

GIVING

hope

It's MS Walk Time in Nebraska—
See details on the back of this
newsletter to join us!



Get the Sleep You Need!

A good night's sleep is critical for a healthy body and mind. Many people with MS struggle with getting adequate or restful sleep due to symptoms they have or medications they are on. Typically, treatment plans are customized for each person having sleep-related difficulties. However, everyone can make these small changes to have an impact on their sleep. Keeping a regular sleep schedule with set sleep

and wake times can be a good way to teach the body when to sleep. Having a set bedtime routine starting about one hour before sleep is a beneficial way to tell your body it is time to sleep. Limit stimulants at least six hours before bed. This includes any medications used for fatigue, caffeine, tobacco, and even exercise. Keep your bedroom a place of rest and relaxation. Don't watch TV or use mobile devices while in bed.

Fundraising Fun: Penny War & Silly Outfits!

In March, we held a "penny war" fundraiser for the National MS Society—raising a total of \$240. Entrants who raised the most money were designated "Lucky Leprechauns." Winners were Ron (left), our maintenance manager, and Casey (right), our IT guru. Great fun was had by all, and all for a great cause!



Saunders
MEDICAL CENTER

Be Well.



Join us for the Walk MS Nebraska!

Register online at:

<https://events.nationalmssociety.org/team/wahoomscares>



Date and Location

Saturday, May 18, 2024

**Werner Park
12356 Ball Park Way
Papillion, Nebraska**



Routes

**1 Mile Route
3 Mile Route**

We'd Love To See You!



Schedule

**Site Opens
9:00 am**

**Program Starts
9:45 am**

**Walk Kickoff
10:00 am**



Today's tips

YOUR MS CLINIC

Aaron Bartek
NP-C, MSCS

Tricia Teeter
NP-C, MSCS

Melissa Cole
RN, BSN, MSCN
MS Clinic Supervisor

Alicia Haun
RN, BSN

Janet Spicka
PACS
MS Prior Authorization Specialist

- Please call Linda at 402-443-4191 ext. 486 with any billing questions rather than calling the third-party biller listed on your statement.
- **Refills** Please contact your pharmacy for refill requests. Refill requests cannot be filled on weekends. Allow 3-5 business days for refill requests. If the pharmacy requests you call us, please leave a detailed message with dose of medication and pharmacy you would like refill sent to.
- **MRIs** will now be completed without contrast unless specifically requested by you or a change in condition has been noted. Don't hesitate to call with questions.
- **Vitamin D Levels** will be drawn in the 2nd half of the year unless you specifically request.
- Please present your **insurance and prescription cards** at each visit, even when there are no changes. Send changes on these and pharmacy preferences to Janet. Thank you!



- Our offices will be closed as we attend an educational conference May 27-31.
- To contact a nurse for **urgent needs after hours call 402-443-1475.**

• We encourage you to sign up for the SMC **Patient Portal**. This allows easy access to your records and allows you to communicate directly with our nurses.

Go online to [Saundersmedicalcenter.com/portal/](https://saundersmedicalcenter.com/portal/) for details.

Please contact Marcy at 402-443-1421 ext. 376 if you require assistance setting up your account. **Please refrain from emailing the nurses and providers. Using the patient portal or calling the clinic ensures that your concern is addressed in a timely manner.**

Scan the QR code with your smartphone to join our Facebook Group **Wahoo MS Cares**

