

The mission of the
One Book One Hospital program
is to foster a sense of community
through reading and to simulate
discussion of important topics.

The book topics will contribute
to enhancing leadership, personal
growth and improving our
health care environment.

2018 ONE BOOK ONE HOSPITAL

NHA Nebraska
Hospital
Association
RESEARCH AND EDUCATIONAL FOUNDATION

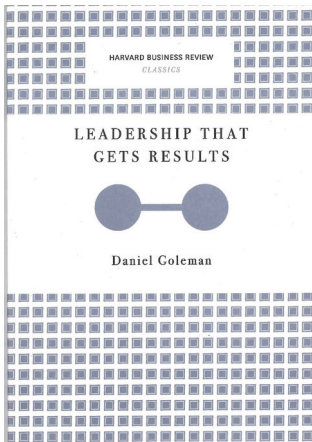


What is One Book One Hospital?

The Nebraska Hospital Association Research and Educational Foundation is pleased to offer year 11 of the “One Book One Hospital” program. One Book One Hospital is a community-wide reading program that was initiated by the Washington Center for the Book in 1998, and continues across the country and around the world.

We ask health care providers from Nebraska to read the same book at the same time and then participate in related activities and forums for discussion of the book within the hospitals. The NHA leads this project and invites hospital staff and health care providers throughout the state to plan activities that become an integral part of this statewide reading program.

Quarter 1: January 1 - March 30, 2018



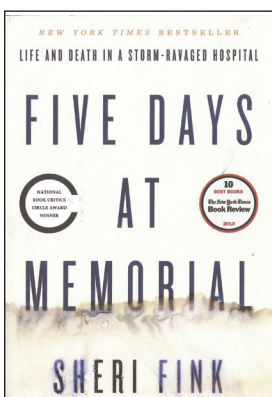
Leadership That Gets Results

Author: Daniel Goleman

A leader’s singular job is to get results. But even with all the leadership training programs and “expert” advice available, effective leadership still eludes many people and organizations. One reason, says Daniel Goleman, is that such experts offer advice based on inference, experience, and instinct, not on quantitative data. Now, drawing on research of more than 3,000 executives, Goleman explores which precise leadership behaviors yield positive results. He outlines six distinct leadership styles, each one springing from different components of emotional intelligence. Each style has a distinct effect on the working atmosphere of a company, division or team and in turn, on its financial performance.

Coercive leaders demand immediate compliance. Authoritative leaders mobilize people toward a vision. Affiliative leaders create emotional bonds and harmony. Democratic leaders build consensus through participation. Pacesetter leaders expect excellence and self-direction. And coaching leaders develop people for the future. The research indicates that leaders who get the best results don’t rely on just one leadership style; they use most of the styles in any given week. Goleman details the types of business situations each style is best suited for, and he explains how leaders who lack one or more of these styles can expand their repertoires. He maintains that with practice leaders can switch among leadership styles to produce powerful results, thus turning the art of leadership into a science.

Quarter 2: April 1 - June 30, 2018



Five Days At Memorial: Life and Death in a Storm-Ravaged Hospital

Author: Sheri Fink

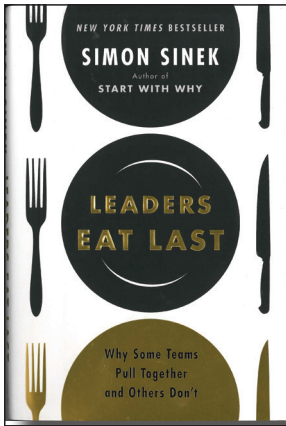
In the tradition of the best investigative journalism, physician and reporter Sheri Fink reconstructs five days at Memorial Medical Center and draws the reader into the lives of those who struggled mightily to survive and maintain life amid chaos.

After Katrina struck and the floodwaters rose, the power failed, and the heat climbed, exhausted caregivers chose to designate certain patients last for rescue. Months later, several of those caregivers faced criminal allegations that they deliberately injected numerous patients with drugs to hasten their deaths.

Five Days at Memorial, the culmination of six years of reporting, unspools the mystery of what happened in those days, bringing the reader into a hospital fighting for its life and into a conversation about the most terrifying form of health care rationing.

In a voice at once involving and fair, masterful and intimate, Fink exposes the hidden dilemmas of end-of-life care and reveals just how ill-prepared we are for the impact of large-scale disasters—and how we can do better. A remarkable book, engrossing from start to finish, *Five Days at Memorial* radically transforms your understanding of human nature in crisis.

Quarter 3: July 1 - September 30, 2018



Leaders Eat Last: Why Some Teams Pull Together and Some Don't

Author: Simon Sinek

Imagine a world where almost everyone wakes up inspired to go to work, feels trusted and valued during the day, then returns home feeling fulfilled. This is not a crazy, idealized notion. Today, in many successful organizations, great leaders create environments in which people naturally work together to do remarkable things.

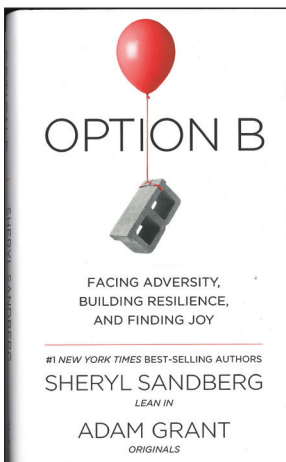
In his work with organizations around the world, Simon Sinek noticed that some teams trust each other so deeply that they would literally put their lives on the line for each other. Other teams, no matter what incentives are offered, are doomed to infighting, fragmentation and failure. Why?

The answer became clear during a conversation with a Marine Corps general. "Officers eat last," he said. Sinek watched as the most junior Marines ate first while the most senior Marines took their place at the back of the line. What's symbolic in the chow hall is deadly serious on the battlefield: Great leaders sacrifice their own comfort—even their own survival—for the good of those in their care.

Too many workplaces are driven by cynicism, paranoia and self-interest. But the best ones foster trust and cooperation because their leaders build what Sinek calls a "Circle of Safety" that separates the security inside the team from the challenges outside.

Sinek illustrates his ideas with fascinating true stories that range from the military to big business, from government to investment banking.

Quarter 4: October 1 - December 31, 2018



Option B: Facing Adversity, Building Resilience and Finding Joy

Author: Sheryl Sandberg

After the sudden death of her husband, Sheryl Sandberg felt certain that she and her children would never feel pure joy again. "I was in 'the void,'" she writes, "a vast emptiness that fills your heart and lungs and restricts your ability to think or even breathe." Her friend Adam Grant, a psychologist at Wharton, told her there are concrete steps people can take to recover and rebound from life-shattering experiences. We are not born with a fixed amount of resilience. It is a muscle that everyone can build.

Option B combines Sheryl's personal insights with Adam's eye-opening research on finding strength in the face of adversity. Beginning with the gut-wrenching moment when she finds her husband, Dave Goldberg, collapsed on a gym floor, Sheryl opens up her heart—and her journal—to describe the acute grief and isolation she felt in the wake of his death. But *Option B* goes beyond Sheryl's

loss to explore how a broad range of people have overcome hardships including illness, job loss, sexual assault, natural disasters and the violence of war. Their stories reveal the capacity of the human spirit to persevere . . . and to rediscover joy.

Resilience comes from deep within us and from support outside us. Even after the most devastating events, it is possible to grow by finding deeper meaning and gaining greater appreciation in our lives. *Option B* illuminates how to help others in crisis, develop compassion for ourselves, raise strong children, and create resilient families, communities, and workplaces. Many of these lessons can be applied to everyday struggles, allowing us to brave whatever lies ahead. Two weeks after losing her husband, Sheryl was preparing for a father-child activity. "I want Dave," she cried. Her friend replied, "Option A is not available," and then promised to help her make the most of Option B. We all live some form of Option B. This book will help us all make the most of it.

How Do I Participate?

There is no cost to participate. Simply complete the registration section of this brochure to join the discussion. You will be sent all necessary information to participate.

Throughout the year, the NHA will be sending out book discussion guides, information about the authors and other resources pertaining to the One Book One Hospital titles. Please complete the form below to ensure that this information reaches your hospital.

Participants are responsible for obtaining their books.

Who Do I Call for More Information?

Contact Jon Borton, vice president, educational services, at (402) 742-8147 or jborton@nebraskahospitals.org.

How Do I Register?

FAX: Your registration form to (402) 742-8191.

CALL: Heather Bullock, member services & events manager, at (402) 742-8148 between 8:30 a.m. - 5:00 p.m. Central Time, Monday - Friday.

E-MAIL: Your registration form to hbullock@nebraskahospitals.org.

MAIL: Your registration form to:
Nebraska Hospital Association
3255 Salt Creek Circle, Suite 100
Lincoln, NE 68504-4778

Registration Deadline is December 17, 2017



2018 REGISTRATION FORM

Throughout the year, NHA will be sending out book discussion guides, information about the authors and other resources pertaining to the One Book One Hospital titles. Please complete the form below to ensure that this information reaches your hospital.

Name

Title

Organization

Mailing Address

City, State, ZIP

Phone

Fax

E-mail

Estimated number of staff at your hospital who will be reading the books _____

- **FAX:** Your registration form to (402) 742-8191. This line is available 24 hours, every day!
- **CALL:** Heather Bullock, member services & events manager, at (402) 742-8148 between 8:30 a.m. - 5:00 p.m. CT, Monday - Friday
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