

A bi-monthly publication for Family published by The Wayne Herald — May 2, 2024

# Family

## Providence Medical receives L.E.A.R.N Breastfeeding Hospital Champion designation

The Nebraska Department of Health and Human Services (DHHS) recently recognized Providence Medical Center (PMC) as a Lactation Education Across Rural Nebraska (LEARN) Breastfeeding Hospital Champion.

"I am so proud of my OB Team for becoming a LEARN Breastfeeding Champion. This certification demonstrates how much we truly invest in the well-being of our moms, babes, and their breastfeeding journey," Beth Broders, Director of Inpatient Nursing Services, said. "Though breastfeeding benefits are many, it can also be overwhelming, emotional, and scary to new moms; having trained staff available and ready to help our new moms navigate breastfeeding questions, concerns, and issues is such a benefit to those we serve in our community."

Recognized as one of 34 Hospitals in the State of Nebraska, the campaign is a comprehensive effort to increase breastfeeding in Nebraska, implementing best practices and policies to improve breastfeeding outcomes.

This campaign focuses on six core initiatives: Postpartum Care, Rooming-In, Feeding Practices, Feeding Education and support, Discharge Support and Institutional Management.

At PMC, new parents receive continuous breastfeeding education and support throughout their birthing journey. OB Coordinator, Sydney Nissen, along with Maria Andrade and Amanda Cook, Certified Lactation Counselors (CLC), aim to support and educate both new and future moms to ensure the best outcome for growth and development in their parent-child relationship.

Offering new parenting classes quarterly, followed by monthly breastfeeding support through the hospital's 'Honeysuckle' support group led by Cook, CLC.

The class is hosted every third

Monday of the month, offering fellowship, community and support around moms supporting each other in their

breastfeeding journey.

For more details about Providence Medical Center's mother and baby care

and the range of excellent baby care services we offer, we invite you to visit our website at [providencemedical.com](http://providencemedical.com).



From left to right: Maria Andrade (Certified Lactation Counselor), Jackie Moline (Maternal/Infant Health Program Specialist), Amanda Cook (Certified Lactation Counselor), and Sydney Nissen (OB Coordinator).

# Five fun ways to spend Mother's Day with Mom

Moms get their much-deserved day in the sun each May, when families gather to celebrate Mother's Day. Mothers go above and beyond for their children, and those efforts are worthy of appreciation.

This year Mother's Day is celebrated on Sunday, May 18. As the day draws closer, families can consider these five fun ways to spend the day with Mom.

1. Begin Mom's day with breakfast in bed. If Mom is the first one to reach the kitchen each morning throughout the year, then breakfast in bed can make for a great way to start her Mother's Day. Dads and kids can wake up early and sneak downstairs while Mom is still sleeping and surprise her with a homemade breakfast and hot cup of coffee before she gets out of bed.

2. Indulge in a little adventure. If Mom isn't one to relax or spend an extra

hour in bed, then indulge her sense of adventure this Mother's Day. Visit a local adventure course where Mom can zip line the day away and challenge herself on a variety of obstacle courses. These outdoor settings can make great use of the mild weather of mid-May and still afford Mom ample time to satisfy her craving for adventure and physical activity.

3. Take Mom out to the ballgame. Baseball season is in full swing come Mother's Day, and Major League Baseball and its minor league affiliates recognize that many moms are big fans of America's pastime. Special promotions, Mom-themed giveaways and on-site entertainment and activities are part of the Mother's Day experience at many baseball stadiums. A day at an MLB stadium or local minor league ballpark can

be an ideal activity for the Mom who loves baseball.

4. Take to the sea. Whether it is a lake, a nearby river or the ocean, few backdrops are as dramatic as ones featuring water. A Mother's Day brunch cruise can make for an idyllic setting as the family sits down under the mid-May sun to celebrate Mom with a good meal and gorgeous views.

5. Take a food tour. If Mom is a certified foodie, then there's no better way to celebrate her than taking a food tour of local restaurants. Mother's Day tends

to be a busy day in the restaurant business, so a food tour might be best organized on the Saturday before Mom's big day, particularly in smaller communities. Many cities or vacation hotspots offer food tours on Mother's Day, so this might be a Sunday option for families that live in or near such locales.

There is no end to the ways families can celebrate Mom this Mother's Day. Families are urged to find a fun and unique way to make Mom's special day one to remember this year.

## Signs kids may have allergies

Welcoming a child into the world is an exciting time for parents. However, new parents often lament that there is no guidebook to caring for and raising children. This becomes even more apparent when parents must confront illnesses that affect their children. It can be disconcerting when a child is affected by illness and parents feel helpless. Such feelings may arise when children's allergies first present.

Just like adults, children can be sensitive to allergens in their foods or their environments. Cedars-Sinai says allergies affect the immune system. Allergic reactions occur when the immune system reacts to something generally harmless and thinks it is a danger. So the body then attacks the allergen with antibodies, causing a number of reactions in the body.

The U.S. Centers for Disease Control and Prevention says nearly one in five children has a seasonal allergy, more than 10% have eczema, and nearly 6% have a food allergy. Food Allergy Canada says almost 600,000 Canadian children under age 18 have food allergies.

Children may experience allergies

differently than adults. The American College of Allergy, Asthma and Immunology says some of the more common allergy symptoms in children include:

- Skin rashes or hives (atopic dermatitis or eczema)
- Difficulty breathing
- Sneezing, coughing, a runny nose or itchy eyes
- Stomach upset
- Chronic nasal congestion
- Ear infections, since allergies can lead to inflammation in the ear and may cause fluid accumulation
- Itching in ears or the roof of the mouth
- Red, itchy, watery eyes
- A severe, life-threatening allergic reaction known as anaphylaxis

Allergies can be caused by a number of things. The most common triggers are tree, grass and weed pollens, according to Cedars-Sinai. Mold, dust mites, animal dander, bee stings, pests like roaches and mice and foods also cause allergies.

Children also may be allergic to medicines, which can be scary, since parents

See **ALLERGIES**, page 3




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# Establishing kids' roles in caring for the family pet

Children and pets living together can make for a boisterous but happy household. Having pets is an ideal opportunity to introduce children to some measure of responsibility, and it may encourage youngsters to become advocates for animal welfare.



Pets require all sorts of care and companionship. Introducing children to age-appropriate pet-related tasks can set the groundwork for a lifetime of loving and caring for companion animals. Children shouldn't be given all of the responsibilities of caring for pets, but there are some notable roles they can play.

Teach gentle interactions:

Toddlers and even kindergarteners may be unaware of how rough they are being. Therefore, they will need a lot of supervision and reinforcement to learn how to be gentle when petting or engaging with companion animals. Young

children also may think pets are toys and there are no consequences when animals are handled roughly. Parents and other caregivers may need to spend a lot of time emphasizing gentle play with pets.

Start off with some play sessions:

Playing together is a great way for kids and pets to bond and get some exercise. Purina behaviorist Dr. Annie Valuska suggests games like high-five, rolling over, finding treats in hidden places and practicing tricks or commands. Children also may be able to do short training sessions with pets, like helping them get acclimated to a new pet carrier, wearing a leash or even moving the vacuum cleaner nearby so the animal overcomes its fear of it.

Family vet visits:

Children can learn a lot about pet health and care at the vet's office. Bring youngsters along to help out and see what is involved in routine veterinary visits. Kids can soothe and distract the pet during the administration of vaccines and watch how a vet assesses an animal's overall health. Watching a pet go through a physical examination also may help a child become more brave in relation to his or her own medical check-ups.

Participate in feeding and bathing:

Children can be responsible for putting pre-measured scoops of food in the bowl for feeding and help refill the

water. Kids also may be able to offer treats to pets who are able to take them gently out of hand.

When it comes time to groom a pet, children can assist with scrub downs in the tub or at a grooming station in a nearby retail store. More hands available can help wrangle a wet and slippery animal, after all. Kids may find it soothing to brush pets, but they must do so gently.

Teach about quiet time:

Pets need opportunities to rest, and children should understand that quiet

time means the pet should be left alone. Kids can help set up a cozy napping spot where a dog or cat can retreat when they need some rest.

Children can be taught responsible pet care when their parents feel they're ready. With trial and error, family members can see where kids' strengths lie in caring for pets and gauge the animals's tolerance for interaction with youngsters. Pet owners must remember to ensure young children and animals are never together without adult supervision.

## Allergies

(continued from page 2)

may not have any prior warning of an allergic reaction to a new medication.

Allergies can affect anyone, and parents who suffer from their own allergies may have children who also have allergies. Doctors are not sure why allergies tend to run in families. Also, allergic symptoms can happen slowly over time.

Parents who suspect their children may have allergies should discuss their concerns with a doctor for an accurate and complete diagnosis. Allergists typically use skin testing to confirm allergies.

Liquid-form extracts of allergens are placed on the top layer of the skin through a pricking device, says Childrens Hospital. The skin will turn red where the test was applied if an allergen causes a reaction. Skin testing is usually faster than blood tests.

Treatment for allergies tends to involve avoiding common triggers. Immunotherapy and certain medications also may be advised. Always consult with the child's pediatrician before administering any over-the-counter allergy medications.

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# Beware of these life insurance beneficiary mistakes

Life insurance has long been recognized as a useful way to provide for your heirs and loved ones when you die. While naming your policy's beneficiaries should be a relatively simple task, there are a number of situations

 <b>Lump sum payment</b>	The most common choice. A one-time payment is made of the death benefit proceeds to the beneficiary.
 <b>Lifetime annuity</b>	The death benefit proceeds are converted to an income annuity, which makes a fixed, periodic payment to the beneficiary for the rest of his/her life.
 <b>Fixed period annuity</b>	Like the lifetime annuity, except the payments will be made over a specified period of time, such as 10 years, after which, payments cease.

that can easily lead to unintended and adverse consequences. Here are several life insurance beneficiary traps you may want to discuss with a professional.

**Not naming a beneficiary:**

The most obvious mistake you can make is failing to name a beneficiary of your life insurance policy. But simply naming your spouse or child as beneficiary may not suffice. It is con-

ceivable that you and your spouse could die together or that your named beneficiary may die before you and you haven't named successor beneficiaries. If the beneficiaries you designated are not living at your death, the insurance

company may pay the death proceeds to your estate, which can lead to other potential problems.

**Death benefit paid to your estate:**

If your life insurance is paid to your estate, several undesired issues may arise. First, the insurance proceeds likely become subject to probate, which may delay the payments to your heirs. Second, life insurance that is part of your probate estate is subject to claims

of your probate creditors. Not only might your heirs have to wait to receive their share of the insurance, but your creditors may satisfy their claims out of those proceeds first.

**Naming a minor child as beneficiary:**

Insurance companies will rarely pay life insurance proceeds directly to a minor. Typically, the court appoints a guardian — a potentially costly and time-consuming process — to handle the proceeds until the minor beneficiary reaches the age of majority according to state law. If you want the life insurance proceeds to be paid for the benefit of a minor, you may consider creating a trust that names the minor as beneficiary.

Then the trust manages and pays the proceeds from the insurance according to the terms and conditions you set out in the trust document. Consult with an estate attorney to decide on the course that works best for your situation.

**Disqualifying a beneficiary from government assistance:**

A beneficiary you name to receive your life insurance may be receiving or be eligible to receive government assistance due to a disability or other special circumstance. Eligibility for government benefits is often tied to the financial circumstances of the recipient. The payment of insurance proceeds may be a financial windfall that disqualifies your beneficiary from eligibility for government benefits, or the proceeds may have to be paid to a government entity as reimbursement for benefits paid. Again, an estate attorney can help you address this issue.

**Life Insurance Payout Options:**

Most life insurance policies offer several options to the policy beneficiary, including:

**Lump sum payment-** The most common choice. A one-time payment is made of the death benefit proceeds to the beneficiary.

**Lifetime annuity-** the death benefit proceeds are converted to an income

annuity, which makes a fixed, periodic payment to the beneficiary for the rest of his/her life.

**Fixed period annuity-** Like the lifetime annuity, except the payments will be made over a specified period of time, such as 10 years, after which, payments cease.

**Creating a taxable situation:**

Generally, life insurance death proceeds are not taxed when they are paid. However, there are exceptions to this rule, and the most common situation involves having three different people as policy owner, insured, and beneficiary.

Typically, the policy owner and the insured are one and the same person. But sometimes the owner is not the insured or the beneficiary. For example, mom may be the policy owner on the life of dad for the benefit of their children.

In this situation, mom is effectively creating a gift of the insurance proceeds for her children/beneficiaries. As the donor, mom may be subject to gift tax. Consult a financial or tax professional to figure out the best way to structure the policy.

As with most financial decisions, there are expenses associated with the purchase of life insurance. Policies commonly have mortality and expense charges. In addition, if a policy is surrendered prematurely, there may be surrender charges and income tax implications. The cost and availability of life insurance depend on factors such as age, health and the type and amount of insurance purchased.

While trusts offer numerous advantages, they incur up-front costs and often have ongoing administrative fees. The use of trusts involves a complex web of tax rules and regulations.

You should consider the counsel of an experienced estate planning professional and your legal and tax advisors before implementing such strategies.

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# What families can do to honor fallen veterans

The freedoms people living in the United States are afforded would not have been possible to provide if not for the brave efforts and undying com-

## Alcohol and teenagers are a poor mix

Most countries in the world have established a minimum legal drinking age. Legal drinking ages are implemented to reduce the number of alcohol-related accidents and also to contribute to better overall health, according to the Centers for Disease Control and Prevention. The United States has a Minimum Legal Drinking Age (MLDA) of 21 everywhere except Puerto Rico and the U.S. Virgin Islands. The MLDA in each of those places is 18.

Elsewhere around the world the average age to purchase alcohol is 18, although not every country restricts the age at which alcohol can be consumed.

Health experts warn that underage drinking is a major health concern. The National Institute on Alcohol Abuse and Alcoholism says alcohol is the most widely used substance among America's youth and can lead to enormous safety and health risks. Teens who drink with frequency can set themselves up for a host of negative outcomes.

Alcohol is a depressant, which means it slows the functions of the central nervous system and can actually block some messages from reaching the brain. That can alter a person's perceptions, emotions and movement, says Nemours TeensHealth.

Youth who drink may have higher rates of absences or lower grades in school.

Alcohol usage over time can lead to social problems, such as fighting or lack of participation in youth activities.

Consuming too much alcohol may lead teens to experience physical issues like hangovers.

The CDC says alcohol can disrupt normal growth or sexual development.

The CDC indicates frequent alcohol use among teens can contribute to increased risk of suicide and homicide.

Underage binge drinking is associated with a higher risk of being the victim or perpetrator of interpersonal violence, which includes physical or sexual assault, according to a study published in 2019 in the Journal of Youth and Adolescence.

The brain keeps developing into one's 20s. Alcohol can alter development, potentially affecting the brain's structure

mitment of the many individuals who have served in the nation's armed forces. American military personnel have played vital roles in securing freedoms for their fellow citizens as well as individuals overseas.

Each year on the final Monday in May, the United States commemorates military personnel who lost their lives while serving in the armed forces. Those individuals made the ultimate sacrifice, and Memorial Day is a way to honor them and thank their families for their selfless acts. This Memorial Day, families can embrace various measures to honor fallen veterans.

Visit a local veterans cemetery. The United Service Organization (USO) notes that most states have national veterans cemeteries. Though some veterans cemeteries are open only to family members of service personnel, others are open to the general public. Visiting a veterans cemetery is a great way to honor fallen military members and ensure the memory of their service and sacrifice is not forgotten on Memorial Day.

Celebrate veterans over Memorial Day weekend. Memorial Day weekend is now synonymous with getaways and backyard barbecues. By taking time out during the weekend to honor fallen veterans, families can ensure the meaning behind the holiday is not lost in the midst of celebrations with family and friends. Take time out during a family barbecue to discuss a family member who served or, if traveling, make an

effort to visit a veterans memorial along your travel route.

Help raise funds for veterans organizations. Fun runs or community Memorial Day walks may benefit local veterans organizations that help service members in need. Many service members may need help dealing with the deaths of friends or family members who died while serving in the armed forces, and veterans organizations may provide such help or direct funds to groups that do. That makes participation in events that benefit veterans organizations a great way to honor current military personnel and those who have served in the past, including those who died in service of their country.

Teach youngsters about the role of the armed forces. There's a lot competing for the attention of today's young people, and that can make it easy to overlook the very freedoms that make the United States such a unique country throughout world history. Parents and guardians can emphasize the role the armed forces play in procuring and protecting freedoms in the United States and emphasize the significance of the sacrifices of those who gave their lives to ensure a higher quality of life for all U.S. residents.

Memorial Day commemorates military personnel who died while serving in the armed forces. There is much families can do to ensure those sacrifices are never forgotten or taken for granted.

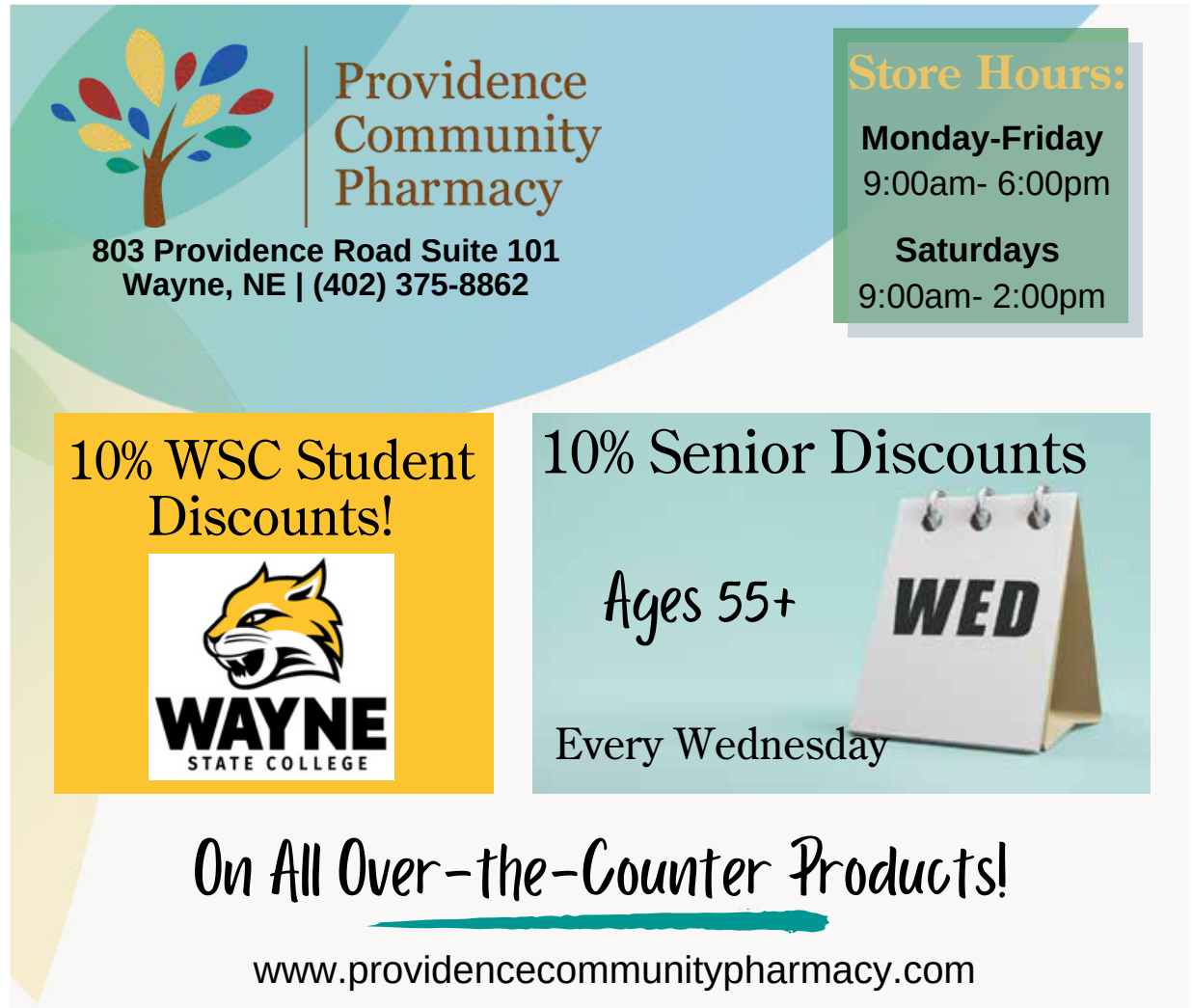


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See ALCOHOL, page 6

# Enjoy healthy exposure to the sun by being outdoors

Spring and summer are times of the year when the great outdoors beckons more strongly than it does in fall and winter. Temperate climates and abundant sunshine encourage people to leave their homes and bask in the warm rays of the sun. Spending time outdoors is good for mental health and it's a natural way for people to get adequate vitamin D, also known as the sunshine vitamin. The National Institutes of Health say expo-

sure to sunshine for five to 30 minutes a day, most days a week is optimal to make vitamin D. A large percentage of the population is deficient in vitamin D. The NIH says there are many stud-

The National Cancer Institute suggests using an SPF of at least 15, but some doctors recommend SPF 30.

· Ultraviolet radiation is the number one cause of skin cancer. Utilize wide-brimmed hats, sunscreen and protective clothing to prevent cumulative sun exposure, which can lead to basal cell and squamous cell skin cancers.

· Keep in mind that episodes of severe sunburns, usually before age 18, can raise the risk of developing melanoma. Children should be just as mindful of sun exposure as adults.

· It is challenging to define what "too much sun" actually is, says the European



ies correlating vitamin D insufficiency with increased risk of numerous chronic conditions, including hypertension, diabetes, myocardial infarctions, and brittle bones. However, sun exposure to make vitamin D needs to occur without sunscreen for maximum impact.

That begs the question of just how safe it may be to spend time outdoors without sun protection, and what are the risks of doing so? Also, do the risks of vitamin D deficiency outrank those involving sun exposure and cancer causation? It's a conundrum, to be sure.

The good news is that most people can safely enjoy the sun and obtain vitamin D. Here are some tips and safety precautions.

· Keep in mind that the sun's rays are strongest between 10 am and 4 pm. Therefore, if you must spend time in the sun, do so outside of this time period.

· Promptly apply sunscreen. After a short period of unprotected sunshine of no more than 30 minutes, put on sunblock right away. Also, reapply as indicated on the packaging depending on activity. Harvard Health says that sunscreen cannot block all UV rays, and even usage of sunblock will not staunch all vitamin D production.

Code Against Cancer. Strength of the sun (UV index), skin type and the strength of sunscreen all merit consideration. A person with very fair skin exposed to an ultraviolet index of 6, which is easily reached at noon in summer, can suffer sunburn in as little as 10 to 15 minutes.

It is a fine line to balance healthy sun exposure to obtain vitamin D and avoiding sun damage to the skin. But it's best that people walk that tightrope with sun safety in mind.

## Alcohol

(continued from page 5)

and function.

· Research shows that those who start drinking before the age of 15 are at a higher risk for developing alcohol use disorder later in life.

· Alcohol use can lower inhibitions, which can cause teens to make poor and risky decisions, like engaging in illegal activity or unprotected sexual relations.

Drinking at an early age and doing so frequently during the teenage years can set individuals on a course for health, developmental and even legal repercussions.



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# Plan a family adventure to a national park

The National Park Foundation reports that the National Park System spans more than 84 million acres and encompasses 424 sites and units in the United States. In Canada, there are 37 national parks and 10 national park reserves, protecting roughly 336,343 square kilometers of land.

National parks do their part to foster conservation of natural resources and reserve wild land for the scores of animals that call these places home. They're also enticing places to visit, with their vast vistas and interesting wildlife. Planning ahead can make any trip to a national park even better.

· Know when to go. Research the best times of year to visit certain parks. All may not be open year-round. Think about the kind of experience you want to have. Most parks are busiest during the summer. Therefore, if you want to skip the crowds, perhaps visit in a slower season.

· Research environments. With so many parks, it can be challenging to decide where to go. Take into consideration your interests as well as your

limitations. Find out which amenities and features each park offers, including shuttles, stores for gear, animal life, terrain, and potential hazards. The more you know about each potential park, the better you can narrow down the place to visit first.

· Know the rules and regulations. Most parks have regulations in place to keep visitors safe. Some parks require reservations to enter or access certain areas of the park. Some may need you to reserve space in advance. Permits may be needed for certain activities, such as fishing. Check the park's website to learn about permits or restrictions that may affect your trip.

· Choose your accommodations. With their expanse of land and things to see, you'll likely want to spend more than one day exploring a park. Figure out if the park has accommodations on the property. If not, you will need to locate lodging nearby. Camping on the grounds can be a way to enjoy the park more intimately. Look into campsite rentals or whether recreational vehicles can be parked on a campsite in or

near the national park. Yellowstone and Yosemite are two national parks that tend to book campsites well in advance, so plan accordingly.

· Pick your priorities. National parks tend to be massive, so make a list of the must-see attractions this time around (you can always visit again). While you can have an itinerary, you likely will enjoy the trip more if you're relaxed and get to meander around rather than sticking to a strict schedule.

· Consult the rangers. Make friends with the park rangers. They are experts on the park and can let you know which places to visit or if there are any shortcuts to certain attractions. Utilize their experience and guidance.

National parks are located across the United States and Canada. The parks are wonderful vacation spots, and visitors can plan now for their trips to see these natural wonders.



Aa Bb Cc Dd Ee Ff Gg Hh Ii Jj Kk Ll Mm Nn Oo Pp Qq Rr Ss Tt Uu Vv Ww Xx Yy Zz

May 9 - District HS Track Meet @ Hartington  
 May 10 - 6th Grade Graduation - 2:30pm - Allen gym  
 May 11 - Class of 2024 Graduation - 2pm - Allen gym  
 May 13 & 14 - Boys District Golf @ TBD  
 May 13 - Early Out at 1pm - Last Day for Elementary  
 May 14 - Early Out at 1pm - Last Day for High School  
 May 15 - Teacher Workday  
 May 15 - SCHOOL'S OUT FOR SUMMER!!  
 May 17 & 18 - State Track in Omaha  
 May 21 & 22 - State Boys Golf in Columbus

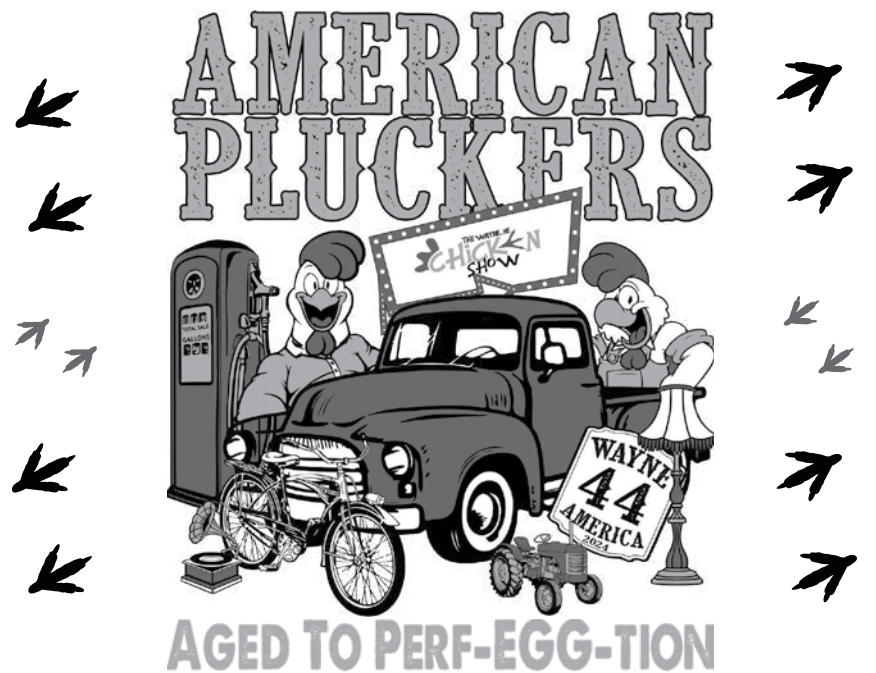
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 Go Allen Eagles!  
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## Allen Consolidated School

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## 2024 CHICKEN SHOW



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Wayne  
**EyeCare**

It's never too early to do your kindergarten eye exam, schedule today!

In need of glasses??

Ask about our kids package!



313 Main Street • Wayne • 402-375-2020  
 Dr. Ben Uhl Dr. Tyler Lefebber



# Providence Medical Center

## Behavioral Health Services

It's OK,  
to Not Be OK.



Daniel Gillette, MD  
Psychiatry



Matthew Dobbertin, D.O.  
Child and Adolescent  
Psychiatry



Andrew Corbin, PMHNP-BC  
Psychiatric Mental Health  
Practitioner

Stress • Anxiety • Depression • Substance Abuse  
Relapse Prevention • Grief & Loss

*The behavioral health experts at PMC  
are here for you.*



Lunch time and after school  
appointments available



Ask about our  
telehealth options



For appointments call the  
PMC Outpatient Specialty Clinic  
**402-375-7953**

Our team of providers ready to listen and create a treatment  
approach customized to your specific needs.

**Counseling is available for:**

Adults, Children, Families, Couples, and Small Groups

## Senior Life Solutions at Providence Medical Center

### Group Therapy for Older Adults

#### Have you or a loved one...

- Recently experienced a traumatic event
- Lost a spouse or close family member
- Loss of interest in previously enjoyed activities
- Changes in appetite
- Difficulty sleeping or changes in sleep patterns
- Loss of energy
- Feelings of sadness or grief lasting more than two weeks
- Feelings of worthlessness or hopelessness

Call Us. We Can Help.

**(402) 375-7958**

This program is designed to meet the unique needs  
of seniors by providing support, answers, and  
direction for an improved quality of life.



1200 Providence Road, Wayne | [www.providencemedical.com](http://www.providencemedical.com)