



GOLF BALL DROP

CEO:
 MIKE BURCHAM

BOARD OF TRUSTEES:
 CHRIS ROTH, PRESIDENT
 NANCY HOFTS, VICE PRESIDENT
 LOREN WIEDEL, TREASURER
 KAREN ELSE, SECRETARY
 LIBBY HEITMANN, MEMBER

FOUNDATION PRESIDENT:
 STEVE ANDERSON

GUILD PRESIDENT:
 JUDY MCLAUGHLIN

CONTACT US:
 120 Park Avenue
 Hebron, NE 68370
 402.768.6041
 fax: 402.768.4669

www.ThayerCountyHealth.com

ECRWSS
 POSTAL CUSTOMER



The construction crew pours the concrete slab in the new addition.



Relay For Life of Thayer County

JUNE 10 • 6pm - Midnight
 Hebron Golf Course

Register at www.RelayForLife.org/ThayerCoNE

For more information, contact Virginia Brase at 402-364-3033 or Sheena Moeller at 402-236-8619

Survivor's Meal sponsored by:

April CALENDAR OF EVENTS

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

- MAR. 5: **AESTHETICS CLINIC**
 5:30pm-8pm - Hebron Clinic
- MAR. 14: **CHILDREN'S IMMUNIZATION CLINIC**
 by appointment only - Hebron Clinic
- MAR. 19: **AESTHETICS CLINIC**
 5:30pm-8pm - Hebron Clinic
- MAR. 21: **CHILDREN'S IMMUNIZATION CLINIC**
 by appointment only - Hebron Clinic
- APR. 27: **GUILD BOARD MEETING**
 2pm - Location TBD (Volunteer Appreciation)
BOARD OF TRUSTEES MEETING
 7pm - Bruning Conference Room

April is National Autism Awareness Month, Foot Health Awareness Month, Occupational Therapy Month, Volunteer Week (10-16), Medical Laboratory Professional Week (24-30), World Health Day (7), Radiologic and Imaging Nurses Day (12), and National Healthcare Decisions Day (16)

We're HIRING!

FULL TIME:
 I.T. DIRECTOR • ENVIRONMENTAL SERVICES TECH I • REGISTERED DIETITIAN
 NUTRITIONAL SERVICES COOK • PHARMACY 340B SPECIALIST TECH

PART TIME:
 RADIOLOGY TECHNOLOGIST

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

www.thayercountyhealth.com/jobs

Community HeartBeat

APRIL 2016



**OCCUPATIONAL THERAPIST,
 JESSICA SHEPLER, WORKS WITH A
 PATIENT AFTER A WRIST INJURY**

www.ThayerCountyHealth.com

FOOT HEALTH
 AWARENESS

THINGS AND STUFF
 SHOP CLEAN OUT

MEET OUR
 SPECIALTY CLINIC

from the CEO



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

April is Volunteer Appreciation Month. This is a great time for us to stop and say thanks to the many volunteers that help support our mission - to provide high quality compassionate healthcare to the residents of Thayer County and the surrounding communities.

Two organizations that do so much for TCHS are the Foundation for TCHS and the TCHS Hospital Guild. These two organizations sole purpose is to assist TCHS in reaching its goals and fulfilling its mission. The members for both organizations use their time and talents to help raise awareness and support for TCHS.

The Foundation for TCHS, led by President Steve Anderson, is the primary fundraising vessel for the hospital and clinics. Besides the memorial, estate, grants and other gifts they receive, the Foundation hosts two annual fundraising events; their Golf Tournament and Variety Show. Currently the Foundation is conducting a capital campaign to raise \$1,000,000 in support for Phase II of the renovation project, the kitchen and cafeteria. The efforts have currently raised over \$800,000 towards this goal. This campaign is in addition to the \$6.9 million dollar gift the Foundation received from the estate of Glenn Korff for Phase I of the project; the new Rehab and Well-

ness Center.

The Hospital Guild, led by President Judy McLaughlin, works diligently to ensure the hospital has the necessary equipment to maintain the high level of care for our patients. Through their Things and Stuff shop in downtown Hebron and other fundraising activities, the Guild helps purchase necessary medical equipment for the hospital and clinics. Recently the Guild made a commitment to purchase over \$50,000 in medical equipment for the hospital, clinic and emergency services. With their support, TCHS continues to have the latest equipment available to provide exceptional patient care.

These organizations not only provide monetary support, but moral support as well. Knowing the members for these organizations continually uphold the mission and vision for TCHS means so much to patients and the staff. We are grateful and proud of the ongoing efforts and support of both organizations.

If you would like more information on how to become a member of these two organizations or to give a gift of support, contact Rita Luongo at 402-768-4636 or email her at rluongo@tchsne.org.

~Mike Burcham

FOOT HEALTH AWARENESS MONTH



According to the American Orthopedic Foot and Ankle Society, the average person takes 10,000 steps each day and carries approximately four to six times their body weight across the ankle joint when climbing up stairs or walking steep inclines. April is National Foot Health Awareness Month which is a good time for people to take a moment to stand up for their feet. Here are a few tips:

- *Inspect your feet daily. This is especially important if you are diabetic to avoid infection or a non-healing wound.*
- *Dry your feet and between your toes after showering to avoid fungal infections.*
- *Don't leave nail polish on 24/7 which may lead to brittle nails or fungus.*
- *Keep your diabetes under control. Have an annual foot inspection with a podiatrist to check for problems such as loss of circulation or loss of sensation.*
- *Maintain a healthy weight through diet and exercise. Excess weight puts pressure on the feet leading to general foot pain, heel pain, circulatory problems and arthritis.*
- *Wear shoes with good support and a low heel. If you like to wear flats, sandals or high heels, alternate with shoes that have good arch support.*
- *Replace your walking or exercise shoes every six months or 500 miles in order to avoid foot and heel pain.*

Good foot health is essential for an active life. With 26 bones plus 33 joints, our feet serve as the foundation for the rest of our body structure. If feet are painful or not mechanically sound, this can affect the knees, hips and even the lower back.

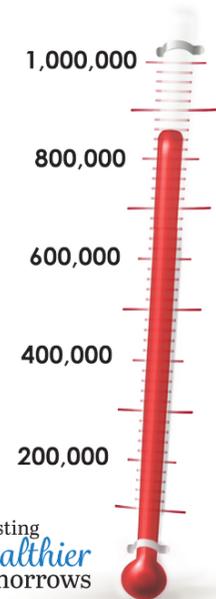
Heartland Home Health at TCHS offers foot care not only in-home, but also at TCHS, and at the Senior Center in Hebron.

Their foot care services do not require a physicians referral. Gift certificates are also available. ♥

For more information or to schedule an appointment, contact Heartland Home Health at 402-768-7625

eteria. So far, the Foundation has raised over 850,000.

To purchase a golf ball, become a sponsor, or register a team for the tournament, contact Rita Luongo at 402-768-4636. ♥



FOUNDATION GEARING UP FOR 2016 GOLF TOURNAMENT

This year's Foundation for TCHS golf tournament is scheduled for June 3rd at the Hebron Golf Course.

A new addition to the tournament is a helicopter golf ball drop. Golf balls will be sold prior to the event and at the tournament for \$10 each or \$20 for three.

At the end of the tournament, they will be dropped onto the course and the ball that comes closest to the designated hole wins a "split the pot" prize of up to \$1,000. Second place prize is a one year membership to the TCHS Wellness Center. Third place will win a six month membership.

Proceeds from this year's tournament will go towards the Foundation's capital campaign, *Investing in Healthier Tomorrows*. Their goal is \$1 million towards Phase II of the hospital's renovation and expansion project, the new kitchen and caf-

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

OCCUPATIONAL THERAPY AT THAYER COUNTY HEALTH SERVICES

Occupational therapy (OT) is the only profession that helps people across their lifespan to do the things they want and need to do through the therapeutic use of daily activities (occupations).

OT practitioners enable people of all ages to live life to its fullest by helping them promote health, and prevent—or live better with—injury, illness, or disability.

Common OT interventions include helping people recovering from injury to regain skills, and providing support for older adults experiencing physical and cognitive changes.

OT services typically include:

- an individualized evaluation, during which the patient/family and occupational therapist determine the person's goals
- customized intervention to improve the person's ability to perform daily activities and reach their goals
- an evaluation to ensure that the goals are being met and/or make changes to the intervention plan

OT practitioners have a holistic

perspective, in which the focus is on adapting the environment and/or task to fit the person, and the person is an integral part of the therapy team. It is an evidence-based practice deeply rooted in science.

At TCHS, Occupational Therapist, Jessica Shepler, MOT, OTR/L and Certified Occupational Therapy Assistant Anne Simms, BS, COTA work with occupational therapy patients.

OT, along with physical therapy, are anxiously awaiting their new and expanded rehabilitation center. The new facility will have Activities of Daily Living (ADL) spaces that includes a kitchen set-up with working appliances and even laundry with a washer and dryer. The increased size of the therapy room will also enable them to build up to a pediatric therapy program.

For more information, contact our Rehabilitation Department at 402-768-4633. ♥

Source: American Occupational Therapy Association

THINGS AND STUFF SHOP GETS A GOOD CLEAN OUT AND FRESH LOOK



Guild members, Audrey Else (top left) and Eileen Asche (far right), get assistance during the spring clean out from (left to right) Bailee, Mason, and Kinzie Remmers. They are the children of TCHS employee Barb Remmers and her husband, Dave.

Heartfelt
THANKS

TO OUR VOLUNTEERS!

We are grateful for the members of the Guild and Foundation that continually give of their time and talents to support TCHS.

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



get to know our DEPARTMENTS

Specialty Clinic



Front row left to right:
Angela Brase, RN and Kristine Houser
Back row left to right:
Marla Heitmann, RN; Yvonne Long, RN;
June Degner, RN, Specialty Clinic Coordinator;
and Susan Eickman, RN

This issue features the TCHS Specialty Clinic. The department consists of five RNs: Angela Brase, Marla Heitmann, Yvonne Long, June Degner, and Susan Eickman. Combined, these ladies have over 90 years of service to TCHS. Their Registration Clerk is Kristine Houser.

The Specialty Clinic offers orthopaedics, cardiology, podiatry, wound clinic, general surgery, ENT (ear, nose & throat), obstetrics and gynecology, cardiovascular, urology, and behavioral science. The nurses schedule the patients, provide the pertinent records for the appointments, and assist the visiting doctors in the clinic. TCHS Specialty Clinic feels very fortunate to have such a variety of specialists come to Hebron.

TCHS Specialty Clinic started in the 1980s in the old clinic (where physical therapy is now) after Dr. Pumphrey start-

ed up his practice. In the beginning, all of the clinic nurses helped with the specialty clinics. As the clinic started adding doctors to their staff, it was decided that the Specialty Clinic would be moved over to the hospital.

Over the years, the Specialty Clinic office and patient rooms have gone through several relocations. They are excited for the hospital's renovation and expansion to be complete so that they will finally have a customized and efficient space which will also accommodate more than one visiting physician at a time. Also, they will no longer have to share a space with the Emergency Room and labor and delivery.

The Specialty Clinic has welcomed over 60 different physicians that have treated our patients at TCHS. With the renovation, they hope to add even more specialists. ♥

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

www.ThayerCountyHealth.com/newsletter