

GIVING hope

"Never believe that a few caring people can't change the world. For, indeed, that's all who ever have."

- Margaret Mead

HAVE AN INSPIRING QUOTE YOU WANT TO SHARE?
Email us at ms@smcne.com



We are now nationally recognized!

We are pleased to announce Saunders Medical Center's MS Clinic has been designated as a Partner in MS Care by the National Multiple Sclerosis Society.

As a Partner in MS Care, Saunders Medical Center's MS Clinic offers personalized MS care which draws upon the expertise of many different healthcare professionals, with the goal of helping you to live your best life.

Partners in MS Care is a National MS Society program that recognizes and

supports quality MS care. The Society – and SMC – believes that people living with MS receive optimal care and support when strong collaborative relationships exist between healthcare professionals and the Society. As a Partner in MS Care, SMC's MS Clinic providers Aaron Bartek, NP-C, MSCS and Tricia Teeter, NP-C are knowledgeable and experienced in treating MS.

SMC's MS Clinic has been offering specialized care to patients with multiple sclerosis throughout the Midwest since 2015.



UPCOMING EVENTS

NEBRASKA MS WALK Sunday, May 8 | 10AM

The walk starts at Werner Park in Papillion, Nebraska. There is only one walk for all of Nebraska. Registration is open at the MS society website – www.nmss.org

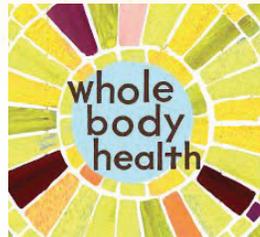


Treating your Whole Body with Care

Here at SMC we want to treat the whole you. Responsibility for success is shared between provider and patient. We partner with patients to create a personal health plan that will address all aspects of a person's life—in other words, helps them achieve **Whole Health**.

The **Whole Health** approach considers how the patient defines wellness, and supports the patient's goals as they relate to physical wellness, desired life activities, emotional well-being, relationships, diet, exercise level, and so forth. Being healthy and well is much more than making the symptoms go away. Whole Health also considers new and complementary methods of treatment, including yoga, tai chi, chiropractic care, acupuncture, or other modalities.

The principles of **Whole Health** are all about quality of life. People with MS know that, despite their own best efforts and the best efforts of experienced providers, the disease can impact their lives in significant ways. Management of current MS symptoms can be interrupted with unexpected relapses, lasting for short or long periods of time, which can be discouraging. Whole Health teaches us that there are many ways



to feel well, and it's important to remember all the options available; everything from social support to meditation to learning a new hobby. Wellness and health come from many sources.

The National MS Society's website has a section called "Living Well with MS." This provides information that includes a section on "Diet, Exercise, and Healthy Behaviors," "Emotional Well-Being," "Spiritual Well-being," "Cognitive Health," "Work, Home, and Leisure," and "Relationships." You can find this information at the link provided for the National MS Society – www.nmss.org.

The VA has resources available to the public that can be found at www.va.gov/wholehealth/. This site is focused on Whole Health Wellness in Veterans, but can help anyone on their journey to wellness. Melissa Fulton wanted to share this site she discovered before retiring.

One of our patients shared a great resource with us as shown in the link below. It includes workouts that can be done at home and in a wheelchair. Some of the exercises include yoga, strengthening, wheelchair cardio, dancing, and many more fun and interactive ways to stay healthy during a time when social isolation is affecting us. www.sports.org.au/stay-active.

— Tricia Teeter, NP-C



YOUR MS CLINIC

Aaron Bartek, NP-C

Tricia Teeter, NP-C

Melissa Miller, RN

Today's tips—

- Saunders Medical Center has a new electronic medical records system. This change affects your patient portal registration and requires creation of a new account. See details at SaundersMedicalCenter.com/portal/login.html
- Our after hours Nurse Care Line is available for urgent needs at 402-443-1448. Please call 911 or your local ER in the case of an emergency.
- Please arrive a half hour before your appointment to ensure there is adequate time for the check in process. Please have all insurance and prescription cards available.
- Call Janet at 402-443-4191 ext. 533 with any change in your medical or prescription insurance between visits.
- If you have questions regarding the MS Clinic newsletter, you can email msclinic@smcne.com.
- Schedule appointments with the MS Clinic nurse at 402-443-1456.



Saunders
MEDICAL CENTER

Be Well.