The Power of Community
September 22, 2018 marked the 100th anniversary of the groundbreaking of the original hospital that has become Community Medical Center. I have been impressed by the faith of our founders, their hope for a lasting community, and their desire to make the world better for their posterity. I have been touched by the generosity of local citizens and businesses over the decades, and I have been inspired by the dedication and sacrifice of physicians, nurses, technicians, therapists and staff over the years. It seemed that whenever a new problem arose, someone always stepped forward and answered the call to lead and serve.

As just one of the people that makes up Community Medical Center today, I am grateful for our rich heritage. When I look back at those that came before, I believe they felt both a sense of purpose and a sense of accomplishment. I hope they would be proud of what we are today—not just because of our facilities, equipment and awards, but because I hope they would feel a kinship with us, as we build on their legacy of serving others, of caring with compassion, and of making a difference.

Because we are a community hospital, we feel it is especially important to be accountable to the members of our community. In the pages of this report, we will discuss quality, financial performance, community outreach, and programs that may be of interest. We hope to meet with your approval. More importantly, we hope to be your health partner, whether in emergencies, temporary illnesses, in chronic diseases, or to help keep you healthy and active throughout your life.

Thank you for your interest in Community Medical Center. Please let us know if you have questions or comments.

Ryan Larsen
Hospital Administrator
**Meet our...**

**NEWEST HEALTH CARE PROFESSIONALS**

**Alyssa Finck, DO**
Alyssa joined Family Medicine Clinic. A graduate of Kansas City University of Medicine and Biosciences, she completed her residence at Lincoln Family Medicine.

**Ruth Petros, CRNA, DNP**
Ruth joined the surgery team. A graduate from the University of Kansas Nurse Anesthesia Program, with a Doctorate of Nursing Practice degree she is enrolled in the TCU chronic pain management fellowship program.

**Robin Alexander, CRNA**
Robin joined the surgery team. She graduated from Bryan, LGH, KUMC School of Nurse Anesthesia with a Masters in Science.

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**Employees of the Quarter 2018**

**Randee Tisdel, LPN**
Medical Staff & Credentialing Coordinator

**Teresa Mackey, RN**
Director of Emergency Services

**Kim Johansen, PTA**
Physical Therapy

**Robin Greiner, Receptionist**
Family Medicine Clinic
### FINANCIAL SUMMARY & CARE STATISTICS

<table>
<thead>
<tr>
<th>Financials</th>
<th>FY 2018</th>
<th>FY 2017</th>
<th>FY 2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>NET PATIENT SERVICE REVENUE</td>
<td>$27,586,365</td>
<td>$25,884,692</td>
<td>$24,876,630</td>
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<td>OTHER REVENUE</td>
<td>$548,793</td>
<td>$711,938</td>
<td>$727,012</td>
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<tr>
<td>TOTAL OPERATING REVENUE</td>
<td>$28,135,158</td>
<td>$26,596,630</td>
<td>$25,603,642</td>
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<tr>
<td>SALARIES &amp; BENEFITS</td>
<td>$12,126,149</td>
<td>$11,159,081</td>
<td>$10,278,362</td>
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<td>SUPPLIES &amp; OTHER EXPENSES</td>
<td>$12,572,566</td>
<td>$11,345,995</td>
<td>$10,610,036</td>
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<td>INTEREST</td>
<td>$370,302</td>
<td>$457,213</td>
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<td>DEPRECIATION &amp; AMORTIZATION</td>
<td>$2,476,128</td>
<td>$1,947,971</td>
<td>$2,031,508</td>
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<tr>
<td><strong>TOTAL EXPENSES</strong></td>
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<td><strong>$24,910,260</strong></td>
<td><strong>$23,549,327</strong></td>
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<tr>
<td>INCOME FROM OPERATIONS</td>
<td>$590,013</td>
<td>$1,686,370</td>
<td>$2,054,315</td>
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<td>OTHER INCOME OR LOSSES</td>
<td>$358,280</td>
<td>$260,058</td>
<td>$136,653</td>
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<td><strong>EXCESS OF REVENUES OVER EXPENSES</strong></td>
<td><strong>$948,293</strong></td>
<td><strong>$1,946,428</strong></td>
<td><strong>$2,190,968</strong></td>
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</table>

CMC’s 2018 financial performance was strong, though bottom-line results did decrease significantly.

Revenues grew overall, but much of the growth occurred in areas with either 1) high supply costs (such as interventional pain implants), or 2) high Medicare volumes (where Congressionally-established rural reimbursement is currently set below the cost of care, regardless of cost). For this reason, expenses grew much faster than payments. Medicare is a critical coverage source for many patients in the county and surrounding service area, and CMC will make no effort to curtail any Medicare services.

Liquidity and capital position remain strong, with a 1.44 ratio of assets to liabilities and a 5.02 ratio of current assets to current liabilities.

At the end of the Fiscal Year, CMC maintained reserves of $12,176,979 in unrestricted and internally designated cash and cash equivalents, demonstrating a strong capacity to weather downturns and re-invest in necessary facilities and equipment.
COMMUNITY BENEFIT & HEALTH NEEDS ASSESSMENT

Community Medical Center strives to improve the health of our entire community. Supporting community benefit activities is one way to help address our community’s health needs and improve the community’s health status. CMC conducted a Community Health Needs Assessment in 2018 with input from medical staff, government, law enforcement, churches, health department, other care providers and community members. The top three priorities identified were:

1) Chronic Diseases and Cancer: improving tools, education & systems to prevent cancers & chronic diseases, & to aid in their early detection & management;
2) Fitness and Obesity: promoting fitness & reducing the prevalence of obesity;
3) Behavioral Health: increasing support & care levels for those with mental health & substance abuse issues.

To meet these needs, CMC is reaching out to the community offering activities, engagement and education. For example; community activities include water aerobics, yoga and open gym Monday evenings for walking and pick-up basketball. Engagement programs included CMC’s newly formed group called The Conversation Project, spearheaded by CMC’s Director of Nursing, Ivy Campbell. The committee consists of CMC Nursing Department, Family Medicine Clinic, Family Practice Clinic, local clergy, nursing home staff and hospice staff. The conversation is end-of-life discussions with families. Through this group important information is shared to help made this emotional time less stressful.

<table>
<thead>
<tr>
<th>COMMUNITY BENEFITS</th>
<th>FY 2018</th>
<th>FY 2017</th>
<th>FY 2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Subsidized Health Services</td>
<td>$746,599</td>
<td>$701,853</td>
<td>$387,275</td>
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<td>Bad Debts</td>
<td>$186,932</td>
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<td>Charity Care</td>
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<td>Community Services</td>
<td>$8,175</td>
<td>$7,562</td>
<td>$7,636</td>
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<tr>
<td>Medical Education</td>
<td>$19,500</td>
<td>$13,000</td>
<td>$16,500</td>
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<tr>
<td>Community Building Activities</td>
<td>$56,029</td>
<td>$23,845</td>
<td>$17,385</td>
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<td><strong>COMMUNITY BENEFITS TOTAL</strong></td>
<td><strong>$1,847,341</strong></td>
<td><strong>$1,872,803</strong></td>
<td><strong>$1,759,102</strong></td>
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Pictured left to right: Brooke McCullough, CMC DON Admin. Assistant, Pastor Faye Ann Blaylock, Pastor Andrew Chavanak, Ivy Campbell, CMC Director of Nursing and McKenna Boller, Care Transition Coordinator St. Croix Hospice
Angie’s Story of Prevention, Detection, & Gratification

How important is it to take care of yourself with preventative health screenings? I’d say extremely important! Our doctors/providers recommend certain wellness tests at certain times, but it’s up to us to follow through with getting those tests. We all say, “When I have the extra time I’ll do it”. But do we follow through? What’s your answer? Here’s mine.

My provider, Dr. David Borg at Family Medicine Clinic was proactive and scheduled my annual mammogram for me in 2017. I’d dealt with numerous health issues that year along with a surgery. I was tired of missing work and going to doctor’s appointments. I had regular mammograms every year at CMC from the age of forty. They always turned out okay. When it was time for my 2017 mammogram I almost canceled but a little voice inside my head kept telling me to keep the appointment.

In September I had my mammogram. Julie Fiegerer, Imaging Department Director, did a great job. I soon received a letter saying I needed additional tests. I wasn’t concerned at this point, since it happened with a previous mammogram and additional tests showed everything was fine. Dr. Borg scheduled an ultrasound guided biopsy with Dr. Kim Coleman of Lincoln. Dr. Coleman performed the biopsy at CMC, assisted by Kathy Kopf, ultrasound technician. Both were caring and comforting during the procedure.

A week later, my life changed. Dr. Borg compassionately explained to Sean and I that I had cancer and we discussed several options. My head was spinning with the news. He suggested we go home to think and talk about it. We immediately informed our family and close friends. I called a close friend who had breast cancer a few years earlier. I had many questions and needed someone’s perspective who understood. After much discussion we selected the Omaha Medical Center. I put my treatment in the hands of Dr. Elizabeth Reed and her staff. They were wonderful. Beginning October 2017, my journey included three surgeries, then four months of chemotherapy, and a stay at Community Medical Center for severe dehydration. The nurses and staff were professional and caring, during this time when I felt so terrible. Finally, I endured 33 radiation treatments at Mosaic Life Center, St. Joseph. My treatments were completed in the summer of 2018.

During this difficult time I was blessed with so many acts of kindness and love. Friends organized a calendar to deliver meals, family and friends drove me to my treatments and there were three other friends also diagnosed with breast cancer at this time who banded together with me. We freely shared love, support and invaluable tips from our own cancer experiences that helped us through these times.

Where am I at now in my life? Sean, I and our family and friends have cancer t-shirts we wear that say, “We are cancer fighting, pink wearin’, positive thinking kinda people”. I believe these words, and feel that’s how I’m living my life. I’m grateful for the love of my husband, children and grandchildren. Faith, family and friends have gotten us through this chapter along with the support of my work family and community. Medically speaking, I’m still taking a chemo pill. I’ve completed my treatments and scheduled for another mammogram and blood work. Hopefully it will be a good check-up. As my journey continues I feel blessed at this point in my life.

Please take a look at your life. Is it time to get that health check or screening? Is it a mammography, colonoscopy or another test? Don’t put it off. Early detection could save your life.

Angie Nolte
Falls City, Nebraska
Reducing Back, Neck & Joint Pain

As a retired railroader and proud grandparent, my wife, Denise, and I were ready for travel, fun and relaxation. We were both looking forward to all the advantages for travel, fun and relaxation. We were both looking forward to all the advantages for travel, fun and relaxation. Unfortunately my health was beginning to fade and retirement would give to us. I was living with constant pain in my lower legs. It was difficult to walk just one city block. Everyday things were hard to do. The joy of any activities were gone and the physical pain was affecting my mental happiness as well.

A close family friend, who works at CMC, told us about the addition of a new pain clinic with Dr. Dennison Hamilton. She said Dr. Hamilton had favorable results with chronic pain patients. I was hesitant and not very interested in seeing the doctor. He specialized in neck and back pain, but I had lower leg pain. How could he help me?

As most stories go, I was kind of “talked into” seeing Dr. Hamilton. He was nice enough and had a beautiful assistant alongside him. Yes, it was his best buddy and hunting dog, Trek. After a thorough examination Dr. Hamilton arranged for an MRI. They found I had spinal stenosis, or closing of the spinal column, in two places. I wouldn’t say Dr. Hamilton promised me any miracles, but he was confident that his procedure would improve my situation. I agreed with a temporary spinal stimulator for a six day trial period. After the second day I knew it was going to work.

They implanted a permanent spinal cord stimulator. It was a very easy surgery with minimal discomfort. I admit, I was skeptical to have the surgery, but it was well worth it. Today, ninety percent of my pain is gone. I can’t thank Dr. Hamilton and Community Medical Center enough for what they did for me. I got my life back!

Neal Koso
Verdon, Nebraska

About Dennison R. Hamilton, MD

Dr. Hamilton received his medical degree from the University of Kansas School of Medicine and his Master’s in Public Health from St. Louis University. He practiced as an orthopedic surgeon and now specializes in interventional pain management procedures.

Dr. Hamilton, his service dog Trek, and Neal Koso

The Vertiflex procedure by Dr. Hamilton completely changed my life for the better. I can’t believe the difference! From walking to day-to-day activities, I love my life that is now pain free! Thank you

Marilyn Capps, Falls City, Nebraska

After five years of being treated by another doctor for severe lower back pain I found Dr. Hamilton. Through his persistence and compassion he successfully diagnosed and treated my condition. Today I’m a 1 out of 10; no back pain. I am so happy my provider Sandy Callin referred me to Dr. Hamilton. I have a new lease on life! I am very grateful.

Marlene Davis, Humboldt, Nebraska
100 Years
COMMUNITY MEDICAL CENTER

Centennial Celebration

1919-2019

SATURDAY, OCTOBER 19, 2019

TRANSFORMING, EMPOWERING AND INSPIRING