

2022

Nebraska Hospitals

Community Benefits Report

Executive Summary

Nebraska's hospitals are the cornerstone of health and wellness for individuals in the communities they serve. Hospitals also drive economic growth within these communities. The information presented in this publication highlights the impact that Nebraska's hospitals have on their communities. By investing in local communities, Nebraska's hospitals make the state a better place to live, work, learn and grow.

Community benefits extend beyond the scope of traditional care and are provided by hospitals in lieu of tax payments. Often, the extent of community benefit services — and associated costs — is neither publicly recognized nor understood.

It is no longer just about patients coming through the doors of the hospital. While Nebraska hospitals have consistently been leaders and partners to help build strong, healthy communities; now, hospitals are being called upon to increase their accountability and contributions to their communities.

Hospitals care for the sick and injured, regardless of their ability to pay or the net cost to the hospital. Beyond charity care, bad debt and unpaid costs of public programs (Medicare and Medicaid), Nebraska hospitals also support professional medical education, subsidize health services, medical research and more inside their walls. Beyond the brick and mortar, hospitals also provide community health improvement services, community building activities, cash and in-kind donations to local organizations.

These non-traditional community benefits — both on the hospital campus and beyond — improve individual and community health, increase access to care and enhance the quality of life in the community.

Nebraska hospitals also stimulate the state's economy by providing essential jobs throughout the state, contributing millions of dollars to the state's economy. They employ more than 49,000 Nebraskans, resulting in more than 50,000 additional jobs in the state created due to hospitals buying goods and services from other local businesses.


Nebraska's hospitals are available 24/7 to meet the needs of individuals in our communities whether it be illness, injury, treatment, rehabilitation, education, wellness care, prenatal care or palliative care. Hospitals contribute significantly to the goal of improving the overall health of Nebraskans while aiding the less fortunate. This is done from a sense of mission and purpose.

The hospital and health care industry continues to face challenges and obstacles. Nebraska's hospitals and health systems have also faced challenges and have celebrated successes. Nebraska's hospitals consistently provide nationally recognized, award-winning excellence in quality, patient care, patient satisfaction and state-of-the-art technology.

Hospitals are well versed in adapting and doing more with less, all the while focusing on providing better quality and better patient outcomes and experiences in the pursuit of more efficient, cost-effective care — and doing it with kindness and compassion.

Nebraska's hospitals and health systems remain committed to providing access to high-quality, affordable health care while innovatively transforming Nebraska into a center of excellence. The NHA remains committed to empowering you and other health care leaders with the knowledge, information and support that enables you to act boldly and decisively to benefit your patients, employees, communities and future generations.

We are Nebraska Hospitals.



Jeremy Nordquist
NHA President

Hospitals are Economic Engines

Hospitals are economic engines, providing stability and growth in the state. In addition to their direct economic impact on our state's economy, the business and household needs of hospitals and their employees create a "multiplier" effect that supports thousands of additional jobs and billions in additional economic activity.

Nebraska hospitals inject billions into state and local economies. According to the 2021 AHA survey, Nebraska hospitals were directly responsible for nearly \$8.25 billion in hospital expenditures and nearly \$4 billion in salaries and benefits.

In addition to providing competitive salaries and benefits, hospitals contribute to the tax base of communities through payroll and other taxes. The direct impact of hospitals as employers and purchasers is only part of the story. A strong health care network, in which hospitals play a key role, adds to the attractiveness of a community as a place to locate a business, settle or retire. Hospitals are needed to expand and attract business, keep young people and families in Nebraska and ensure the future economic vitality of our state's communities.

Nebraska's hospitals are diverse, ranging from small, rural hospitals to large, teaching hospitals in urban areas. Every hospital in Nebraska is important to the economic vitality of the communities they serve.

Nearly all of Nebraska's hospitals are nonprofit. In exchange for the benefits of nonprofit status, hospitals are required to fulfill a unique role in their communities, which consists of three parts:

- *Reinvesting the assets of the organization in a way that expands and improves access to health care for the community.*
- *Investing resources to educate and train health care professionals.*
- *Providing care to all regardless of their ability to pay.*

Nebraska's hospitals serve as the safety net of the state's health care system, providing services regardless of an individual's ability or willingness to pay. In 2021, Nebraska's hospitals incurred \$924 million in uncompensated care through unpaid costs of charity care, Medicare and Medicaid and other public programs.

Coupled with their contributions to educating Nebraska's future health care workforce, research and community building and health education activities, Nebraska's hospitals shouldered nearly \$1.54 billion of the state's efforts to improve the health of all Nebraskans.

Government-sponsored health care

Hospitals receive reimbursement from the government that are less than the costs incurred by the hospital for providing medical care to Medicaid and Medicare patients. The shortfall is considered a community benefit because hospitals reduce the government's financial burden by covering the shortfall.

In many instances, Medicare and Medicaid payments are based on outdated information that does not accurately reflect the changing nature of health services, such as new equipment, new technologies and the rising cost of supplies. Despite the fact that Medicare and Medicaid do not pay hospitals enough to cover the cost incurred by the hospitals caring for patients, hospitals welcome Medicare and Medicaid patients and provide the same quality care for all patients.

In 2021, Nebraska hospitals lost \$812 million because of the shortfall in Medicare, Medicaid and other public program payments.

A strong health care sector improves the quality of life and helps Nebraska attract and retain businesses and jobs. Major employers from other economic sectors will not locate nor stay in communities that lack strong health care services.

About this Report

This report represents 64 voluntary responses from the Nebraska Hospital Association's 92 member hospitals, which represents 70 percent of the NHA's membership. The report represents only the results from participating Nebraska facilities — no extrapolation was made for hospitals that did not participate. The information presented within this report provides just a sampling of the broad, substantial and enduring commitment hospitals make to their communities.

To ensure report reliability and validity, standardized reporting guidelines were utilized by each member hospital. These guidelines were adapted, with permission, from the "Catholic Health Association's Community Benefit Reporting: Guidelines and Standard Definitions for the Community Benefit Inventory for Social Accountability," and included instructions aligning with IRS Form 990 and the accompanying Schedule H.

The data represents the aggregate results of the community benefits inventory for each reporting hospital's fiscal year 2021 activities. Nebraska's hospitals are committed to providing access and quality care to everyone. That is why over \$1.5 billion was invested in 2021 to provide services for public programs, including Medicare and Medicaid, charity care, subsidized health services, health professionals' education and research.

The NHA survey was designed to report community benefits in nine categories; benefits for low-income/public programs, community benefits services, health professions education, subsidized health services, research, cash and in-kind donations, community building activities, community benefit operations and other.

Economy

Nebraska hospitals also led efforts to promote healthy habits such as hand washing and safe teen driving and educated Nebraskans to prevent health hazards such as poisoning and drug and alcohol use. Nebraska's hospitals reach out to all citizens of the community, actively engaging them to be cognizant of the health-related choices they make and how to prevent injury and illness in an effort to promote a happy, healthy, active lifestyle.

Nebraska's hospitals are a cornerstone of our state's economy and the communities they serve. A large portion of Nebraska's economic activity would not exist without hospitals. It is vitally important to have a financially sound health care system that efficiently provides accessible, comprehensive, high-

quality health care services and promotes health and wellness for all Nebraskans.

The role Nebraska hospitals play in their communities and the state extends beyond the care provided inside the hospital. Communities also rely on hospitals to provide health and safety education, improve the health status of the communities they serve and make available free or low-cost services that will help residents address the root causes of health problems.

Hospitals also act as an economic engine in their communities by providing jobs for local residents, purchasing goods and services from area businesses and acting as a collaborative partner in economic development.

Community-building activities

Community benefit activities are designed to address the root causes of health problems such as social, economic and environmental problems that contribute to poor health. The types of programs included in this category support workforce development, training programs and occupational therapy services to provide employment and leadership skills training, job shadowing for students interested in health careers, and economic development support to help revitalize low-income areas and businesses.

Nearly \$942,000 in community-building activities was provided by Nebraska's hospitals in 2021.

Community health improvement services

Hospitals provide services and activities designed to improve the community's health. These services and activities extend above and beyond routine patient care, including participating in health fairs, free and reduced-cost health screenings, support groups for patients and families and education on various health topics to the community at large. This category also includes outreach efforts to improve access to care for vulnerable populations.

Nebraska hospitals contributed over \$23 million toward community health improvement services in 2021.

Community Benefits Defined

Subsidized health services

Subsidized health services are necessary health services provided for the community, despite a financial loss to the hospitals. Many hospitals operate a 24-hour emergency room, 365 days per year, which is open to all individuals regardless of ability to pay. Other examples of their subsidized services that qualify as community benefits include burn units, specialty services for women and children, trauma care, behavioral health services, palliative care, community clinics and neonatal intensive care units.

In 2021, Nebraska hospitals experienced a financial loss of over \$138 million to provide necessary health services to their communities.

Research

Medical research is the cornerstone of advancements in the technology and practice of medicine. Nebraska hospitals are actively engaged in research studies and clinical trials in an effort to advance medical treatments and improve outcomes for patients locally and around the world.

In 2021, Nebraska hospitals committed \$12.9 million to help contribute to research that will ultimately improve quality of care.

Health professions education

Through medical instruction, internships, residencies, fellowships and allied health education programs, our state's hospitals are striving to ensure that high-quality care is accessible throughout Nebraska. Nebraska hospitals invested over \$105 million to educate current and future health care providers and help close the provider gap in rural areas of the state.

In 2021, Nebraska hospitals invested in the education of current and future health care providers to the tune of nearly \$112 million.

Bad debt

Businesses generally consider bad debt as a cost of doing business. However, hospitals face a challenge at the time of admission to identify those who need care, but (for whatever reason) cannot or will not pay for it. In 2021, bad debt incurred by hospitals was over \$125 million. Hospitals serve as the safety net of the health care system and must provide many services regardless of an individual's ability or willingness to pay. In contrast, other industries can refuse to provide a service or product.

Charity care

Charity care is free or discounted health and health-related services offered to individuals who cannot afford health care because they have inadequate resources and are either uninsured or underinsured. Charity care is reported in terms of costs, not charges.

As the number of uninsured and under-insured grows, so does the need for charity care. Because of the high costs of health care and insurance, hospitals are bearing a significant portion of the financial burden imposed by this population — nearly \$110 million in 2021.

Recognizing this increasing need, Nebraska hospitals have established financial aid policies to assist patients who cannot afford hospital care.

In 2021, Nebraska hospitals provided care at a discount to those uninsured and under-insured amounting to over \$110 million.

With rising numbers of uninsured, increases in health insurance premiums and greater use of plans with high deductibles and co-payments, bad debt is the fastest-growing segment of uncompensated care for hospitals. Due to the uncertainty of many variables associated with the implementation of the Patient Protection and Affordable Care Act, the majority of Nebraska's hospitals have more than doubled their budgets for bad debt.

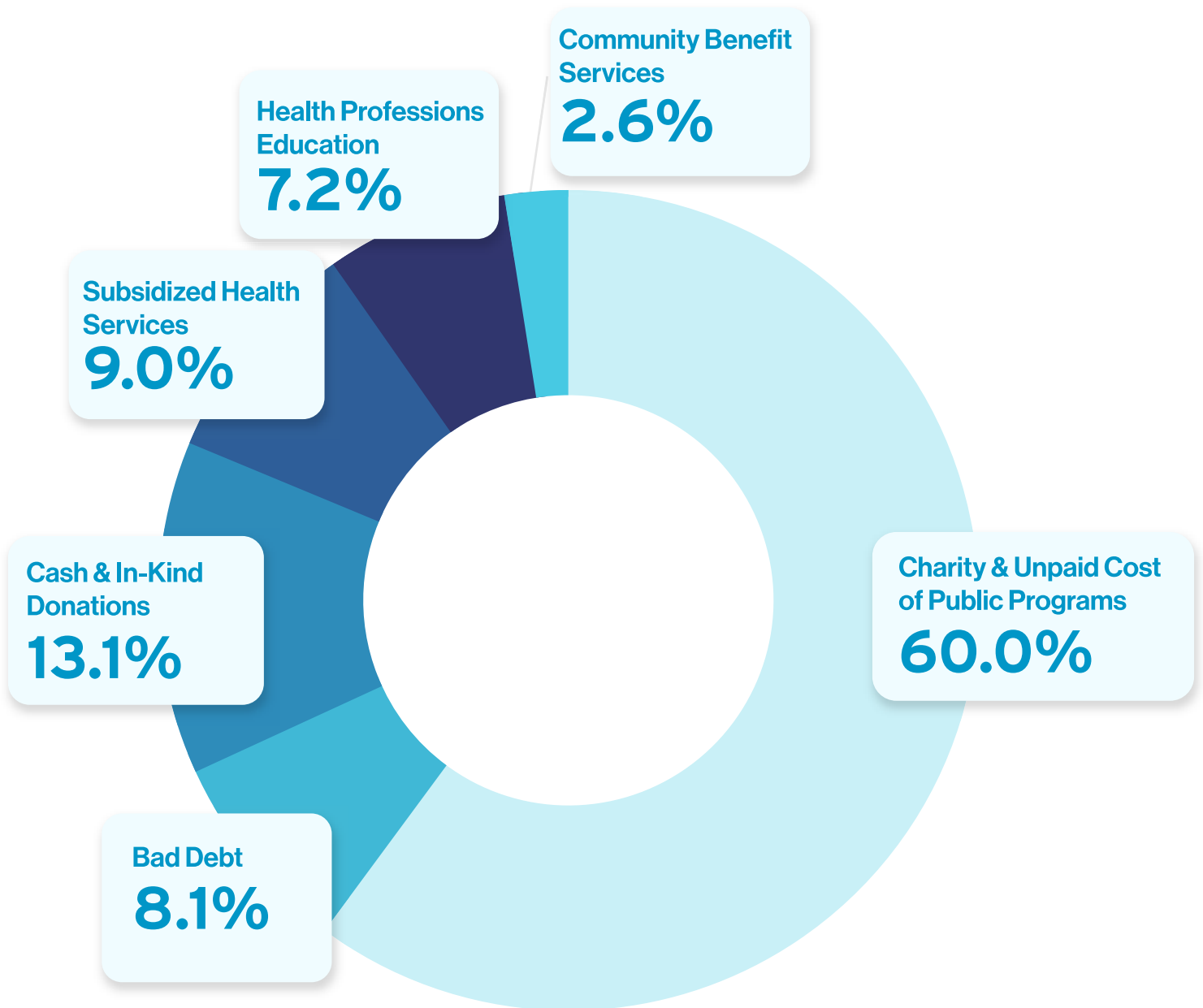
Nebraska hospitals accrued over \$125 million in bad debt due to unfavorable situations.

Programs and Services

Benefits for the poor/public programs	\$ 923,933,158
Traditional charity care	110,361,433
Unpaid cost of public programs:	
Medicare	449,583,779
Medicaid	362,791,827
Other public programs	1,196,119
Community benefits services	\$23,088,206
Community health education and outreach	12,996,561
Community-based clinical services	4,273,128
Health care support services	5,818,517
Health professions education	\$111,543,721
Scholarships/funding for health professions	1,733,788
Residencies and internships	103,793,339
Other	6,016,593
Subsidized health services	\$138,543,269
Emergency and trauma care	5,458,828
Neonatal intensive care	47,044
Community clinics	6,317,011
Hospital outpatient services	58,823,595
Women's and children's services	711,591
Subsidized continuing care	1,285,467
Behavioral health services	5,533,047
Other subsidized health services	60,366,686
Research	\$12,909,438
Cash and in-kind donations	\$201,335,249
Community building activities	\$941,863
Physical improvements and housing	68,995
Economic development	132,025
Community support	\$161,272
Environmental improvements	17,080
Leadership development/training	62,130
Coalition building	151,115
Workforce development	349,246
Community benefit operations	\$1,904,844
Other	\$1,490,129
TOTAL COMMUNITY BENEFITS	\$1,415,689,876
BAD DEBT	\$125,339,729
TOTAL CONTRIBUTIONS	\$1,541,029,605

From 2022 to 2031, Nebraska hospitals could face the potential for nearly \$3.1 billion in additional cuts in Medicare reimbursement which are being considered by Congress and CMS.

Community Benefits Summary



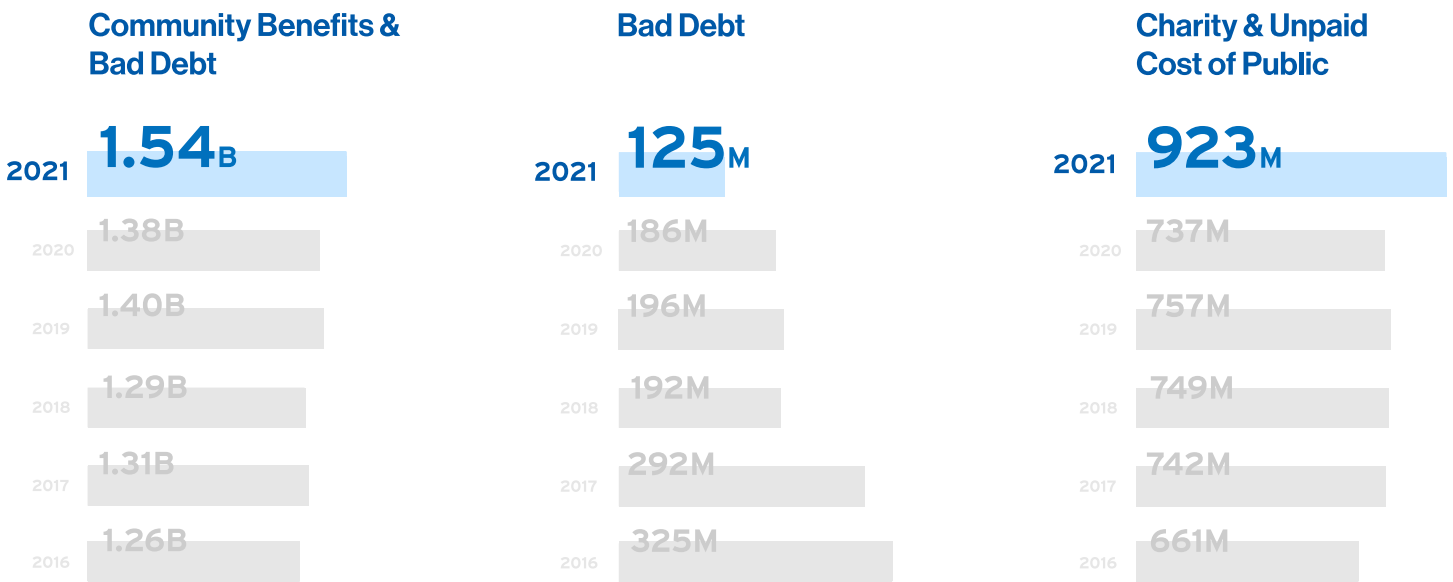
Community Benefits Provided by Nebraska Hospitals in 2021

Every year the Nebraska Hospital Association conducts a survey of its member hospitals to measure the amount of community benefits that have been provided statewide. However, what do the numbers really mean? The fact is that the impact of the community benefits that are provided by Nebraska's hospitals goes far beyond the numbers. The true impact of these programs is personal and positively impacts the lives of individuals across the state.

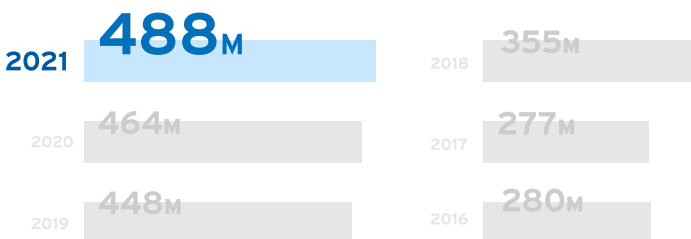
Nebraska's hospitals serve as the safety net in each of their communities and strive to improve the health and wellness of their patients.

In 2020, Nebraska hospitals contributed nearly \$1.38 billion (over \$186 million of that in bad debt) to support programs that benefited their communities.

These programs included providing free care to individuals that were unable to pay, absorbing the unpaid costs of public programs such as Medicare and Medicaid, offering community education and outreach, providing scholarships and residencies for health professionals, subsidizing health services that are reimbursed at amounts below the cost of providing the care, conducting research and incurring bad debt from individuals that choose not to pay their bills.



Other Community Benefits



Community Highlight



Charity Care Narrative

Fillmore County Hospital provides care to patients who meet certain criteria under its charity care policy without charge. The hospital does not pursue collection of amounts determined to qualify as charity care; they are not reported as revenue. Charges excluded from revenue under the hospital's Charity Care policy were \$50,020.98 in FY 2021. Charity care and other hospital-initiated community programs have benefited our community because it allows us to give back to patients that can still stay "home" for their healthcare needs, without having the burden of cost. Other community programs we offer enable patients to gather more knowledge about specific diseases that may affect them or someone they love.

COMMUNITY HEALTH EDUCATION & OUTREACH

Car Seat Safety Education

FCH employs car seat certification technicians to provide car seat safety checks to all newborns being discharged. The technicians will also offer to check any other car seats in the parents' vehicle. During these safety checks, the technicians ensure proper car seat installation and educate parents on installation, harness operation, weight limits and when to upgrade car seat sizes. Parents are encouraged to come back to the hospital at any time if they feel a car seat check is needed again for any of their children.

Prenatal & Breastfeeding Education

Prenatal and breastfeeding education classes are offered eight times per year by a Registered Nurse/Lactation Consultant and a Certified Breastfeeding Counselor. The goal of these courses is to help prepare expectant parents for prenatal care, labor and delivery, breastfeeding, and basic care of their baby after birth.

Fillmore Central Public School Education

FCH provides various educational services to the Fillmore Central Public Schools throughout each year. Our wellness coordinator and a LPN do general health screenings, nursing staff administer flu shots at the elementary and high school, and the Director of Nursing and the Medical Staff Director teach puberty education specific to each gender.

A health fair was held for the Fillmore Central staff in conjunction with their annual Metabolic Screening blood

draw. FCH wellness coordinator, registered dietician and cardiac rehabilitation team set up six wellness booths with healthy food samples and other information to help improve the teachers' well-being.

Our wellness coordinator, marketing coordinator, and registered dietician partnered with UNL Extension to host the second annual Fillmore Central Middle School Health Day to promote health and wellness. The theme this year was test taking preparation. 5th – 8th grade students rotated around to four different sessions. Topics included: the importance of fueling your brain with healthy foods, getting enough sleep and positive self-talk, Test Taking Strategies (video) by John Baylor, and a physical activity challenge in the gym. (Pictures Included)

Fillmore Central Elementary students are encouraged to participate in Bike to School day twice a year. Our wellness coordinator meets kids at the fairgrounds and shows kids a safe route to school. National Honor Society students from the high school stand at each intersection and the sheriff's office helps bikers cross safely at the busy stoplight intersection.

Injury Prevention Education

The FCH Physical Therapy Team gave a presentation to the Bruning-Davenport-Shickley track athletes and coaches regarding conditioning and stretching practices to reduce ACL injuries and other common sports injuries.

Mental Health Education

The FCH Behavioral Health team helps with various events throughout the year. Therapists presented educational topics to groups such as Connecting Young Nebraskans, NCSA Administrator Days Conference, and more.

FCH employs a mental health therapist certified to lead Mental Health First Aid training courses for community members and organizations. Mental Health First Aid is an international educational program that provides basic knowledge and skills to adults to equip them to provide support to youth and adults who experience mental health problems and in crisis. Community members become aware of resources available to provide mental health support and treatment.

A FCH mental health therapist provided six 1-hour training seminars to nursing home staff to educate

them about pandemic fatigue, give them resources to help themselves manage it, and provide validation and support to any staff needing 1:1 help. The purpose was to improve staff mental health and decrease burnout.

FCH mental health therapists attended the Fillmore County Ag Safety Day and performed mental health exercises to cope with stress. Attendees were Kindergarten-6th graders.

FCH revitalized the “Comfort and Coffee” grief support group on an as-needed basis in the Spring. A mental health therapist leads the group and offers the opportunity to connect with others grieving loss(es), grief education, and emotional support.

COMMUNITY-BASED CLINICAL SERVICES

Public Health Solutions COVID19 Vaccine Clinic – Fillmore County

FCH provided nursing staff to administer doses of the COVID-19 vaccine at the Fillmore County Vaccine Clinic coordinated by Public Health Solutions and held at the Fillmore County Fairgrounds.

HEALTH CARE SUPPORT SERVICES

Behavioral Health Transportation

The FCH Outpatient Behavioral Health department offers free transportation for the geriatric group therapy patients on five days per week, giving approximately 780 rides to patients throughout the year. With the shortage of mental health services in rural areas, many of these patients need to travel long distances to receive the necessary care. Many of the patients no longer have valid driver’s licenses and public transportation is only available in specific areas. The FCH team will provide transportation to patients in the approximate radius of 50 miles in all directions from Geneva, NE.

Cash & In-Kind Donations

Various donations were made to organizations including the Fillmore Central Academic Booster Club, Fairview Manor, Knights of Columbus, and Fillmore Central Public Schools.

Donations were also made to local charity events hosted by the Geneva Chamber of Commerce and Shickley Public Schools.

Subsidized Health Services

Nutrition & Diet Consults offered by FCH benefits the community by providing a resource for nutritional education that is difficult to find in the area. Many people in the community are affected by diabetes, eating disorders, and weight management. FCH has a full-time registered dietician to help community members manage those health issues. The dietician also helps patients and community members adjust their dietary needs to comply with restrictions based on newly diagnosed diseases or disorders. These services are also provided to numerous residents at six local nursing homes. Our dietician creates the hospital’s menu, which offers healthy food options for staff, patients, visitors, and community members, in addition to providing healthy meals to the local senior centers “Meals on Wheels” program. In the 2016 Community Health Survey published by Public Health Solutions, over 50% of the community members surveyed thought poor eating habits had a significant or major impact on the overall health of their community. Over 50% also thought that being overweight and obesity is a serious health issue in their community. If FCH did not offer this service line to our patients and community members, there would be a shortage of services available to them in our rural location.

Community Highlight



METHODIST

Access to Healthcare Services

To improve the health of the entire community, the Methodist Community Health Clinic (MCHC), a low cost clinic owned and operated by NMH, provides services to a diverse and underserved population. The clinic has served over 13,000 individuals since 2017. Staffed by two Mid-level Providers and by an internist as the Medical Director, the clinic provides primary care services as well as STD screening and Sexual Assault Nurse Examiner (SANE) follow-ups. The goal of this strategically placed clinic is to increase services for the uninsured/underinsured and under-resourced populations, as well as expanding services to assess and respond to social determinants of health. The clinic continues to collaborate with a local faith community as well as behavioral health providers and social workers to encompass the whole individual, and has gained the expertise of an on-site nephrologist one afternoon a month.

MCHC has proven to be a hub for community collaboration, partnering with Nebraska Methodist College and the faith-based food pantry located in the same building, to provide free monthly screenings and education on needs identified in the 2021 Community Health Needs Assessment.

Fully equipped with storage, consultation and patient areas, the Methodist Mobile Mammography unit has traveled across Nebraska and Iowa serving local community centers, businesses and underserved neighborhoods. Since 2018 (its first year of operation), the Methodist Mobile Mammography unit provided over 5,600 mammograms to women across the metropolitan region, including most significantly hundreds of women receiving a mammogram for the very first time. In addition, 250 of the 1,975 mammograms performed in 2021 were provided free to the recipient, using Harper Family Foundation grant funds and other grants.

Cancer

Methodist Hospital continues to increase community-based cancer screenings, including free head & neck outreach initiatives to the community, to include locations on-campus and throughout the local community. There are a number of other free cancer screenings throughout the community in partnership with other health agencies and organizations, focusing on: breast, diabetic, lung and skin, among others. Head and neck cancer screening opportunities have expanded across the region with both in-person and virtual offerings all free to the community.

Heart Disease & Stroke

Similar to other community benefits activities, every screening offered includes a number of health education tools, and heart disease and stroke are no different. At these events, blood pressures and other vital statistics are taken, and one-on-one consultation with a licensed staff member is available at no cost. These consultations include specialized education regarding healthy lifestyle choices that can reduce heart disease and chances of stroke, including but not limited to: healthy eating, food proportions, cooking instructions and how to make low-cost meals for families. Throughout 2021, nearly 33,000 individuals were served through heart disease & stroke education, outreach and screenings.

Financial Assistance

In 2021, NMH was able to assist nearly 20,000 individuals with financial assistance, reducing or even eliminating the medical payment burden on families, allowing them to afford home ownership, educational expenses, and healthier lifestyle and food choices. Our Financial Assistance Program is offered to all patients upon admission and our providers are knowledgeable regarding how their patients can apply for this program.

Evaluating Our Impact

As a health system, Methodist has contributed nearly \$1 billion in community benefits since 2008, demonstrating the level of commitment through our mission statement, strategic plan and community benefit plans.

Community Highlight



**NebraskaSM
Medicine**

UNCOMPENSATED CARE

Financial Assistance and Other Means-Tested Programs

Nebraska Medicine, as a not-for-profit, 501(c)(3) tax exempt entity, provides charitable medical care to those who qualify. The health network has financial assistance policies which outline the procedure for patients of limited means to apply for help with payment for their medical care. Patient financial counselors assist patients and families with this process, which includes meeting financial qualification guidelines.

Unreimbursed Medicaid

In addition to financial assistance provided to those who qualify, Nebraska Medicine also accepts any patient who carries Medicaid insurance. The cost of providing medical care exceeds the amount of reimbursement provided to hospitals by Medicaid insurance, thus creating a shortfall. That shortfall is considered a community benefit because hospitals reduce the government's financial burden by covering that shortfall.

BROADER COMMUNITY HEALTH

Cash and In-Kind Contributions

As an academic medical center, our largest community benefit is its support of academic programs and operations at the University of Nebraska Medical Center. Providing a clinical teaching environment to help educate the students of UNMC is part of the mission of Nebraska Medicine. Making sure the community has access to necessary health education programs, critical and specialty medical services and state-of-the-art facilities are top priorities for Nebraska Medicine. Additionally, the hospital practices good citizenship by providing financial and in-kind support of other local charitable organizations.

Subsidized Health Services

These figures represent the cost of providing necessary health services for the community, despite a financial loss to the hospital. Some examples of subsidized services that qualify as community benefits include specialty services for women and children, emergency care, behavioral health services, community clinics and newborn intensive care units.

Health Professions Education

The support of education for current and future health care providers is a countable community benefit. This includes our direct financial support of medical education, internships, residencies and fellowships, as well as nursing and allied health education programs. There are direct costs associated with conducting education for providers, and there are also the indirect costs of staff time required to provide future doctors, nurses and allied health providers a clinical setting with hands-on opportunities, which is a critical piece of their education.

Research

Medical research is the cornerstone of advancements in the technology and practice of medicine. While UNMC provides the main research component to the medical center campus, the hospital also participates in research studies and clinical trials in order to advance medical treatments and improve outcomes for patients.

Community Health Improvement Services and Community Benefit Operations

Community health improvement services include activities designed to improve community health. Fiscal year 2021 saw \$1,790,580 in Community-Building Activities. Community-building activities are designed to address the root causes of health problems. poverty, homelessness and environmental problems all contribute to poor health. The types of programs included in this category support workforce development and training programs to provide employment and leadership skills training, job shadowing for students interested in health careers, and economic development support grants to help revitalize low-income areas and businesses.

Community Highlight



Franciscan Healthcare

FRANCISCAN HEALTHCARE RELAY FOR LIFE

Franciscan Healthcare was a Platinum Corporate Sponsor for the Cuming County Relay For Life in 2021. The Franciscan Healthcare Relay Team, with 13 members, have several fundraising events throughout the year to raise money for the American Cancer Society. Events include a Salad Luncheon, Tailgate, Soup Luncheon, Rada Cutlery Sales, Polar Picnic, Pancake Breakfast, Goodie Auction, Sloppy Joe Luncheon, Spring Picnic as well as denim days each month and daffodil, hyacinth, and mum plant sales. All activities are free will donation and open to the public to raise funds and awareness for the American Cancer Society. In addition, team members obtained additional Corporate Sponsorships from other businesses in the community to support Relay. In 2021, the Franciscan Healthcare Relay For Life team raised \$15,808.

FRANCISCAN HEALTHCARE WELLNESS COMMITTEE

The Franciscan Healthcare Wellness Committee was limited again with their community events in 2021 due to COVID restrictions. However, they offered many wellness challenges and information pieces throughout the year with the help of the Health Coaches. Many of these resources are also provided to the community. Hannah Guenther from the UNL Extension office has continued to be involved in our committee offering additional events and resources to our staff and the community.

DONATIONS TO THE BRIDGE

The Bridge is an agency that provides services for those who experience domestic abuse and sexual assault. This agency serves people in Dodge, Burt, Cuming, Saunders and Washington Counties. Throughout the year Franciscan Healthcare collects items such as personal hygiene items, diapers, burp clothes and feminine products then donates them to the Bridge to be used by those victims and their children that are in immediate need. Thousands of items are donated each year from Franciscan Healthcare.

HELPING OTHERS

Franciscan Healthcare Rehab staff had 10 employees volunteer their time to help make 3,672 meals that were sent overseas to the Guatemala communities. The staff traveled to Norfolk, Nebraska to assist the Mercy Meals Program in preparing and packing these meals.

BIKE RODEO

Franciscan Healthcare hosted a Bike Rodeo for the kids in West Point and the surrounding communities on June 10, 2021. Approximately 45 children and their parents were in attendance. All kids that attended received a helmet at no charge. There were also drawings for four bikes and multiple other prizes throughout the afternoon. Other events that were offered were face painting, an obstacle course and a bike safety talk given by the West Point Police Department. This is an Annual Event for Franciscan Healthcare.

LOCAL FOOD PANTRIES

In 2021, Franciscan Healthcare served 316 individuals and families by distributing donated items and food through the local food pantry.

CAR SEAT CHECK UP EVENTS

Throughout the year Franciscan Healthcare provided car seat checkups at no charge to the community. These checks were conducted by certified car seat technicians. This service is available to anyone wishing to have their child's car seat checked for accurate positioning and appropriate size for the child's age and weight. The certified car seat technicians also assist all of the mothers that deliver at Franciscan Healthcare with the proper installation of their car seat. Throughout 2021, 60 individuals were assisted with their car seats. Car seats were also provided to those who needed them and couldn't afford them.

BACKPACK GIVEAWAY

Franciscan Healthcare Mission Committee sponsored a backpack give away in the fall for the Hospital, St. Joseph Retirement Community and St. Joseph Hillside Villa employees. We had 19 families with 24 backpack donations. Nineteen departments and individual employees donated a backpack to employees who were experiencing hardship at the beginning of the school year. Families in need provided the school supply list for the grades that their children were in. All submissions were confidential. Parents and children were so very appreciative.

DISCOUNT LABS

Franciscan Healthcare offers reduced cost labs to patients on the third Tuesday of every month between 7:30 am—9:30 am. There are approximately seven different wellness labs that the public can have done at a reduced rate. Patients also get their weight, height, blood pressure and BMI checked at this time. The labs that are offered are the ones that are needed to help identify and/or manage chronic conditions. There were 216 individuals who participated in 2021.

MEDICARE PART D PRESCRIPTION DRUG PLAN CONSULTATIONS

Three ladies from the community provide consultation for Medicare Part D Prescription Drug Plan enrollment. They help individuals from the community research if there are any savings that could be made with their prescriptions and insurance premiums. These consultations are held at Franciscan Healthcare by appointment. These ladies helped 334 individuals take advantage of this free program. They were able to help community members save approximately \$181,845. This program is in its 5th year and is very beneficial to Medicare members in our community.

STROKE SUPPORT GROUP

At Franciscan Healthcare, our Rehabilitation staff provides a free Stroke Support Group for the community. This group holds meetings and volunteers time at events in the community. We had four events in the past year. Gathering in the park in June, carnival theme get together in August, volunteering at the movie theater in October, and a Christmas get together in December. At our final meeting of the year we did have three new members!

PARKINSON'S GROUP

Here at Franciscan Healthcare, our Rehabilitation Department clinicians offer a FREE group exercise class for individuals diagnosed with Parkinson's Disease. This exercise group meets twice a week on Tuesdays and Thursdays between 11:00 am and 12:30 pm. The program serves two exercise groups to continue challenging each individual according to their functional activity level and maximize their overall function. Our skilled physical, occupational, and speech therapists and therapist assistants lead each class and assist our participants with performing seated or standing exercises, strengthening exercises, as well as balance and coordination exercises to improve the participant's overall quality of life. The Parkinson's Disease exercise group members are also challenged with voice and cognitive activities to ensure a holistic approach. Furthermore, several of our therapists are certified in LSVT BIG and LSVT LOUD. This regimented exercise protocol specific to the Parkinson's Disease population is incorporated in our biweekly group sessions.

In 2021, we have been able to serve our group members in-person at the Franciscan Healthcare Rehabilitation Department. The caregiver's and/or spouse's support group has also returned to gathering in the Franciscan Healthcare cafeteria during class times. We welcomed several new members to the group totaling over 20 participants. We continue to serve our local and surrounding communities of West Point, Beemer, Howells, Scribner, Pender, and Oakland. The Rehabilitation Department staff was able to celebrate our exercise group participants and their spouses and/or caregivers during Parkinson's Disease Awareness month in April with snacks and goodies after class. Also in the past year, our LSVT BIG and LOUD therapists sought recertification training for refining and refreshing of the skills and techniques utilized in this exercise protocol. We had a wonderful and successful year focused on staying active, remaining supportive, and seeking continued education to maximize the benefits of this Parkinson's Disease exercise group program. We look forward to continued growth and fulfilling our community needs.

Community Highlight



Great Plains

Located in south central Nebraska, Great Plains Health in North Platte, is a non-profit, fully accredited, 116-bed regional referral center serving west Nebraska, northern Kansas and northern Colorado. The GPHealth primary and secondary service area spans a region approximately the size of Pennsylvania, covering 38 counties, approximately 67,832 square miles and 136,000 lives. With nearly 100 physicians representing over 30 medical specialties, the Great Plains Health system offers advanced medical services including heart and vascular, cancer, orthopedic services, neurosurgery, women's services and a level III trauma center. The system employs approximately 1,200 employees. The range of patient populations served includes neonate, pediatric, adult, obstetric and geriatric.

As we grow our provider base, we continue to add more specialty clinics and procedures, which has ultimately allowed more patients to stay at home for quality health care services instead of traveling great distances. In 2020, during the COVID-19 surge, we rapidly expanded our telehealth offerings and have been able to successfully expand that option to care for the people in the region.

Great Plains Health has approximately 180,000 patient encounters per month (which includes the over 550 babies we deliver each year) and houses western Nebraska's only

- Heart stenting program
- Wound healing center
- Level II neonatal intensive care unit

We serve the region through 19 Great Plains Physician Network outpatient departments, with providers who outreach into 26 critical access hospitals. Two hundred fifty academic institutions partner with Great Plains Health to provide rural internships for medical, nursing and allied health students in numerous specialties.

GPHealth has been recognized as an A rated hospital by the Leapfrog Hospital Safety Grade for the sixth consecutive term in spring 2022. In addition, GPHealth is accredited by The Center for Improvement in Healthcare Quality (CIHQ) for our hospital, stroke program and joint replacement program. We are accredited in cancer services by the American College of Surgeons Commission on Cancer and in bariatric surgery by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program as a comprehensive center. We



are recognized with Blue Distinction for our Hip & Knee, bariatrics and patient centered medical home. One of our reoccurring accolades includes being recognized by the American Heart Association/American Stroke Association for the shortest time to provide TPa (life-saving and damage-reducing stroke medication) in the state of Nebraska. For this effort, we receive recognition through the AHA annually.

In 2021, Great Plains Health gifted \$129,213 to assist local non-profit, 501(c)-3 organizations working on projects designed to improve the health of the communities we serve. Our economic impact to the region continues to be strong with over \$154 million. In 2021, we invested \$22,162,699 in uncompensated care and enhanced local business growth by purchasing more than \$133 million for local services, construction and goods (and an additional \$14.4 million in other areas of Nebraska).

As part of our efforts to improve heart health in the region, we provide low cost heart screenings at Great Plains Health providing over \$1,500 in savings for our patients.

Great Plains Health offers free sports medicine services to help keep young athletes safe and to promote the proper treatment of sports-related injuries. Each year, our athletic trainers serve approximately 2,700 students in 19 schools throughout the region as well as to the rodeo team at our local community college. In addition to attending sporting events, our athletic trainers teach coaches and players proper prevention techniques developed to help avoid injury during conditioning and training through a coaches clinic as well as a combine hosted for around 80 area students.

At Great Plains Health, our goal is to lead the way to a healthier community. We do this in many ways, but specifically through an initiative that began in 2012 called GPFit! The GPFit! initiative offers many low-cost or no-cost options for people of all ages to engage in healthier lifestyles, create awareness and action around disease prevention and accidents, and to better manage chronic illness. The programs, screenings, education and events through GPFit! are all designed to inspire long-

term solutions for improving health. The 2021 GPFit! initiative included a Couch to 5K run/walk training series free-of-charge and open to the community; stroke and cancer screenings and Facebook live health series, all offered at no-charge to the community.

In addition to the GPFit! Wellness initiative, which has been recognized in the American Hospital Association Community Connections publication as a best practice in healthcare innovations, Great Plains Health has a robust patient medication assistance program. Since 2006, the Great Plains Health medication assistance program has supported individuals who cannot afford their long-term medications by helping them take advantage of low- and no-cost prescription programs. For some people, signing up for prescription assistance programs can be confusing, so program staff assist them with paperwork and the enrollment process. Total savings to patients because of this program in 2021 was \$1,185,300.

Community Health Needs

The 2023 - 2025 Great Plains Health community health needs assessment and implementation plan was completed fall 2022 to begin implementation in 2023. The document can be found on the web at <http://www.gphealth.org/CommunityBenefit>. For the assessment in 2022, we incorporated a large group of community stakeholders to assist in the implementation planning piece and feel that to truly move the needle, we need all hands on deck. The selected priority areas include:

- Increase access to mental and behavioral health care.
- Increase prevention education to reduce the prevalence of chronic diseases, preventable conditions, readmissions, and high mortality rates.
- Improve access to safe and affordable housing.
- Improve access to medical and dental care.
- Recruit and retain quality professionals.

Community Highlight



Community Health & Advocacy: New Name, New Focus

Children's Center for the Child & Community was renamed Community Health & Advocacy in 2021 to better describe its work and focus and to clarify three key areas of responsibility.

Completing and publishing the Community Health Needs Assessment (CHNA) every three years is a key responsibility of the Community Health & Advocacy team. Following completion of the most recent CHNA in 2021, Children's prioritized four new impact areas in response to identified needs.

Children's team members with experience in these areas are researching and developing work plans to positively impact our community. These new impact areas also align with Children's 2021–2025 strategic plan.

“Eighty percent of child health outcomes are determined by factors outside of traditional health care settings,” says Holly Dingman, director, Children's Community Health & Advocacy. “Our team plays an important role in helping to improve the lives of children by partnering with the community to positively influence health equity.”

Community Health & Advocacy has formally adopted the National Institutes of Health (NIH) definition of underrepresented children as the primary population of focus for programming. Underrepresented children are defined as children of color, disability and/or disadvantaged backgrounds, including homelessness, foster care and poverty/low socioeconomic status and children in rural communities designated as Health Professional Shortage Areas.



Participating Hospital Members

Antelope Memorial Hospital, Neligh
Avera St. Anthony's Hospital, O'Neill
Beatrice Community Hospital & Health Center, Beatrice
Boone County Health Center, Albion
Box Butte General Hospital, Alliance
Boys Town National Research Hospital, Omaha
Brodstone Memorial Hospital, Superior
Brown County Hospital, Ainsworth
Bryan Medical Center, Lincoln
Butler County Health Care Center, David City
Callaway District Hospital, Callaway
Chadron Community Hospital, Chadron
CHI Health Creighton Bergan Mercy, Omaha
CHI Health Good Samaritan , Kearney
CHI Health Immanuel , Omaha
CHI Health Lakeside , Omaha
CHI Health Midlands , Papillion
CHI Health Nebraska Heart , Lincoln
CHI Health Plainview , Plainview
CHI Health Schuyler, Schuyler
CHI Health St. Elizabeth , Lincoln
CHI Health St. Francis , Grand Island
CHI Health St. Mary's , Nebraska City
Childrens Hospital, Omaha
Columbus Community Hospital, Columbus
Community Hospital, McCook
Community Medical Center, Falls City
Cozad Community Hospital, Cozad
Crete Area Medical Center, Crete
Dundy County Hospital, Benkelman
Faith Regional Health Services, Norfolk

Fillmore County Hospital, Geneva
Franciscan Healthcare, West Point
Gordon Memorial Hospital, Gordon
Great Plains Health, North Platte
Henderson Health Care, Henderson
Howard County Medical Center, St Paul
Jefferson Community Health & Life, Fairbury
Johnson County Hospital, Tecumseh
Madonna Rehab Hospital, Lincoln/Omaha
Mary Lanning Healthcare, Hastings
Memorial Community Hospital, Blair
Memorial Community Health, Aurora
Memorial Health Care Systems, Seward
Methodist Fremont Health, Fremont
Nebraska Medicine , Omaha/Bellevue
Nebraska Methodist, Omaha
Nemaha County Hospital, Auburn
Ogallala Community Hospital, Ogallala
Osmond General Hospital, Osmond
Phelps Memorial Health Center, Holdrege
Providence Medical Center, Wayne
Regional West Garden County , Oshkosh
Regional West Health Services, Scottsbluff
Saunders Medical Center, Wahoo
Sidney Regional Medical Center, Sidney
Syracuse Area Health, Syracuse
Thayer County Health Services, Hebron
Tri Valley Health System, Cambridge
Valley County Health System, Ord
West Holt Medical Services, Atkinson
York General Hospital, York



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