognition for the following:

- Staffing professionals who hold the prestigious International Board Certified Lactation Consultant (IBCLC) certification
- Providing a lactation program for breastfeeding families
- Demonstrating their commitment to help protect, promote and support breastfeeding

This marks the fourth time that Women's Hospital has earned the IBCLC Care Award and the third time for Jennie Edmundson, which also recently received statewide verification of its level II (moderate- to high-risk) maternal and neonatal care.

"Breastfeeding is a special but often challenging journey - one that continues long after Mom and Baby leave our hospital," said Terri Perry BSN, RN-BC, the mother/baby service leader at Methodist Women's Hospital.

"These consecutive awards illustrate our ongoing commitment to support families every step of the way."

"This kind of recognition signifies the gold standard of lactation care," said Rachel Sankey, MSN, RN, C-EFM, the women and newborns service leader at Methodist Jennie Edmundson Hospital. "But for us, it goes beyond nutrition. We're honored to provide the education, hands-on guidance and ongoing support necessary for Mom and Baby's long-term health and happiness."

New Thoracic Clinic Space

A new clinic space will be open for Dr. Mukerjee and Dr. Trujillo to see Thoracic patients. It will be located in the old Cath Lab waiting room by elevator H. They will primarily see patients on Tuesdays and Thursday mornings (but not every week). Here are some of the first scheduled clinic dates they will see patients.

- 9/23 & 9/25
- 10/8 (Wednesday)
- 10/14 & 10/16
- 10/28 & 10/30

Year End Campaign

Be watching for a letter regarding the annual year end campaign.

Hands-on Surgical Experience



On Friday, June 27th Methodist employees and the public were invited to climb aboard the TOME truck and view/maneuver the same robotic systems that have led to improved outcomes and quality of life for countless Methodist patients.

Intuitive's TOME truck is an 18-wheel, 80,000-pound mobile demonstration laboratory that houses the Ion Robotic Bronchoscopy System and the da Vinci Robotic Surgical System – used together to diagnose and treat lung cancer at Methodist. The truck travels the country in an effort to educate the public on lung cancer screening and treatment options while providing the same state-of-the-art hands-on experience that many pulmonologists and thoracic surgeons now have in the fight against lung cancer.

The truck's visit is in celebration of Methodist Hospital's 1,000th Ion robotic bronchoscopy case and its consistently notable procedure volumes – in the top 5% nationally and the highest in the state since 2021, when Methodist became the first Nebraska hospital to offer the minimally invasive technology.

"This technology has been a game changer for us," said Adam Wells, MD, a pulmonologist with Methodist Physicians Clinic and Methodist Hospital. "Thanks to our efforts in acquiring it four years ago, we have been able to implement it into our multidisciplinary cancer care approach and more quickly and safely get a diagnosis for our patients – all with the goal of quickly identifying, and curing, early stage lung cancer."

Past Event Recap

The Summer months find the Foundation busy with events to raise funds for the Spirit of Courage Cancer Center Charitable Patient Care Fund, which assists uninsured and underinsured patients who need help covering expenses associated with the diagnosis and treatment of cancer. This fund helps patients by covering the costs of medications, treatments, and deductibles, as well as everyday living expenses such as groceries, rent, and gas. Without this type of financial help, many vulnerable members of our community would need to forgo vital treatments and/or medications.

Wheels of Courage Car Show

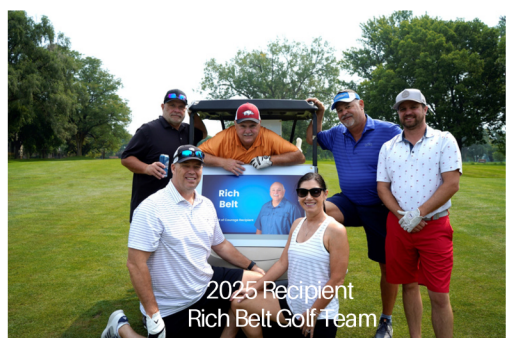
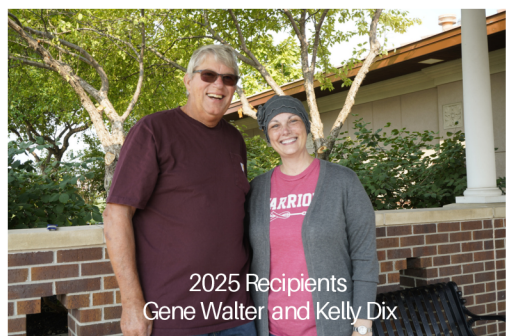


The 10th annual Wheels of Courage car show was held on June 21st at Quaker Stake and Lube with approximately 160 cars entered.



Spirit of Courage Golf

Thirty-four golf teams took to the Dodge Riverside golf Club course the morning of August 2nd to kick off a day of fun and celebration.



Past Event Recap

Spirit of Courage Gala



2025 Recipient, Kelly Dix (center)



Guest Celebrities



Attendees checking out auction items



Gloria Burgoin helping an attendee at the Wine Pull



Past Recipient, Travis Meier (R) and his parents



Past recipient and Pet Therapy Volunteer Fran Shorey and her husband

The Jennie Edmundson Spirit of Courage Gala took place on the evening of August 2nd at the MidAmerica Center. Past recipients, guest celebrities and community members gathered together to honor the 2025 recipients Scott Belt, Kelly Dix, Danny Elliff and Gene Walter.

Past Event Recap

Summer Picnic



Approximately 75 of our volunteers gathered together for the annual summer picnic held at Tish's restaurant on August 25th.

The weather was absolutely perfect! After the meal some stayed behind on the patio to visit and enjoy the evening breeze while others went inside for a several rousing games of Bingo.



October - Pink Out shirts available to order



Celebrating Volunteers

Congratulations to our volunteers who are celebrating their Birthday during the third quarter of 2025.

Volunteer Birthdays Q3

**HAPPY
BIRTHDAY**



New Volunteers Q3



Goldie Welch
Gift Shop



Deb Lewis
Gift Shop



Marshall Huckins
Emergency



Lori Niles
Emergency

Celebrating Volunteers



Volunteers of the Month - Q3



July
Gary Paulsen

*Gary really likes being around people and gets a good feeling when he is able to be of help. He says he'll do it as long as he can.
Gary gets beverages for the Gift shop and helps with Spirit of Courage and Pink Out.*



August
Chuck Devereaux

*His favorite part of volunteering is meeting and talking to all the nice people at the hospital. He feels good about giving his time to help others and staying involved.
Chuck gets beverages for the Gift shop and helps with Spirit of Courage and Pink Out.*



September
Vickie Klahr

*Vickie was the catalyst to get the Gift Shop evening shift hours back on track after the Covid-19 disruption, a service that has been greatly appreciated by hospital visitors and staff alike.
You'll find Vickie in the Pharmacy Annex and Gift Shop*

Retiring Volunteer



Sharon Wood

After 12 years of service Sharon Wood is hanging up her volunteer smock. Sharon started her Volunteer career in January of 2013 and was a constant help in our JEH Gift Shop.

Best Wishes Sharon, you'll be missed!



METHODIST
JENNIE EDMUNDSON
VOLUNTEER

712-396-6040



We welcome suggestions on ways to improve, services to add, Edmundsonian story ideas, photos to share, etc.

Contact: Volunteer Services at 712-396-6040 or email
samantha.fragoso@nmhs.org

Health & Safety Tips

Stay physically, mentally and socially active to keep your brain healthy as you age.

There are many different types of dementia, which is a decline in at least one area of brain function – such as memory, reasoning or language – that is significant enough to impact daily life. Alzheimer's dementia is the most common type. While the biggest risk factor for developing Alzheimer's is age, Alzheimer's is not a normal part of aging.

Why is focusing on brain health important? When should you start?

Focusing on keeping your brain healthy can make a substantial difference in how it will function for years to come. Even in younger children, you can promote optimal brain health by encouraging physical activity, social interaction, education and a healthy diet, as well as limiting screen time and protecting against head injuries. The same principles apply to adults, and it's never too late – or too early – to start focusing on these things.

How can you keep your brain as healthy as possible as you age?

There are three things that I tell my patients to help keep their brains healthy.

1. Be physically active. Set a goal of being physically active for 30 minutes per day, five days a week.
2. Be mentally and socially active. Activities like crossword puzzles, card games, reading and brain teaser apps can all help keep your mind sharp.

Getting out of the house and being around other people are important, too. Attending church, going to lunch with friends, joining a book club or traveling are all ways you can be socially active.

I'm a big fan of combining physical and social activity with group exercise!

3. Follow a healthy diet. While eating well-balanced meals is essential for any healthy lifestyle, the MIND diet – a hybrid of Mediterranean and heart-healthy diets – has been shown to help maintain cognitive function.

Additionally, it's important to manage health issues such as high blood pressure, high cholesterol, diabetes, sleep apnea, depression, anxiety and other mental health conditions. You should also avoid smoking, heavy alcohol use and, of course, head injuries.

When should you be concerned about memory loss?

As you age, you may be slower to recall certain things, or you might become forgetful. However, if this is happening regularly, other people around you are noticing changes or it's starting to impact your daily life, it's important to contact your primary care provider. They can typically complete screening tests during a brief office visit and, if necessary, refer you to a specialist for a more thorough evaluation.

What are the benefits of early detection and diagnosis of Alzheimer's?

Early diagnosis can benefit caregivers and family members as well as the person with Alzheimer's disease. It can help get support systems in place – or a safety net – so they can continue living independently for as long as possible.

Thanks to advancements in medicine, we also have more treatments that may help slow disease progression. Newer monoclonal antibody therapies such as Kisunla or Leqembi target the abnormal proteins in the brain and can slow the disease process. These interventions are most helpful early in the disease process, before there's functional impairment.

Is there any recent research that you find encouraging?

Yes! There's a lot of research happening right now. For example, there are studies looking at ways to diagnose Alzheimer's earlier, even before symptoms are present. This includes imaging and blood tests, some of which are available now, which has enhanced clinicians' ability to properly diagnose Alzheimer's.

There are also many potential prescription drugs being researched to target specific proteins in the brain to help slow or potentially halt progression. It's really exciting to have something that can change the trajectory of Alzheimer's care.

From the Methodist Health System June employee news