



**INSIDE:
FUN RUN
REGISTRATION**

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GUILD PRESIDENT:
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Community HeartBeat

JUNE 2016



THAYER COUNTY HEALTH SERVICES CELEBRATES NATIONAL HOSPITAL WEEK

www.ThayerCountyHealth.com

2016

WELCOME TO THE ZOO
 Thayer County Health Services
 is a proud sponsor of the
2016 Deshler Daze Walk/Run
SATURDAY, JUNE 18
7:00AM
DESHLER
 for more information
 and to register, go to
www.deshlerchamber.org

June CALENDAR OF EVENTS

Events subject to change. Please see our website at
www.ThayerCountyHealth.com
 for the most up-to-date information.

- JUNE 3: FOUNDATION GOLF TOURNAMENT**
9:00am - Hebron Country Club
4:30pm (approx.) - Golf Ball Drop
- JUNE 7: AESTHETICS CLINIC**
5:30pm-8pm - Hebron Clinic
- JUNE 9: CHILDREN'S IMMUNIZATION CLINIC**
by appointment only - Hebron Clinic
- JUNE 16: CHILDREN'S IMMUNIZATION CLINIC**
by appointment only - Hebron Clinic
- JUNE 21: AESTHETICS CLINIC**
5:30pm-8pm - Hebron Clinic
- JUNE 29: GUILD BOARD MEETING**
9am - Location TBD
- BOARD OF TRUSTEES MEETING**
7pm - Bruning Conference Room

June is Alzheimer's and Brain Awareness, Aphasia Awareness, Cataract Awareness, Fireworks Eye Safety, Hernia Awareness, Men's Health, Migraine and Headache Awareness, and Scleroderma Awareness Month; Nursing Assistants Week (9-16), Healthcare Risk Management (20-24), and Men's Health (13-19); National Cancer Survivors Day (5) and Health Care Recruiter Recognition Day (7).

We're HIRING!

FULL TIME:

I.T. DIRECTOR • CHIEF FINANCIAL OFFICER • PHARMACY 340B SPECIALIST TECH
 ENVIRONMENTAL SERVICES TECH I • REGISTRATION CLERK • SURGERY RN

PART TIME:

RADIOLOGY TECHNOLOGIST

Job openings are subject to change. Check website for most up-to-date information.

For more information about our job openings and to apply, go to:

www.thayercountyhealth.com/jobs

MEET OUR
SURGERY TEAM

GUILD HOLDS
VOLUNTEER
APPRECIATION

STASTNY BRINEGAR
LEAVES ESTATE GIFT



Michael Burcham, Sr.,
MBA, RRT
Office: 402.768.4614
Email:
mburcham@tchsne.org

June is rapidly approaching and at Thayer County Health Services we continue our march toward making your healthcare experience great. Our wellness and rehabilitation project continues to progress very well. We are anticipating a September opening for the wellness facility and early July for the new PT/OT and Speech Center. In addition, the implementation of our new Cerner Community Works electronic medical record system is progressing on schedule. We will be converting to a single, facility-wide electronic medical record on September 26, 2016.

As your healthcare provider we continue our commitment to improving the overall health of our communities by providing important education and prevention tools. By visiting our website at www.ThayerCountyHealth.com and clicking on 'County Health Rankings,' you can see our current health rankings for Thayer County, Nebraska. The information provided by this website lets us know how you feel about your current health and

how our overall health ranks as a county, both in Nebraska and nationally.

Here are some key things identifiable in this report that we are working towards providing acceptable solutions to the communities we serve by bringing a full service wellness and rehabilitation center to Thayer County.

1. Adult Obesity – Thayer County 30%; Nebraska 30%, Nationally 25%.
2. Physical Inactivity: Thayer County 30%; Nebraska 24%; Nationally 20%
3. Access to Exercise Opportunities: Thayer County 35%; Nebraska 80%; Nationally 91%

It is vital to your health and our success as a healthcare organization that we work in tandem to provide the ultimate goal of "Exceptional Health." The Glenn H. Korff Family Rehabilitation and Wellness Center will bring both educational and fitness services to residents solidifying our commitment to your "Exceptional Health, Close to Home."

~Mike Burcham

Our SERVICES

PATIENT SERVICES

- Acute Care
- Aesthetics Clinic
- Behavioral Health
- Cardiology Clinic
- Cardiac Rehab
- Cataract Surgery
- Childbirth Classes
- Diabetes Education
- Dietary Counseling
- Ear-Nose-Throat
- Foot Clinic
- Good Beginnings
- Home Health
- Immunization Clinic
- Labor and Delivery
- Laboratory
- Newborn Care
- OB-GYN
- Observation Care
- Occupational Therapy
- Ophthalmology
- Orthopedic
- Physical Therapy
- Podiatry
- Pulmonary Rehab
- Speech Therapy
- Surgery
- Swing Bed
- Urology Clinic
- Vascular Clinic
- Wellness Program
- Wound Clinic

DIAGNOSTIC

- Bone Densitometry
- CT Scan • Doppler • Echo
- Mammography • MRI
- Nuclear Medicine • Pet Scan
- Pulmonary Function Test
- Sleep Study • Stress Testing
- Ultra Sound

STASTNY BRINEGAR LEAVES

GENEROUS ESTATE GIFT

Jane Stastny Brinegar was born in Alexandria, NE on April 19, 1918 to Robert and Antonette Stastny. She attended school in a one room rural school house for 8 years before attending and graduating from Alexandria High School in 1936.



Jane went on to earn a degree from UNL. Following graduation, she became the head dietitian at Harvard University in Boston, Massachusetts, where she worked until her retirement.

In her estate, Jane left a generous gift to the Foundation for Thayer County Health Services in memory of her parents Robert and Antonette Stastny. They lived on a farm outside of Alexandria. Besides their crops, they raised chickens, cattle and hogs. Robert worked on his farm during the day and enjoyed relaxing in the evenings listening to the radio, watching television or playing cards. Robert was an active member of

the community and served on the school board. Antonette was a hard working woman who enjoyed gardening, canning, cooking, baking and inviting family and friends over to try new recipes she had heard on the radio. She was well known for her

homemade kolaches.

The Foundation for Thayer County Health Services appreciates each memorial gift it receives. Memorial gifts are used to purchase new medical equipment and fund projects to improve healthcare in Thayer County. As a tribute to Jane's parents, a Legacy photo of Robert and Antonette Stastny will soon be added to the Foundation for Thayer County Health Services' Legacy Hall in the hospital. If you would like information on memorial gifts and estate gifts to the Foundation, contact Rita Luongo at 402-768-4636 or foundation@tchsne.org.

NATIONAL HOSPITAL WEEK

During National Hospital Week, May 8-14, TCHS sponsored a fun-filled week full of exciting activities for employees. The board of trustees and the hospital administration planned the week's events to have some fun and let the staff know they appreciate everything they do for their patients and their families.

Back in April, several employees entered a t-shirt design contest and then everyone voted on their favorite featuring the new TCHS logo. Hospital week was kicked off on Monday with employee appreciation gifts. Employees received the new t-shirts, plus a certificate for free embroidery on an item of their choice.

Tuesday was deemed 'Sweet Tooth Tuesday.' Everyone was treated to Hershey chocolate bars in the afternoon.

Wednesday, employees could stop by the cafeteria to pick up ice cream sandwiches for 'I Scream, You Scream Day.'

Thursday featured a fun day of employee BINGO. Numbers were 'called' through the staff intranet page every half hour throughout the day. Winners were able to pick from the marketing prize basket.

On Friday, grilled hamburgers and hot dogs were served to employees as a final thank you for the week. Employees brought in a variety of sides and desserts. It was a delicious way to end a fun week.

"Celebrating Hospital Week was a nice way to lead our employees into the beginning of an intense week of training as the hospital prepares to switch Cerner, the new EHR (Electronic Health Records) system," said CEO Michael Burcham, Sr.

In addition, patients were offered free bottled water throughout the week. TCHS truly appreciates our patients and thanks them for choosing TCHS for their healthcare needs. We are proud to serve Thayer County and the surrounding communities.

GUILD FOR TCHS HOLDS ANNUAL VOLUNTEER APPRECIATION MEETING

The Guild for TCHS held their annual Volunteer Appreciation meeting and celebration on April 27 at the Hebron Activity Center.



Brad Cooper gives his presentation to the Guild.

Approximately 50 women were in attendance to enjoy the delicious cupcakes and listen to several presentations by TCHS staff. The main presenter for the day was TCHS Director of Rehabilitation Services, Brad Cooper, PT, DPT, OCS. He discussed the current hospital renovation and expansion project that includes a new 17,000 sq. ft. Rehab and Wellness Center generously donated by the Glenn H. Korff estate.

The current rehab gym is outdated and lacks the space necessary to expand therapy services. The new rehab gym will be expanded and will also include an ADL (Activities of Daily Living) kitchen, bathroom, and laundry room to help ensure occupational therapy patients will be ready to return home.

As a non-profit hospital, Thayer County Health Services appreciates the many volunteers that help support its mission of providing high quality, compassionate healthcare to the local communities. These volunteers give freely of their time and talents to help support the hospital and clinics.

If you would like more information on membership in the Hospital Guild, becoming a volunteer or donating to the Guild, contact Judy McLaughlin, Guild President at 402-768-6724.

Things and Stuff Shop Hours:
Wed. - Fri. 9:00 a.m.-4:00 p.m.
Sat. 9:00 a.m. - noon



CHECKUP AND SCREENING GUIDELINES

FOR MEN
GET IT
CHECKED!

A Schedule of Checkups and Age-appropriate Screenings

June is Men's Health Month. Now is a good reminder that regular checkups and age-appropriate screenings CAN improve your health and reduce premature death and disability. You should consult your provider to discuss if this screening schedule is appropriate for you.

CHECKUPS AND SCREENINGS	WHEN?	AGES			
		20-39	40-49	50+	50+
PHYSICAL EXAM: Review overall health status, perform a thorough physical exam and discuss health related topics.	Every 3 years Every year	✓	✓	✓	✓
BLOOD PRESSURE: High blood pressure (hypertension) has no symptoms, but can cause permanent damage to body organs.	Every year	✓	✓	✓	✓
TB SKIN TEST: Should be done on occasion of exposure or suggestive symptoms at direction of healthcare provider. Some occupations may require more frequent testing for public health indications.	Every 5 years	✓	✓	✓	✓
BLOOD TESTS & URINALYSIS: Screens for various illnesses and diseases (such as cholesterol, diabetes, kidney or thyroid dysfunction) before symptoms occur.	Every 3 years Every 2 years Every year	✓	✓	✓	✓
EKG: Electrocardiogram screens for heart abnormalities.	Baseline Every 2 years Every year	✓	✓	✓	✓
TETANUS BOOSTER: Prevents lockjaw.	Every 10 years	✓	✓	✓	✓
RECTAL EXAM: Screens for hemorrhoids, lower rectal problems, colon and prostate cancer.	Every year	✓	✓	✓	✓
HEMOCCULTE: Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.	Every year	✓	✓	✓	✓
COLORRECTAL HEALTH: A flexible scope examines the rectum, sigmoid and descending colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early.	Every 3-4 years	✓	✓	✓	✓
CHEST X-RAY: Should be considered in smokers over the age of 45. The usefulness of this test on a yearly basis is debatable due to poor cure rates of lung cancer.	Discuss with a physician	✓	✓	✓	✓
SELF-EXAMS: Testicle: To find lumps in their earliest stages. Skin: To look for signs of changing moles, freckles, or early skin cancer. Oral: To look for signs of cancerous lesions in the mouth. Breast: To find abnormal lumps in their earliest stages.	Monthly by self	✓	✓	✓	✓
BONE HEALTH: Bone mineral density test. Testing is best done under the supervision of your healthcare provider.	Discuss with a physician	✓	✓	✓	Age 60



get to know our DEPARTMENTS

Surgery Department



Front row left to right:
Lindsey Bilttoft, RN (OR supervisor) and Leanna Renz, RN
Back row left to right:
Kendra Else, RN and Michelle Dick, RN
Not pictured:
Sarah Bauer, PRN

This issue features the TCHS Surgery Department. The department consists of four RNs: Lindsey Bilttoft, OR Supervisor; Michelle Dick, Kendra Else, and LeAnna Renz, and one PRN, Sarah Bauer. Lindsey has worked as a surgical nurse for 11 years, Michelle for 8 years, and Kendra and LeAnna have both worked at TCHS for 4½ years and spent the last year as Surgery RNs. Sarah has been a part of the surgery team for one year.

TCHS is fortunate to have an excellent group of visiting surgeons that come from Hastings, York, and Lincoln. This allows our patients the comfort of having surgery close to home without needing to travel a long distance home after their procedure.

The TCHS Surgery RNs assist with 40 to 50 surgeries every month in several specialties: Ear, Nose and Throat (ENT), Orthopedics, OB/GYN, Cataracts, Urology and general surgery. Some of the specific procedures include: lapa-

roscopically assisted vaginal hysterectomies, colon resections, total knee arthroplasties, shoulder arthroscopies, colonoscopies, cystoscopies, and more.

They also have 24 hour surgical personnel including a group of nurse anesthetists to handle emergency surgeries. In addition to the visiting surgeons, Dr. Hubl and Dr. Heinrichs do colonoscopies; and Dr. Vonderfecht and Dr. Heinrichs can do C-sections.

With the current renovation and expansion project, the last phase will be adding a second Operating Room (OR). "We are very excited about the renovation," says Lindsey. The additional OR will have "state-of-the-art equipment and technologies, which will increase the ability to perform more surgeries and also bring more surgeons into our facility," she added. There will also be a new pre-op area and recovery area for patients that will be separate from the current hospital rooms.

Read this or past issues of our Community HeartBeat newsletter anytime on our website!

www.ThayerCountyHealth.com/newsletter