

Family

Training helps OB team prepare for real-life deliveries

Adequate training is the key to success in any profession. When it comes to healthcare, that training can mean the difference between life and death.

The nurses and providers with the Obstetric team at Providence Medical Center (PMC) in Wayne recently were able to have Bryan Health Systems, Heartland Health Alliance come to Wayne to give them training on Obstetric/Newborn complications.

"Bryan providers and nurses evaluated and walked us through each scenario, which was amazing to have them as resources to answer any questions or offer advice," said Elizabeth Sievers, RN, Director of Inpatient and Obstetric Services at PMC.

Scenario number one was preeclampsia/eclampsia which was maternally focused (focused on mother).

"This is a very serious condition that needs close monitoring and early identification. Our providers are great at monitoring labs and vital signs, as well as communicating with and educating the mothers early in pregnancy about signs and symptoms. All of our OB team is trained in identifying and treating this pregnancy complication, and hosting simulations like this one helps us put our training in action," Sievers said.

The second scenario was dealing with a newborn in which the mother had gestational diabetes. These babies have a tendency to be larger, have complications with breathing and respiration, and have issues maintaining their glucose outside of the womb.

"Again, early interventions with these babies are key. Mothers take a glucose test fairly early in pregnancy to deter-

mine if this will be an issue," Sievers said.

After the provider has identified that gestational diabetes is an issue, these mothers are very closely monitored and have routine non-stress tests and ultrasounds.

"This scenario was a great way to get our OB team and doctors prepared for complications in these types of babies. We used equipment that we are trained on in our Neonatal Resuscitation (NRP) Class that all of our OB team is certified to use," Sievers said.

Nicole Haglund, vice president of Nursing Services, said facilitating the training at PMC with the OB department helped them solidify not just what to do, but how to do it.

"It's important for us to practice working through the entire process, including the communication piece. With these simulations, our nurses and doctors get to practice how and what to communicate to each other in a real-life situation. It is an important exercise that better prepares them for an actual situation, Haglund said.

"Nearly 70 babies were born at PMC last year, and each year our number of newborns continues to grow. We are excited about this growth and want to make sure we continue to provide a great service for our moms and babies," Haglund said.

Both Sievers and Haglund agreed that "Bryan Health is great at offering classes to our hospital at no cost, and each year. They pick a new complication to do a simulation over and offer to us, as well as surrounding hospitals, the opportunity to keep up competencies in all areas of pregnancy and delivery complications."

For more information about Providence Medical Center's services such as Mother/Baby Care or any other health-

care services, please contact the hospital at (402) 375-3800 or visit providencemedical.com



Providers and nurses at Providence Medical Center conducted a training on Obstetric/Newborn complications.

Summertime poison prevention advice offered

As the weather and seasons change, so do the types of calls to the Nebraska Regional Poison Center. Some examples of calls to the Poison Center in the summer months include bites and stings, insect repellents, hydrocarbons, glow sticks, fireworks, food poisoning, and swimming pool chlorine. Seasonal poison prevention and safety is always a high priority.

Bites and Stings: This category includes bee stings, spider and snake bites. Close observation for allergic reactions is important, especially in the first hour after a sting. Ice is okay for most stings and bites, except snake bites. Some of the old treatment "remedies" are not correct. Always call the Poison Center for assistance.

Insect Repellents: Most insect repellents contain DEET (also known as N,N-diethyl-m-toluamide). Use DEET concentrations that are less than 20%. A higher concentration does not mean that the product will work better, only that it may be effective longer. Only use insect repellents that are intended for skin use. Avoid over-application. Use repellents outdoors only and wash skin with soap and water when coming inside. Picardin containing repellents are a safe alternative. Follow all label directions.

Hydrocarbons: This category includes gasoline, kerosene, lighter fluids and torch fuels. One of the main risks with

ingestion is that the oil may "slip" into the lung causing a chemical pneumonia. Store all these products in original containers out of reach and sight of children.

Glow Sticks: Glow sticks are a common call to the Poison Center. The liquid on contact with mouth, skin and eyes can be irritating.

Food Poisoning: When firing up the grill or heading to a picnic, it's important to take some precautions. Remember to keep hot foods hot and cold foods cold. The USDA recommends fully cooking all meats to ensure bacteria are destroyed to prevent food poisoning. Meats should be cooked to 160 degrees. Always use a food thermometer.

Swimming Pool Chlorine: Skin and eye contact with overly chlorinated pools may result in redness and a burning sensation. Rinse your skin and eyes immediately if you suspect an exposure, contact the lifeguard/pool manager, and call the Poison Center. When maintaining pools, be aware that opening a container of chlorine pool tablets may cause coughing or chest tightness. Seek fresh air immediately and call the Poison Center.

The Nebraska Regional Poison Center is a free community service to the public. Call 1-800-222-1222 and talk immediately to a Registered Nurse or Pharmacist 24/7/365.



Trainers from Bryan Health Systems/Heartland Alliance were in Wayne for training recently.

Music in the park

The Nebraska 43rd Army Band presented a concert in Bressler Park recently. The afternoon of music included selections by several different groups, including the concert band (right). The group acknowledged the various branches of the military during the afternoon of music.



Backyard barbecue essentials explained

Summer barbecue season has arrived, and this season may be an especially active one.

Many summer barbecues were called off in 2020 as the world continued to confront the COVID-19 pandemic. But as the number of fully vaccinated adults rises across the United States and Canada, outdoor gatherings like backyard barbecues are much safer than they were a year ago.

That bodes well for backyard barbecue enthusiasts who can't wait to cook their favorite foods over an open flame.

Since so many backyard gatherings were canceled last year, now may be a great time to revisit the essential components that make barbecues such a beloved summertime tradition.

· Furniture: In early spring, fully vaccinated individuals were given the go-ahead to gather mask-free with fully vaccinated people from other households. That was a relief for people who are itching to spend time with family and friends after more than a year apart.



If you're planning to host a backyard barbecue this summer, inspect your outdoor furniture for wear and tear, especially if you did not bother to take it out of the garage last summer. A thorough

cleaning might be in order.

Many outdoor furniture retailers have replenished their inventory since last summer, when supply chains were interrupted by the pandemic. So if your existing furniture has seen better days, now is the time to replace it.

· Food: Ask guests if they have any food allergies prior to the barbecue. Let it be known that anyone with a food allergy can bring their own foods without fear of offending hosts.

If someone does have an allergy, set aside some freshly cleaned dishes for them in the days before the party. Make sure those dishes are not kept alongside other serving dishes so guests have uncontaminated plates and cutlery to use when they arrive.

When planning the menu for people

without food allergies, don't forget traditional fare like hamburgers and hot dogs.

Such foods might not be fancy, but they will lend a little normalcy to the festivities. And be sure to stock up on supplies for s'mores so everyone can finish the night off with a delicious dessert around the firepit.

· Games: A new cornhole set, some frisbees and even a few extra baseball mitts and baseballs can ensure everyone has something to do in between hamburgers.

If you have the room in your backyard, set up a wiffle ball field and encourage willing guests to make teams and play a game of wiffle ball.

· Audio/visual entertainment: An outdoor movie screen or television and some surround sound speakers can allow those interested to watch a game during the barbecue.

If yours is more of a musical crowd, some Bluetooth speakers around the backyard set to a relaxing summer playlist can help to establish the perfect backyard barbecue ambiance.

· Miscellaneous items: Many adults are fully vaccinated, but the vaccine had yet to be approved for kids under 16 as recently as mid-spring. If families with kids under 16 will be coming over, purchase extra masks to keep kids safe.

It's also a good idea to stock up on hand sanitizer and make it available in the backyard as well as inside near doorways and in bathrooms.

As summer hits full swing, now is a great time for homeowners to revisit the essentials for throwing a backyard barbecue to remember.

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Gardening with kids (and with pleasure)

By Sarah Buckley,
Program Coordinator,
plantnebraska.org

A quick internet search will bring up a whole range of ideas and activities for gardening with kids.

But what about you? As parents, time for personal hobbies is slim and precious. We know, especially as we spend more time at home, that making time for—and enjoying—the things that are important to us helps us be better parents. It's also important to model a healthy balance of necessary work and hobbies for our children. We want them to see us making time for things we enjoy and taking pleasure in the work that we do. Whether we're experienced gardeners with a growing family or an established family learning something new, the fact remains that gardening takes time and energy and both of those things are non-renewable resources.

Sometimes it's helpful to take a moment and remember why gardening is important to us. A few of the reasons I garden are because it makes me happy and is my preferred form of exercise. I also garden because I like my yard to look nice for people passing by and be a pleasant place to spend time. I want my yard to benefit insects and other wildlife while limiting mower and chemical use. These are all achievable goals but I have adjusted my expectations a bit as our family grows.

Zone your yard. Divide your gardening space into zones based on the amount of time they require, establishing high priority areas that will get the most attention (front landscaping, entertaining area, etc.) and low priority areas to clean up every couple weeks or as time allows. Don't forget to leave an area for free play and/or a garden area where your children can take some responsibility, depending on their age and interest.

Stick to the job at hand. When you head out to the garden, set an achievable goal. You may not have time to weed the whole garden but can you pull all the weeds in two square feet? Once you've set a goal, stay on task. It's easy to get distracted and overwhelmed by other things once you're kneeling on the ground but you can always move onto the next thing if you finish the first task.

Make the most of little moments. Letting the dog out? Pick a bouquet while you wait for him to do his business. Tak-



ing the trash out? Pull a couple big weeds on your way back. Toddler got distracted by a leaf on the way inside? Scatter some seedheads while she explores.

Multitask. If you set aside time each day

for exercise, make gardening the workout a couple times a week. According to the CDC, 30-45 minutes of yard work burns around 300 calories and most gardening activities are great muscle builders. Gar-

dens are also an ideal place for mindfulness activities, whether you're meditating or praying, try spending that time outside with your hands in the soil.

Make it a Date. There will always be bigger projects that are nice to get done all at once — like preparing a new planting bed, building a patio or seasonal cleanup. If both parents enjoy gardening, these projects make a fun and unique date activity. Send the kids to Grandma's or on a playdate and spend some time working together. Working side by side with a visible accomplishment at the end can be a valuable bonding experience.

Take time to enjoy your work. Plan a picnic, camp in the yard, watch the birds, hunt for insects or designate one night a week to eat outside. Showing your family the fun side of having a nice garden will help them understand why it's a priority to you and may help them develop their own interest and pleasure in working outdoors.

How kids benefit from being read to

Reading aloud to children is one of the joys of parenting. All children, whether they're infants, toddlers or school-aged, can benefit from being read to, and parents whose youngsters have grown up often look back on story time as some of their favorite moments as moms and dads.

Reading aloud to children is about more than just establishing a bond between parent and child. According to Reading Rockets, a national public media literacy initiative, children as young as infants can benefit from being read to.

Infants can look at pictures as their parents point to them and say the names of the various objects within them. By drawing attention to the pictures and associating words with them and real-world objects, parents are helping infants learn the importance of language.

Kids of all ages can benefit from being read to, even after they learn to read on their own. The following are a handful of ways that reading aloud to children can benefit them.

· Reading to children dramatically expands their vocabulary. A 2019 study published in the Journal of Developmental and Behavioral Pediatrics found that young children whose parents read them five books a



day enter kindergarten having heard roughly 1.4 million more words than kids who were never read to.

The disparity is even significant when comparing kids who are periodically read to each day with kids who are read five books per day.

Children who are read to daily may hear slightly less than 300,000 words prior to entering kindergarten, while those read five books per day will hear more than 1.4 million words.

· Reading to children expands their imaginations. The Northern Virginia Family Services reports that research has shown that children who activate their imaginations through being read to develop higher activity in the area of

their brain that's responsible for cultivating mental images and deciphering and comprehending verbal cues.

That heightened activity bolsters youngsters' imaginations and instills in them a greater fondness for reading.

· Reading can help kids learn to focus. Parents of young children no doubt know that such youngsters rarely sit still for any significant length of time.

However, when being read to, young children, even those who are initially reluctant to engage in story time, will learn to sit still for the duration of the book.

That can help them learn to focus, a benefit that will pay dividends when children begin school.

· Reading to children can speak to children's interests or emotional needs. Reading Rockets notes that children's favorite stories may speak to their emotional needs and interests.

That's why so many youngsters insist on reading a favorite book over and over again. Though that's often boring for parents, it can benefit youngsters, who will eventually move on to other books.

Reading to children can benefit them in myriad ways and provide a great way for parents to bond with their youngsters.

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Local celebrations back in 2021



After taking a year off because of COVID-19 restrictions, area towns were once again able to have celebrations and gather with friends and families. Both Laurel (top photos) and Winside (bottom photos) held celebrations the weekend of June 18-20. Activities in Laurel for the Ag Days celebration ranged from food to bouncy houses to parades and from a pool party to garage sales and an outdoor movie. Winside Old Settlers attendees enjoyed a car show and Kiddie Parade as well as a petting zoo, Life Flight demonstration and music in the auditorium. Both towns held Alumni events for their respective schools and honored graduates from years ending in "0" and "1".



UNL Haskell Ag Lab **SCIENCE & AG FAMILY FIELD DAY**



Attendees at the annual Haskell Ag Lab Science & Ag Family Field Day on June 30. A large number of educational exhibits were part of the event. These ranged from weed identification to cooking demonstrations and the Northeast Arboretum. The Nebraska State Patrol was represented and visited with the young people in attendance. In addition to the exhibits, several sessions were held on topics such as Nebraska land values, cover crop research, lawn and tree care, nitrogen management in corn and bee-keeping. (below) Alexis Frye, state champion archer, presented an archery demonstration and was available to discuss the sport of archery with those in attendance. The youth in attendance were able to take part in a number of hands-on learning experiences, coordinated by Nebraska Extension educators.



How to get kids interested in cooking

Parents introduce their children to all types of new hobbies and skills. There are plenty of opportunities to open kids' eyes to the world around them. One of the more useful lessons parents can teach their children is how to cook.

Knowing how to cook is a vital skill that can help children become more independent and ensure they know how to survive later in life on their own.

So many young adults go off to college without the ability to do more than power up a microwave or boil noodles. Ordering takeout all the time is expensive, and frozen dinners often lack the nutrition of homemade dishes. Learning how to cook a variety of foods at an early age can lay the foundation for a lifetime of healthy eating and fun in the kitchen.

Parents can encourage children who show early inclinations in the kitchen, but also help reluctant learners to develop some basic cooking skills. Here are some ways to make cooking something kids can look forward to.

- Involve children in meal planning. Get input from your children about what they might like to see on the menu. While there may be some items that are expected, including comfort foods like mac-and-cheese, parents may be surprised at how mature their children's palates can be.

- Maybe they've heard about a dish on television or learned about a specific ethnic cuisine at school and want to give it a try.

- Watch cooking shows together.

How-to cooking shows and competitions appear on both cable and network television. Kids may enjoy watching Gordon Ramsay mentor young chefs; Robert Irvine help to renovate a failing restaurant; or Ann Burrell assist self-proclaimed "worst chefs" shed those monikers.

Cooking shows can introduce kids to food-related terminology and get them heated up about cooking their own

meals.

- Ask for help in the kitchen. Tailor cooking activities to youngsters' ages. Little ones can begin by adding and stirring ingredients. As they get older, children can segue into chopping or even mixing foods on the stove.

Many kids like being taste testers and offering advice on whether a food needs more spices. By middle school, many kids have the wherewithal to plan meals

themselves and cook them from start to finish.

- Be adventurous. Introduce kids to various flavors by not only cooking various dishes at home, but by dining out at different restaurants. This can encourage kids to appreciate different cultures and cuisines.

Learning to cook is a vital skill. Lessons can begin early in childhood and become more extensive as children age.

Budget-friendly family fun ideas

Raising a family is an expensive endeavor. A recent report from the United States Department of Agriculture estimated that the cost of raising a child from birth to age 18 is \$233,610.

Though parents know that's a small price to pay for all the joy their children bring into their lives, those same moms and dads also wouldn't mind a little financial relief from time to time.

Family outings can be great bonding experiences, and parents may be happy to learn that there's a host of budget-friendly activities that are fun and affordable.

- Movie night under the stars: For the relatively low cost of a mini projector and accompanying screen, parents can host routine outdoor movie nights in the backyard.

Though parents might expect some sticker shock when they begin looking for an outdoor mini projector, it's worth

noting that seven of the 10 projectors that make up Amazon's best sellers list are less than \$100. Some of those products even come with their own screens at no extra cost.

- Picnic in the park: Some families may be experiencing some sticker shock as they begin dining out again after eating their meals at home throughout the pandemic.

Soaring food and supply costs and labor shortages have forced restaurant owners to raise prices. Data from the U.S. Bureau of Labor Statistics indicates that the average American household was already spending \$3,000 a year dining out.

Families can cut those costs considerably by having homemade meals, or even takeout, away from home. A picnic in the park can make for a wonderful family outing and won't cost nearly as much as dining in person at a favorite

restaurant.

- Find "yourselves": Families are find-



Ground breaking ceremony

Representatives of Providence Medical Center, the hospitals governing board, the city of Wayne, Darland Construction and the Wayne Ambassadors were part of a ground breaking ceremony at the hospital on June 25. Work has already begun on a \$13.5 million project which will include new construction, renovation and upgrades to the hospital's mechanical systems.

ing that digging into their own histories is a great way to learn more about who they are.

A 2020 report from Transparency Market Research estimated that the market for global DNA test kits, which help people learn more about their ancestry, is expected to expand by nearly 25 percent between 2019 and 2027.

Test kits typically cost around \$100, and families can then use the information they glean from test results to conduct their own free research on the history and culture of the countries their ancestors called home.

- Exercise: Exercising together is a great way for families to get healthy and feel good. Traditional workouts with weights and time on a treadmill may not be everyone's idea of a fun time, but families can go for a hike, kayak in a nearby lake, take up jogging, or even play a favorite sport together.

Parents know raising a family can be expensive. Thankfully, there are many ways families can have fun together without breaking the bank.

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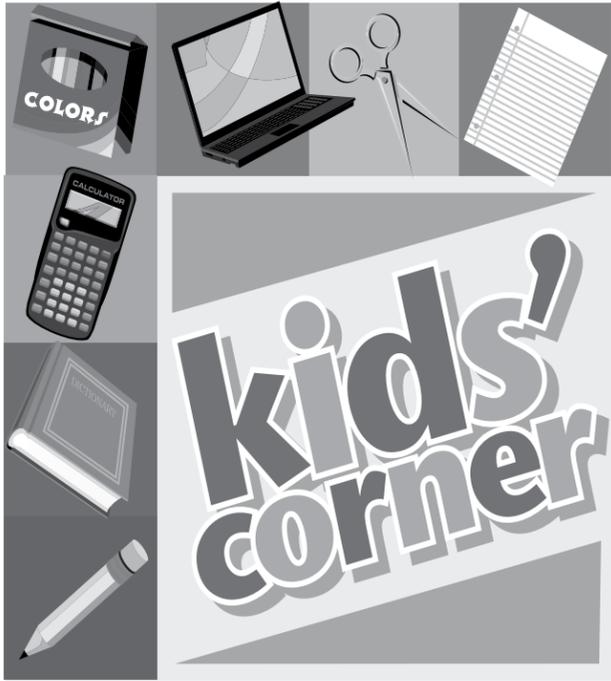
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Math Blocks

Fill in the missing blocks with numbers between 0-10.
The numbers in each row add up to the totals to the right.
The numbers in each column add up to the totals on the bottom.

10		0	11
	6		19
2	7		12
16	14	12	

3	7	2
9	6	4
0	1	10

Solution

THIS DAY IN... HISTORY



- 1834: FOUR NIGHTS OF RIOTING AGAINST ABOLITIONISTS BEGIN IN NEW YORK CITY.
- 1954: ELVIS PRESLEY MAKES HIS RADIO WHEN HIS RECORDING OF "THAT'S ALL RIGHT" AIRS ON WHBQ MEMPHIS.
- 2019: THE UNITED STATES WOMEN'S NAT'L SOCCER TEAM WINS THE WORLD CUP IN LYON, FRANCE.



THIS FRUIT HAS A WATER CONTENT OF 92 PERCENT.

ANSWER: WATERMELON

Get Scrambled

Unscramble the words to determine the phrase.

ESDEELSS LEMNO

Answer: Seedless Melon

New Word

REFRESHING

servicing to reinvigorate someone

How they SAY that in...

- ENGLISH:** Fruit
- SPANISH:** Fruta
- ITALIAN:** Frutto
- FRENCH:** Fruit
- GERMAN:** Frucht

Did you know?

THERE ARE MORE THAN 1,200 VARIETIES OF WATERMELON. WATERMELON IS CONSIDERED A FRUIT, BUT BECAUSE IT IS IN THE GOURD FAMILY, SOME CLASSIFY IT AS A VEGETABLE, TOO.



GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: WATERMELON

Extraordinary Mother & Baby Care

Close to Home

Delivering Extraordinary Care

When you deliver your baby at Providence Medical Center you will receive extraordinary care, close to home from highly trained and experienced physicians and nurses. Our goal is to provide you the special experience you deserve as you begin your journey with a new addition to your family.

From comprehensive prenatal care to personalized delivery, we also offer you and your baby the professional expertise and state of the art technology you are looking for when choosing where to have your baby.

Our delivering physicians, Dr. Martin, Dr. Dobbins and Dr. McLaughlin are eager to provide you the extraordinary mother and baby care you deserve.



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