



THE EDMUNDSONIAN

A Jennie Edmundson Auxiliary Publication

"The smallest act of kindness is worth more than
the grandest intention." — Oscar Wilde

Newsletter - Summer 2026
July-August-September



President's Message

By Erick Alverio

This my first opportunity to provide this address to you all. I am grateful for the support I received when elected to this position.

This a time of year that we are beginning to see shorter days as we begin our move from Summer to the Fall, and then Winter. We came off of the Wheels of Courage and Spirit of Courage Awards where we successfully raised monies to support those friends and families in need. As we move into the new seasons, it's time to remind everyone about the up and coming Flu Shot Drive. If you need, like I do, a larger dosage due to our mature age, check with you local pharnacy. If not, the flu shot you can receive at MJEH should suffice. In October we also have the Alzheimer" walk.

There are always opportunities to continue supporting our volunteer services, wether it be adding an additional shift here and there to your regular volunteer schedule. We continue to need you and appreciate all that you contribute.

Thank you again for what you do.

CONTENTS

PAGE 1	Announcements
PAGE 3	Hospital News
PAGE 4	Volunteer Highlight
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 Lozano by November 21, 2026.
Those who participate will receive a free meal voucher.

Methodist is proud to sponsor the upcoming Walk to End Alzheimer's events in 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> - you can sign up with the Methodist Jennie Edmundson Team.

Event information:

When: October 10, 2026

Where: Iowa Western Community College

Registration 9:00 am

Walk begins: 10:00am

Team name: Methodist Jennie Edmundson

WALK TO ENDTM
ALZHEIMER'S
ALZHEIMER'S  ASSOCIATION[®]

Announcements

Pink Out

Methodist Jennie Edmundson Hospital Breast Leadership Team and the Jennie Edmundson Foundation have teamed up to provide the community with education and awareness in its fight against breast cancer. Funds from the sale of the 2026 shirts will be used to provide mammograms to Methodist Jennie Edmundson un-insured and under-insured patients.

Order Soon - Limited Quantities

Pick up your order form at the Foundation Office

Shirts are Unisex Sizes

Short Sleeve: S-XL \$14 and 2X-3X \$16

Long Sleeve: S-XL \$16 and 2X-3X \$18

Hooded Sweatshirt: S-XL \$22 and 2X-3X \$25



Council Bluffs Events

PINKERCISE - 10.3.26

PINK OUT COUNCIL BLUFFS - 10.9.26

Mills County Events

SAVE THE TWINS POKER RUN 10.17.26

KIETH KLAN BINGO 10.28.26

PINK OUT MILLS COUNTY 10.28.26

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.



The FreeWill program is offered as a complimentary resource through the Jennie Edmundson Foundation. FreeWill provides a simple, secure, and user-friendly way to create a legally valid will and estate plan at no cost.

It's never too early to think about the impact you want to make for future generations. FreeWill makes both estate planning and charitable giving easy, helping you create a lasting legacy that reflects your values and supports the causes you care about most.

Year End Campaign

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

Hospital News

Jennie Edmundson is 1st in Council Bluffs to Offer Renal Denervation



Members of the Methodist Jennie Edmundson Hospital cardiac catheterization lab team have reached a major milestone.

Earlier this month, they performed the hospital's first renal denervation procedure – a major advancement for cardiovascular care in Council Bluffs.

After years of preparation, Jennie Edmundson is now the only hospital in the community offering this minimally invasive therapy – which targets the kidney's role in regulating blood pressure. The procedure involves using a catheter to deliver controlled energy to nerves near the kidneys. That energy damages the nerves, safely preventing them from signaling the body to increase blood pressure.

The team's achievement reflects the vision and dedication of interventional cardiologists Ann Narmi, MD, and Robert Armbruster, MD, along with the exceptional skill of cath lab teams across Methodist Health System. Together, they're ensuring patients can receive specialized care close to home.

"Renal denervation can dramatically help reduce the risk of major cardiac events, allowing us to help patients reach their long-term goals and get the most out of life," Dr. Armbruster said. "This is truly an innovative step forward for the entire community, and I'm so proud of the people who helped make it possible."

Wheels of Courage New Award



Richard's Contribution Award Honors Rick Greer



This year, the Wheels of Courage Car Show introduced a new award recognizing a volunteer who goes above and beyond in supporting both the event and the community. The inaugural Richard's Contribution Award, sponsored by The Lucy M. Kimball Trust, was presented to Methodist Jennie Edmundson Hospital volunteer Rick Greer. The award included a large trophy featuring a photo of the Dodge House, along with a \$100 gift certificate.

Scott and Tammy Graeme established the award in memory of Scott's father, Richard "Dick" Graeme, whose volunteer service and contributions to the community left a lasting impact, especially his work in saving the Dodge House. They wanted the inaugural award to honor someone who demonstrates that same spirit of volunteerism and generosity.

Rick was a natural choice. In addition to his many years of volunteering at Methodist Jennie Edmundson, he has been a longtime supporter of the Wheels of Courage Car Show. In the months leading up to the event and throughout the fall, Rick can often be found at Quaker Steak & Lube on Thursday evenings, helping Carol and other volunteers sell Wheels of Courage T-shirts, koozies and 50/50 raffle tickets.

During the car show itself, Rick is always ready to lend a hand. One of his favorite jobs is helping participants find their parking spots. Carol even brings him a scooter each year so he can get around the event grounds and assist wherever he is needed. Whether helping participants, supporting the Wheels of Courage team or simply pitching in wherever there is a need, Rick's enthusiasm and willingness to help have made him an invaluable part of the event.

Rick was completely surprised and deeply touched when his name was announced. He became emotional as he shared that he had never won anything before and was incredibly grateful to be recognized for his volunteer service. He was presented with the trophy and gift certificate.

The plaque on the trophy reads: "Honoring Rick Greer — In recognition of your years of dedicated service, generous spirit, and unwavering support of our community and the Wheels of Courage Car Show." Rick is especially proud of this first-ever award and proudly displays the trophy in his home—a fitting reminder of the difference one dedicated volunteer can make.

Rick has proudly served as a volunteer in the Jennie Edmundson Pharmacy Annex for 20 years.

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 11th annual Wheels of Courage car show was held on June 27th at Quaker Stake and Lube with approximately 305 cars entered.



Spirit of Courage Golf

Thirty-four golf teams took to the Dodge Riverside golf Club course the morning of August 1st to kick off a day of fun and celebration.



Past Event Recap

Spirit of Courage Gala



The Jennie Edmundson Spirit of Courage Gala took place on the evening of August 1st at the MidAmerica Center. Past recipients, guest celebrities and community members gathered together to honor the 2026 recipients Bob Martens, Jennifer Potmesil, Kathy Racine & Abby Robinson

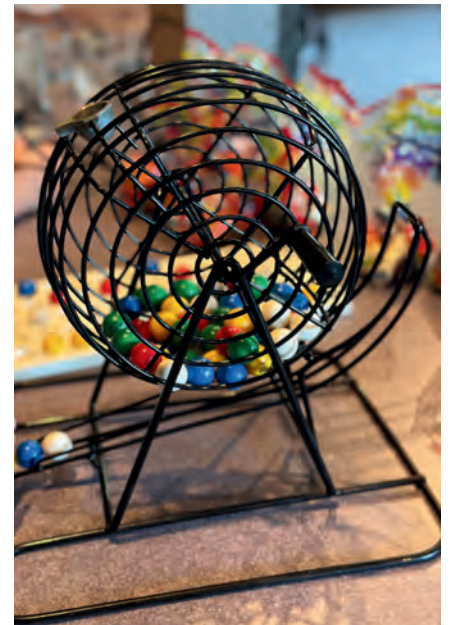
Past Event Recap

Summer Picnic



Approximately 46 of our volunteers gathered together for the annual summer picnic held at Tish's restaurant on August 24th.

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.



UPCOMING OCTOBER DATES



shirts available to order.

Wear on 10-9 for
Council Bluffs Pink-Out Day

Pink Out Events - see page 2

Flu Shot - Oct. 5-6

Alzheimers Walk- Oct. 10



Celebrating Volunteers

Congratulations to our volunteers who are celebrating their Birthday during the third quarter of 2026.

Volunteer Birthdays Q3

**HAPPY
BIRTHDAY**



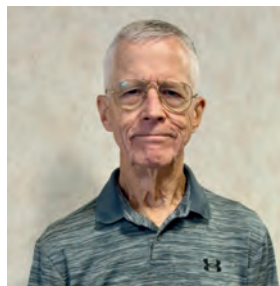
New Volunteers Q3



Pam Nelson
Office Resource
West Lobby



Suzanne Wesley
Ourpatient Surgery



Jay Ackland
West Lobby



METHODIST
JENNIE EDMUNDSON
VOLUNTEER

712-396-6040

Celebrating Volunteers

Volunteers of the Month - Q3



July
Mary Killpack

After dedicating 31 years of her career to Methodist Jennie Edmundson Hospital, Mary Killpack found volunteering to be a natural next chapter. It seemed natural to volunteer here after I retired—it feels like coming home to the Jennie family."



August
Donna Hubbell

Throughout her career, caring for patients and working alongside dedicated colleagues brought her great satisfaction. "I loved the team's commitment to providing the highest quality care," she says. "When I retired, I realized how much I missed my MJE family."



September
Tammy Jensen

One of Tammy's favorite volunteer activities is helping at the Spirit of Courage Golf Tournament, where she enjoys checking in golfers and selling mulligans. Her cheerful personality and willingness to lend a hand make her a wonderful part of our volunteer team.

New Volunteer Executive Committee 2027-2028

We are excited to welcome our new Volunteer Executive Committee for the 2027-2028 term. We also appreciate the members that agreed to fill positions that became vacant during 2026 and will serve for the remainder of the current term, helping provide continuity and support as we move forward.

We extend our sincere appreciation to Roger Williams for his service as President and to Carolyn Schmidt, who served as President-Elect and Public Relations Chair. We are grateful for the time, leadership, and dedication they have given to the organization and thank them for their many contributions. We look forward to another great year ahead!

Remainder of 2026-2028
President - Erick Alverio
President-Elect, Public Relations - Connie Booton
VP, Administration & Family Services - Marcia O'Connor
VP, Front Line Services - Quentin Hanneman
VP, Fundraising - Gloria Burgoin
VP, Patient Services - Carolyn Kerns



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

Keep Your Mind Moving! Simple Ways to Support Brain Health

Just like the rest of our body, our brains benefit from regular care and attention. The good news is that supporting brain health doesn't have to be complicated. Small, everyday habits can help keep your mind active, support memory and concentration, and contribute to overall well-being.

Stay physically active. What's good for your heart is also good for your brain. Regular movement helps improve blood flow throughout the body, including the brain. Walking, gardening, dancing, swimming, stretching or doing simple strength exercises are all great ways to stay active. Even taking a short walk each day can make a difference.

Keep learning something new. Give your brain a workout by trying something you haven't done before. Learn a new recipe, pick up a new hobby, take a class, learn to play an instrument, try a new craft or challenge yourself with a puzzle or game. Reading books, doing crossword or word puzzles, and playing cards or board games can also keep your mind engaged.

Stay connected with others. Social interaction is an important part of healthy aging. Spending time with friends and family, participating in community activities, volunteering or simply having a conversation can help keep your brain active. Your time as a volunteer is a wonderful example of staying connected while making a difference in the lives of others.

Get enough quality sleep. A good night's sleep gives your brain time to rest and recharge. Try to keep a regular sleep schedule, make your bedroom comfortable and relaxing, and limit caffeine later in the day. If you regularly have trouble sleeping, talk with your healthcare provider.

Eat for your brain. A balanced diet provides the nutrients your brain needs to function well. Include plenty of fruits and vegetables, whole grains, lean proteins, healthy fats and adequate water. Foods such as berries, leafy greens, nuts, fish and beans can be part of a brain-friendly eating pattern.

Give yourself time to relax. Stress can affect how we think, remember and concentrate. Find activities that help you unwind—whether that's spending time outdoors, listening to music, reading, gardening, praying or simply enjoying a quiet cup of coffee with a friend.

Take care of your overall health. Keeping blood pressure, cholesterol, blood sugar and other health conditions under control can also benefit your brain. Keep up with regular checkups, take medications as prescribed and talk with your healthcare provider if you notice changes in your memory or thinking.

The Bottom Line

There is no single magic trick for keeping your brain healthy. It's the combination of moving your body, challenging your mind, staying connected, eating well, sleeping soundly and taking time to relax that can make a difference.

And remember—you're never too old to learn something new! Whether you're mastering a new recipe, meeting someone new through volunteering, working on a puzzle or simply taking a walk, you're giving your brain opportunities to stay engaged and active.

Keep moving. Keep learning. Keep connecting. Keep your mind moving!