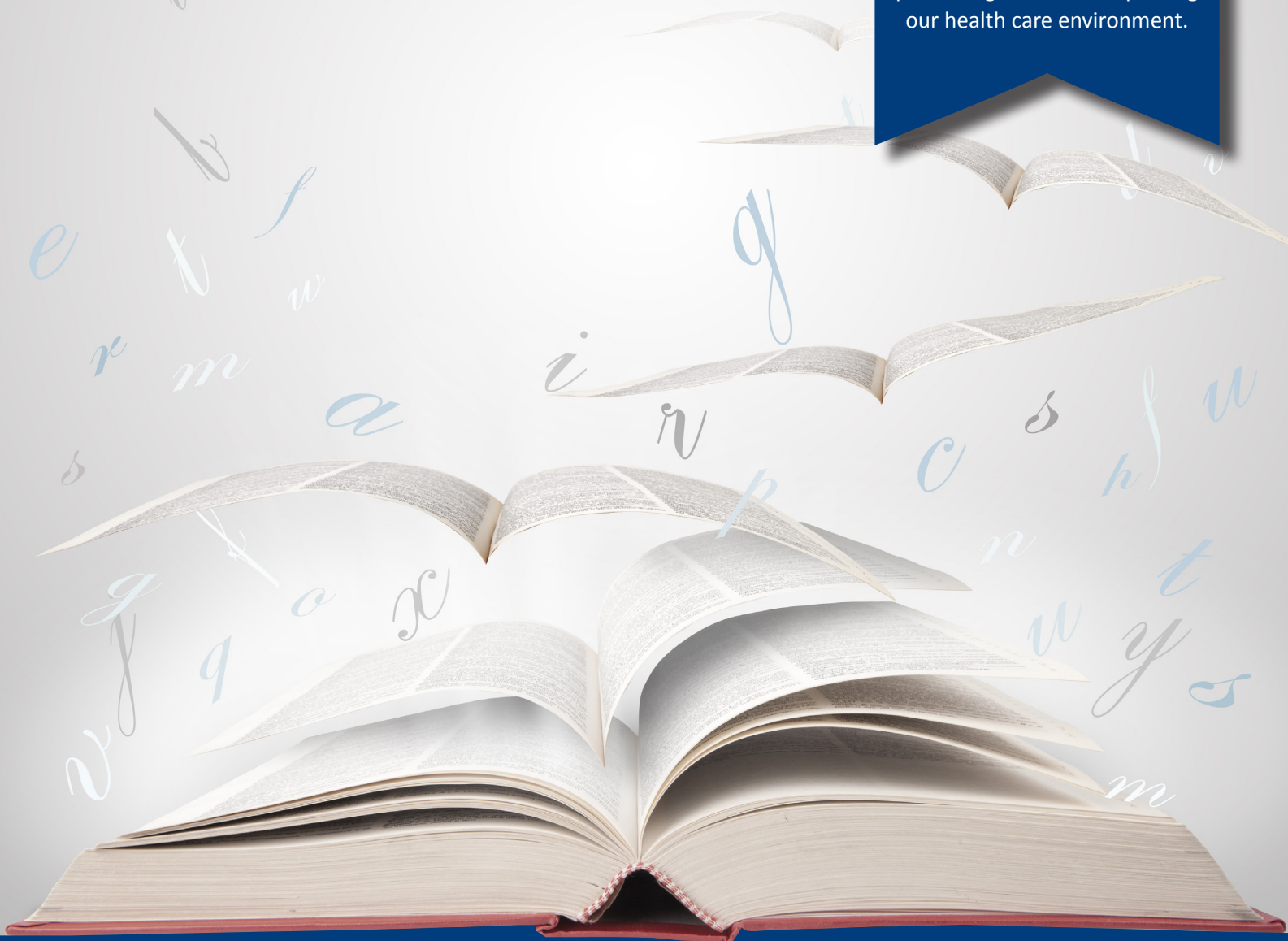


2019 ONE BOOK ONE HOSPITAL

Community-Wide Reading Program

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.

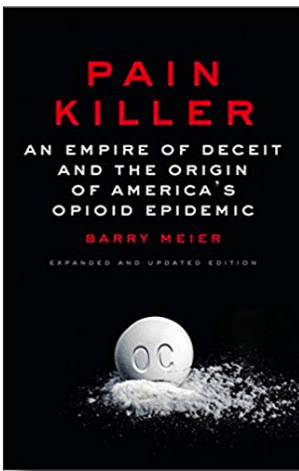


What is One Book One Hospital?

The Nebraska Hospital Association Research and Educational Foundation is pleased to offer year 12 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, 2019



Pain Killer: An Empire of Deceit and the Origin of America's Opioid Epidemic 2nd Edition

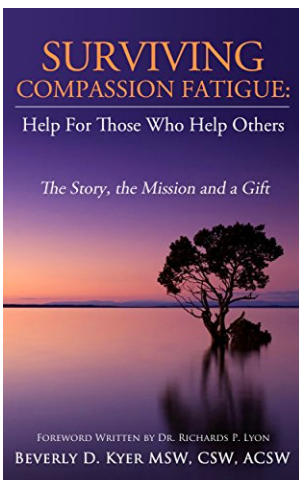
Author: Barry Meier

Between 1999 and 2017, an estimated 250,000 Americans died from overdoses involving prescription painkillers, a plague ignited by Purdue Pharma's aggressive marketing of Oxycontin. Families, working class and wealthy, have been torn apart, businesses destroyed, and public officials pushed to the brink.

Pulitzer Prize-winning *New York Times* reporter Barry Meier exposes the roots of the most pressing health epidemic of the 21st Century. Powerful narcotic painkillers, or opioids, were once used as drugs of last resort for pain sufferers. In this updated edition of *Pain Killer*, Meier breaks new ground in his decades-long investigation into the opioid epidemic. He takes readers inside Purdue to show how long the company withheld information about the abuse of Oxycontin and gives a shocking account of the Justice Department's failure to alter the trajectory of the opioid epidemic

and protect thousands of lives. Equal parts crime thriller, medical detective story, and business exposé, *Pain Killer* is a hard-hitting look at how a supposed wonder drug became the gateway drug to a national tragedy.

Quarter 2: April 1 - June 30, 2019



Surviving Compassion Fatigue: Help for Those Who Help Others

Author: Beverly Diane Kyer

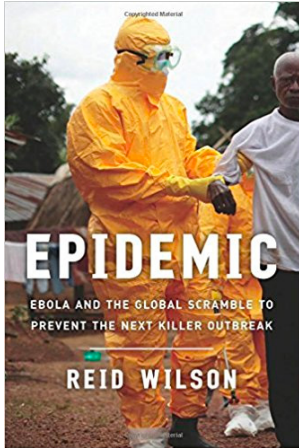
If you're a Human Service Worker, caregiver, or you work with at-risk populations as a counselor, social worker, parole officer, medical or mental health professional, or in any of the dozens of helping professions, *Surviving Compassion Fatigue: Help for Those Who Help Others* is for you.

You will learn about one woman's physical and emotional descent due to years of self-neglect. You will also learn about her recovery, as well as how to serve and care for others without forgetting to take care of yourself.

This book is full of practical wisdom and advice for those in the helping professions and caregivers. It tells Beverly's story, as well as the stories of others who have neglected their own self-care. But more than that, it educates those in the helping professions and in caregiver roles about the importance of strategies for consistent self-care.

Find out how you may be putting yourself at risk and learn skills, techniques and strategies to restore and maintain self regulation, physical and emotional wellness and inner calm while still caring for those in need. You owe it to yourself.

Quarter 3: July 1 - September 30, 2019



Epidemic: Ebola and the Global Scramble to Prevent the Next Killer Outbreak 1st Edition

Author: Reid Wilson

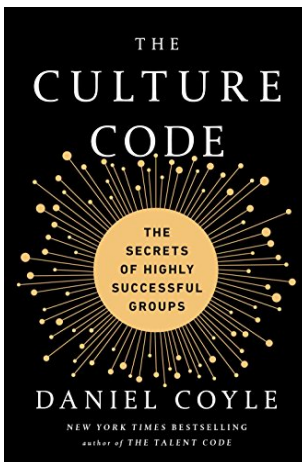
A global health catastrophe narrowly averted. A world unprepared for the next great threat.

In December 2013, a young boy in a tiny West African village contracted the deadly Ebola virus. The virus spread to his relatives, then to neighboring communities, then across international borders. The world's first urban Ebola outbreak quickly overwhelmed the global health system and threatened to kill millions.

In an increasingly interconnected world in which everyone is one or two flights away from New York or London or Beijing, even a localized epidemic can become a pandemic. Ebola's spread through West Africa to Nigeria, the United Kingdom and the United States sounded global alarms that the next killer outbreak is right around the corner—and that the world is woefully unprepared to combat a new deadly disease.

From the poorest villages of rural West Africa to the Oval Office itself, this book tells the story of a deadly virus that spun wildly out of control—and reveals the truth about how close the world came to a catastrophic global pandemic.

Quarter 4: October 1 - December 31, 2019



The Culture Code: The Secrets of Highly Successful Groups

Author: Daniel Coyle

Where does great culture come from? How do you build and sustain it in your group, or strengthen a culture that needs fixing?

In *The Culture Code*, Daniel Coyle goes inside some of the world's most successful organizations—including the U.S. Navy's SEAL Team Six, IDEO, and the San Antonio Spurs—and reveals what makes them tick. He demystifies the culture-building process by identifying three key skills that generate cohesion and cooperation, and explains how diverse groups learn to function with a single mind.

Drawing on examples that range from Internet retailer Zappos to the comedy troupe Upright Citizens Brigade to a daring gang of jewel thieves, Coyle offers specific strategies that trigger learning, spark collaboration, build trust, and drive positive change. Coyle unearths helpful

stories of failure that illustrate what not to do, troubleshoots common pitfalls, and shares advice about reforming a toxic culture. Combining leading-edge science, on-the-ground insights from world-class leaders, and practical ideas for action, *The Culture Code* offers a roadmap for creating an environment where innovation flourishes, problems get solved, and expectations are exceeded.

Culture is not something you are—it's something you do. *The Culture Code* puts the power in your hands. No matter the size of your group or your goal, this book can teach you the principles of cultural chemistry that transform individuals into teams that can accomplish amazing things together.

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 Brian Noonan, sr. director of communications & education, at (402) 742-8147 or bnoonan@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, 2018



2019 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
- **E-MAIL:** Your registration form to hbullock@nebraskahospitals.org
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