



October 2017 Edition

SAFETY...EXCELLENCE...COMPASSION...INTEGRITY...DEVOTION...TEAMWORK

Box Butte General Hospital is an equal opportunity provider and employer.

CHARITY  
FOCUS

Direct Donations Solicited On 10th Anniversary Of Jane's Closet

## 10 years ago Jane Wineteer made a difference; one that is felt to this day

**BOX BUTTE** General Hospital ran a story 10 years ago in August of 2007 about a co-worker who turned her battle with cancer into something positive that has affected many lives since then. Her name is Jane Wineteer. It's appropriate to use the present tense of 'is' when saying her name, because she lives on as the inspiration for Jane's Closet. Let's allow a portion of that story speak for her and the friends who made her dream come true:

*It's always hard to lose a friend, especially someone who spends five days out of a week at your side as a fellow co-worker. When it happens you want to hold on to memories and turn the loss into something meaningful.*

*Such was the case when Sandhills Family Center's (Editor Note: the predecessor of GNMSS Family Medicine) Jane Wineteer passed away in February of this year after a short battle fighting Inflammatory Breast Tissue Cancer, a rarer form of breast cancer that is very aggressive.*

*"Jane was diagnosed in March of 2006," her friend and fellow Coding/Billing employee Deb Moore recalled. "It all happened so fast."*

*Moore, Bette Gerlach and Rhonda Lyman were all visiting Jane one day, "when she commented on how much time she spent trying to find out what her options were in fighting this type of cancer, ranging from conversations with her doctor to phone calls and long Internet searches," Moore said. "And that's how the idea for Jane's Closet got started."*

*She and other friends of Jane wanted to provide a resource center for others diagnosed with the dreaded "C" word that would provide essential information in a variety of categories. "Jane spent a lot of time on her own trying to find out where to go, what her best options were," Moore said. "She didn't want other people to go through the same thing she went through trying to gather all of that." Jane felt so strongly about it, she had a portion of her life insurance benefit dedicated to establishing the Jane's Closet program.*

A decade has passed and the help Jane's Closet has given to



**Jane Wineteer posed for this photo with her then newborn grandson Kaiden after she was diagnosed with breast cancer a little over 10 years ago.**

so many people diagnosed with different forms of cancer and their families has been extraordinary. Jane Wineteer's life insurance policy provided seed money to start Jane's Closet, with \$3,423.00 donated. Add to that \$119,914.32 donated from the generosity of area residents and \$123,337.32 has been raised since 2007. Of that amount, a total of 228 assistance payments were made to cancer patients and/or their families in the amount of \$44,250 from Jane's Closet to help defray care costs or travel/lodging expenses. Other benefactors include the Alliance High School with a donation of a breast test model for early detection of cancer totaling \$630, and Box Butte General Hospital (\$13,714) to upgrade their Mammography Workstation.

Also extraordinary has been the many hours of effort and volunteerism that has gone into raising money for Jane's Closet. The first three years had the following people spearheading the Jane's Closet project and annual September fund raising event: Jamie Wineteer, Lori Mazanec, Tracy Jatczak, Mary Goodell, Tracey Morgan, Hilary Gomez, Bette Gerlach, Deb Moore, Rhonda Lyman, Brittney Bauer and Sharon Groskopf.

The last six years had Williams Jewelers owners Brad and Sue Williams and their staff doing a fantastic job hosting the annual event, raising as much as \$25,000. Unfortunately, prior commitments have forced Williams Jewelers to end sponsorship of the Making a Difference event this year.

So in honor of the 10th anniversary of Jane's Closet, its committee members are asking area residents to make a donation in Ms. Wineteer's name. They can do so by making a check out to the Box Butte Health Foundation. Be sure to designate the donation to be applied to Jane's Closet. Donations can also be made online at by [going here](http://www.bbgh.org) or visiting [www.bbgh.org](http://www.bbgh.org). When filling out the secure donation information, be sure to choose Jane's Closet in the Gift Designation field. Donations are tax deductible. Those wishing to have more information about how to help fund the project with donations may call BBHF Director Brooke Shelmadine at 308.761.3079.

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INSIDE:

2 BRYNER JOINS GNMSS

3 HPC FIRST MEET

4 QUINN-ESSENTIAL

5-11 PHOTOS GALORE!

**GREATER**

Nebraska Medical and Surgical Services is pleased to announce that Sally Bryner, APRN-BC, has just completed her orientation and is now on the medical staff of GNMSS. She will begin seeing patients in Hemingford at the GNMSS Hemingford Clinic Thursday, September 28, and patients at the GNMSS Family Medicine Clinic in Alliance Friday, September 29. Ms. Bryner's patient schedule at the Alliance Clinic will be Tuesday, Wednesday and Friday. She will see patients in Hemingford every Thursday. Her addition to the Hemingford staff means residents in that community will have clinical appointments available five days per week every other week (with Dr. Jessica Ott's schedule of half days every other Tuesday).

Ms. Bryner is well known to the area, having started her career at Box Butte General Hospital (BBGH) in July of 2000 after completing her undergraduate studies for the Registered Nursing program at WNCC and through volunteerism in both Alliance and Hemingford.

BBGH CEO Lori Mazanec said, "It is very exciting to welcome Sally back to BBGH, this time at the provider level, to expand her passion for patient care. Sally has always been a superb employee,



**Sally Bryner, APRN-BC**

so it was easy to bring her on. Her dedication and compassion for staff and patients are truly one of her greatest assets and I am looking forward to seeing her build her practice at GNMSS."

Ms. Bryner earned her Registered Nurse license in October of 2000 after obtaining her Bachelor of Science in Nursing from the University of Nebraska Medical Center (UNMC) College of Nursing in Scottsbluff. Fourteen years

later, she obtained her Master of Science in Nursing in May, 2014 from UNMC College of Nursing in Omaha and became Advance Practice Registered Nurse Board Certified (APRN-BC). A few months later she joined Alliance Family Medicine (AFM), before coming back to Box Butte General Hospital as GNMSS's newest Nurse Practitioner.

"Back in 2000, I started out on nights in the Patient Care Unit (PCU)," she said. "After a couple of years a position opened in the surgical department, so I worked in the PCU and the surgery department as well. I was PCU coordinator until 2006; then I went to Labor and Delivery in 2006 where I became that department's coordinator in 2011 until 2014 when I became an APRN-BC and went to AFM."

Her two years at AFM were well spent. "Dr. Tim Narjes was a wonderful teacher and mentor those two years and I feel he gave me a good foundation for starting my career as a Nurse Practitioner," Ms. Bryner said.

Coming back to the hospital by joining its GNMSS medical staff was a logical step in her career path. "I started my career at BBGH 17 years ago, and know the hospital's practices well," Ms. Bryner said. "The benefits are great and they are willing to help you with your continuing education. That's pretty big for me because I've always felt continuing education is important. BBGH has always been very supportive of staff wanting to advance their medical knowledge. When I expressed my desire to study to become an APRN, the hospital helped with my education costs through scholarships and the Rural Loan Repayment Program."

"It's always been my goal to be able to provide care for patients in a manner that didn't require me to wait on obtaining orders from a physician or non-physician practitioner," she continued. "When I was an RN, I would see patients for only a short time in either the PCU or in Labor and Delivery. Now, I get to know them and am able to learn much more about them and their medical histories. Being able to have a long term relationship with the patient and being able to do so without supervision is very satisfying."

Ms. Bryner has a special interest in pediatrics and women's health. "While I do have a special interest in those areas, I have to say I enjoy all aspects of being a Nurse Practitioner," she added.

While she has obtained her goal of being a non-physician practitioner, there is a frustration that comes with it, one most physicians and providers have. "As a medical provider, you want to do what is best for your patient, whether it's a test or prescribing a particular type of medication," she said. "But in today's environment, we often have to argue with the patient's insurance company to get them to provide coverage for it. That takes a lot of time ... time that would be better spent doing what we want to do, which is providing the best care we can for our patients. That can get frustrating, but that's just the way it is now."

Ms. Bryner is looking forward to practicing in Alliance, as well as Hemingford, where her husband Dusty (Hemingford's Police Chief) and three children reside. "Dusty is a Hemingford native, and our children have always been students at Hemingford Public Schools," she said. The married couple recently moved to a rural setting closer to Hemingford because of their involvement in that community, not only in a professional capacity but also as volunteers, mostly in 4-H. Ms. Bryner has been a past member of the Box Butte County (BBC) 4-H Council, is currently a BBC 4-H volunteer (including being the BBC Fair 4-H Horse Superintendent and the "Bit N Boot" Horse Club leader). She is also a member of St. John's Lutheran Church Council in Alliance as its current Secretary.

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## HPC has 51 students at its first meeting!

The Health Profession Club (HPC) at BBGH held its first meeting in September and had a total of 51 students from Alliance, Hemingford and Hay Springs! This is the first time in a couple years that Hay Springs students have joined, with 8 coming from that community. Hemingford has three students in HPC, with the rest from Alliance. The number of members is the largest its been for some time, maybe even the largest ever!



## RSVP donates 25 blankets to Labor & Delivery

RSVP (Retired Senior Volunteer Program) donated 25 blankets to the Labor and Delivery department at Box Butte General Hospital. The blankets were made by Janice Rader, previously donating 30 blankets in April to the same department through RSVP. From left to right: Sarah Lunberry, RN for Labor and Delivery; Shawna Clarke, RN for Labor and Delivery; and Angie Flesner, RSVP representative.



## EVS Week Sept. 10-16 celebrated



The BBGH Environmental Services staff celebrated EVS Week September 10-16 with a cake and punch reception as well as games and contests throughout the week. A lot of the BBGH staff who participated were winners, having been notified by e-mail to pick up their prizes for their efforts. There were a total of 31 winners throughout the week! There was also a Blue Wrap Contest asking staff to design dresses out of supplies provided by EVS. A couple of the contest entries can be seen at right. Winners of that contest were: 1st Place Elizabeth Pemberton and Steph Amm; 2nd Place Donna Ryan; 3rd Place Gaylynn Holthus and Jeann Bradt.



## PLEASE WELCOME THESE NEW EMPLOYEES AND TRAVELERS TO OUR BBGH FAMILY!



Amber McElroy,  
EVS



Brandi Grossnickle,  
Patient Registration



Caitlin Robertson, PT-T,  
Rehab



Cassandra Requeio,  
Rehab Tech



Corley French,  
Imaging Clerk



Gabbi Cone,  
Nurse Aide, PCU



Mariah Bell,  
Dialysis Tech



Nicole Moll, MLT-T,  
Lab



Seron Dillard, Elec.  
Apprent., Maintenance



Stephanie Daniels,  
Fitness Center Att.



Yadira Garza,  
LPN, PCU





# Quinn-Essential Nutrition

by Barbara Quinn, MS, RDN, CDE,  
Box Butte General Hospital Dietitian

## Reasons to Eat Beans

Besides the fact that this is bean harvest season, it's a good time to think about incorporating this highly nutritious and health-promoting food into our meals.

Beans are legumes—plants with seeds split into two halves. (Peanuts are legumes as well.) I was surprised to learn from the Nebraska Dry Bean Growers Association that dry beans like pinto and Great Northern are produced from the same plant species as green beans. Dry beans are allowed to mature and dry in their pods before being harvested. Green beans are harvested when the beans inside are still tiny. So we are really eating the pods when we eat green beans.

Beans are further defined as “dried edible beans”—the mature edible seeds of the bean plant. Here are some reasons why we might want to include them in our diets:

**They're cheap.** Personally, I consider these inexpensive nutrient powerhouses the best nutritional buy in the whole supermarket.

**They're bursting with nutrients.** One cup of cooked beans provides as much protein as two eggs or 2 ounces of meat, fish or poultry. Beans are naturally low in fat and rich in antioxidant substances that fight off the effects of premature aging

and disease.

### They help regulate blood pressure.

Largely due to their provision of potassium and magnesium, beans and other legumes are an integral part of the DASH diet—Dietary Approaches to Stop Hypertension. Research shows that eating small servings of beans (along with seeds and nuts) 4 or 5 times a week lowers blood pressure, especially when combined with a low-sodium diet.

### They help lower blood cholesterol levels.

Beans are rich in a certain type of dietary fiber called soluble fiber. This type of fiber literally helps pull extra cholesterol out of the body on its journey through the digestive tract.

### They can help control diabetes.

Almost half the carbohydrates in beans is in the form of dietary fiber, an indigestible substance that lends itself to smaller rises in blood sugars.

**They are versatile.** Besides my appreciation that you almost can't overcook beans, they work in a variety of dishes. Use them as your primary protein source or as a vegetable in salads and side dishes. They can also be incorporated into appetizers, breads and desserts.

**They last a long time.** Properly stored (cool and dry) beans can be stored safely for a year, say experts.

About the “other” issue...The Nebraska Dry Bean Growers Association

says when undigested carbohydrates in beans reach the large intestine, they are fermented by bacteria and form gas. On the positive side, the more we eat beans, the less frequent these side effects become. Soaking beans and discarding the water several times before cooking can also help.

Barbara Quinn is a registered dietitian nutritionist affiliated with Box Butte General Hospital. She is the author of *Quinn-Essential Nutrition: The Uncomplicated Science of Eating*. Contact her at [bquinn@bbgh.org](mailto:bquinn@bbgh.org).



## TO OUR OCTOBER EMPLOYEES!

- Jill Andersen
- Kendra Ash
- James Bargaen
- Michael Baribeau
- Lisa Burri
- Mark Chu
- Morgan Enyeart
- Tana Fillis
- Vickie Hartley
- Elizabeth Jensen
- Jennifer Johnson
- Kristen Lehl
- Alexis Luger
- Sarah Lunbery
- Terry Monroe
- Jessica Ott
- Elizabeth Pemberton
- Cynthia Rehder
- Sheila Roberts
- Tonya Sanders
- Tracy Stark
- Tyler Wagner
- Mackenzie Walker
- Michelle Wehrli

\$58,000 Distributed in Memory of Jane Wineteer

# October National Breast Cancer Awareness Month



Jane's Closet

**DONATE TODAY!**



BOX BUTTE  
GENERAL HOSPITAL

Box Butte General Hospital is an  
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Our billboard for most October ties in with the article in this month's Pulse recapping the 10 years of awesome help Jane's Closet has given to area cancer patients and their families. Want to donate directly to Jane's Closet? Go to [www.bbgh.org](http://www.bbgh.org) or [Go Here!](#)





## Staff received flu shots in September



The yearly flu shot sessions for all BBGH staff members (except those allergic to the serum) were mostly completed in September. Occupational Health Nurse Heidi Merrihew thanked all who helped.

## PEM workshops completed

The annual Patient Experience workshops were conducted in August & September. Great job PEMs on your presentations!



## Musical Chairs continues



PFS spent a couple weeks in their temp headquarters in the old lab while their pods were being re-carpeted and hallways repainted to match the new addition decor. They're back in their permanent location now, with HR and Marketing now temporarily in the lab while their pod gets the same treatment. IT's pod will be the last one to do.

The Box Butte County Sheriff Office, with the help of the BBGH Pharmacy, is participating in the DEA nationwide

## PRESCRIPTION DRUG TAKE BACK DAY

FREE & Anonymous  
NO questions asked

SATURDAY, OCTOBER 28 • 10 AM TO 2 PM  
MEDICAL ARTS PLAZA • 2091 BOX BUTTE AVE. IN ALLIANCE • FOLLOW THE SIGNS

Medicines that sit in home cabinets are highly susceptible to diversion, misuse and abuse. Many do not know how to properly dispose of unused medicines, often flushing them down the toilet or throwing them away: both are potential safety and environmental hazards. The Box Butte County Sheriff Office will work directly with the DEA to properly dispose of medication.



### WILL COLLECT

- Any prescription or Over the Counter medications from individuals in the community
- May bring in medicine in original container or remove from its container and dispose directly into disposal box at site – if original container is submitted, remove any identifying information by removing label or covering it with permanent marker
- Liquid products, such as cough syrup, should remain sealed in the original container
- Sharps (needles/syringes) will be disposed of by Box Butte General Hospital



### WILL NOT COLLECT

- Illicit substances such as marijuana or methamphetamines
- Intravenous solutions, or medical waste

More information on prescription drug abuse:

[www.dea.gov](http://www.dea.gov) | [www.justthinktwice.com](http://www.justthinktwice.com) | [www.getsmartaboutdrugs.com](http://www.getsmartaboutdrugs.com)

BOX BUTTE COUNTY  
SHERIFF OFFICE



BOX BUTTE  
GENERAL HOSPITAL

Another Reason Great Things  
are Happening Here!

Celebrating

Winners who  
Inspire a  
New  
Direction



Sue Reading-Martin, MS, RN, CS,  
FNP, ARNP-BC, CWOCH, CWCN-AP  
Wound Care Coordinator  
September Employee of the Month



BOX BUTTE  
GENERAL HOSPITAL

The Greatest place to: receive care,  
work,  
practice medicine.

Sue Reading-Martin loves her job, and many people look up to her. Sue has great knowledge and loves to share it. She can always put a smile on your face and is a loving and caring person. Sue is a great person and an awesome friend. She helps make BBGH the hospital of choice for a lot of people. Congratulations Sue on being named the September 2017 Employee of the Month by your peers!

Congratulations also to Karen McLaughlin for being nominated in September!





## Health Information Technology Week is October 2-6

While we didn't have time to get shots of all the activities planned by the BBGH IT Dept., we did find time to get a shot of IT Support Tech Jacob Lux showing a fellow employee on a tour of IT's various data center rooms the proper form for blessing a server. Yes, prayer is a valuable skill set when working in IT.

## A few more EVS week photos

BBGH's Environmental Services Department held some game contests during EVS Week for staff to enjoy, including the activities pictured here at right and below. Winners won various prizes. We have no idea what's happening in the one pic immediately below, but had to use it since she's spinning clothes or linen so fast it blurred.





# BGH Auxiliary Home Tour held October 1



*Dan & Shirley King's beautiful kitchen.*

The BBGH Auxiliary Home Tour was held Sunday, October 1, and though it was a cool day, there was still a good turnout. Here are some shots representing each show home.



*Jacob & Mara Andersen's warm and inviting living room.*



*Helen Iossi's outdoor patio and conversation inducing table with fire pit.*



*The Dining Room has plenty of room visitors at the Go West Guest House.*



*And of course, none of the tour is possible without the yearly support of Auxiliary volunteers taking tickets and acting as hosts.*





## ALLIANCE GRIME TIME ADVENTURE RACE HELD SEPTEMBER 16



**Co-Ed Winners: Olympic Rejects (1:26:14); Chaffing the Dream (1:48:35); Fit(fish) 1:51:49.**



**Women Winners: BBGH Divas (1:51:52); Billboard Bimbos (1:59:49); (not pictured) Bovine Busters (1:59:54).**



**Men Winners: Keep Hammering (1:28:11); Odd Couple (1:41:43).**



**Aaand they're off!**



**Last Instructions to volunteers from event coordinator Dan Newhoff.**



**Laing Lake (finally full!) was the site for the "Row, Row, Row Your Tank" obstacle. The canoe in back was for safety in case anyone tipped or got tuckered out and needed a tow.**





So close at the "Pole-ish Horseshoes" obstacle.



"Skaters Skee-Ball" was a lot harder than most thought.



"Hula Ball" timing had to be just right.



Second stage of "Fountain Pong."



"Flipping Out" was flippin' heavy work.



The hoops part of the "Hoops, Net, Goal Post" challenge.



# GRIME TIME PICS!



*The event's namesake obstacle (Grime Time) is always muddy fun.*



*Finishing was a joy to beho\*ld.*



*"All Aboard" obstacle took teamwork.*



*Dan giving his son a leg up at the "Great Wall of Alliance."*



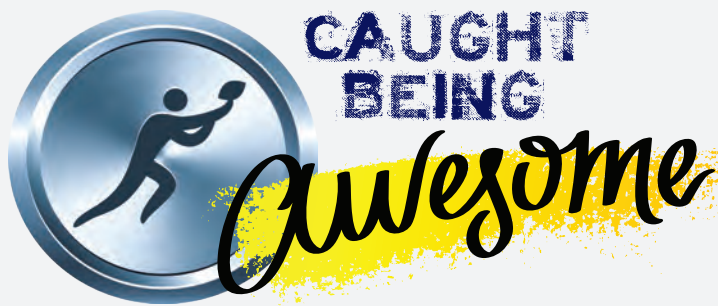
*And this is how you did the "Great Wall" as a challenger.*



# Health Professions Club took part in AHS Homecoming Parade Sept. 29



Thanks to all the HPC members and BBGH staff who took part in the AHS Homecoming Parade Friday, Sept. 29!



Stephanie

Stephanie Daniels and two others competed in a fundraising CrossFit Event in Denver Colorado. The event was called "Girls Gone RX Denver". The three of them worked together to compete, as well as raise money and awareness for Breast Cancer Awareness. Overall, the three placed in the top 25 out of over 150 different teams. Awesome effort! —Dan Newhoff



Tim

Tim Aanenson became a certified personal trainer in August and is accredited through the National Strength and Conditioning Association. That's Awesome Tim! —Dan Newhoff



Jaci

Jaci Mach is amazing! For being a newer employee, she is very engaged and eagerly takes on special projects, such as the Health Professions Club float in the Homecoming parade, and facilitating the Business and Industry day for Middle and High School students. You're Awesome Jaci! —Carolyn Jones



Linda



Keisha



Shirley



Vickie



Chastity



DeeAnn



Mindy

Our Purchasing Department team has been so helpful for dialysis. They always work so hard getting our machine parts here ASAP so there isn't any delay in patient treatments. We appreciate all they do very much. You're all awesome! —Kailee Kelly



Emily

The person I caught being awesome was Emily Stull, RN Nurse Coordinator, PCU. She took time out of her day and helped a Swing Bed patient get out and about to get some things from their house, pay some bills, and other things. Emily is always willing to help out wherever she can. We are lucky to have her part of the BBGH family. You're Awesome Emily! —Jennifer Monroe

To all the Emergency Department team, we think you're awesome for the help you gave in preparing a recent patient for transport. You are all always so helpful and kind." —Eagle Med 31 Team (Pilot Tad, Nurse Mark, Paramedic Dereck)



# CALENDAR

# OCTOBER

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



**BOX BUTTE  
GENERAL HOSPITAL**

**G**reat things are Happening Here!

308.762.6660 Alliance, NE [www.bbgh.org](http://www.bbgh.org)

1	2 Auxiliary Meeting - 12:00pm - 1:00pm Alliance Room	3	4	5	6 Immunization Clinic - 12:00 pm to 3:00 pm - Medical Arts Plaza Suite 300	7
8	9 GNMSS Family Medicine Flu Shot Clinic - Sandhills Room - 7:00am- 6:00pm	10 Stroke and Brain Injury Support Group - 3:00- 5:00pm - Alliance Room  Bariatric Surgery Support Group - 7-8pm - Newberry Room	11	12	13	14
15	16	17	18 Health Professions Club - 6:30am to 7:30am - Alliance Room GNMSS Hemingford & Hyannis Flu Shot Clinics -9:30am-11:30am - @ Nutrition Center Hmfd - @ Clinic in Hyannis.	19	20 Immunization Clinic - 12:00 pm to 3:00 pm - Medical Arts Plaza Suite 300	21
22	23	24	25	26	27	
29	30 BBGH Board of Trustees meeting 12:00 Noon - Alliance Room					

The **G**reatest place  
to receive care,  
to work,  
to practice medicine.