



CEO:
DAVID BURD

INSIDE:
KORFF FITNESS
IS OPEN!

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CONTACT US:
120 Park Avenue
Hebron, NE 68370
402.768.6041
fax: 402.768.4667

www.ThayerCountyHealth.com

TAKE OUR SURVEY FOR A CHANCE TO WIN \$50 IN CHAMBER BUCKS!

TCHS needs your help to identify what the current and future healthcare needs are for Thayer County.
Please visit www.ThayerCountyHealth.com to take our Community Health Needs Assessment Survey today!

FOUNDATION FOR TCHS DEDICATION CEREMONY ANNOUNCED

The first phase of the hospital's renovation and expansion project is complete!

The new Korff Fitness & Wellness Center is now open for business! A dedication ceremony for the new facility has been set for January 29th, 2017, beginning at 2 pm. Following the ceremony, guests will be able to tour the new facility and learn more about the wellness and rehab services that are now available in Thayer County.

While this project has finished, progress continues to be made on the kitchen and cafeteria renovation. This area of the hospital is scheduled to be com-

pleted in February 2017. All phases of the building project will be completed by the fall of 2017.

Thayer County Health Services is grateful to all the donors who have made this project possible. Without you, this facility and the benefits it will provide to the community would not have been possible. The Foundation for Thayer County Health Services is in the final stretch of their Capital Campaign. If you would like to give a gift or get more information on the campaign or building project, contact **Rita Luongo** at 402-768-4636 or rluongo@tchsne.org.

KORFF FITNESS & WELLNESS CENTER IS NOW OPEN! see inside for more details

FOUNDATION FOR TCHS
120 PARK AVENUE
HEBRON, NE 68370

NON PROFIT
US POSTAGE
PAID
HENDERSON, NE
PERMIT NO. 6

ECRWSS
POSTAL CUSTOMER

JANUARY 2017



January CALENDAR OF EVENTS

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

- JAN. 1: **HAPPY NEW YEARS!**
- JAN. 2: **CLINICS ARE CLOSED**
- JAN. 12: **CHILDREN'S IMMUNIZATION CLINIC**
by appointment only - Hebron Clinic
- JAN. 15: **2016 BABY BIRTHDAY PARTY**
2pm-4pm - Korff Fitness & Wellness Center
- JAN. 26: **CHILDREN'S IMMUNIZATION CLINIC**
by appointment only - Hebron Clinic
- JAN. 25: **GUILD BOARD MEETING**
9am - Bruning Conference Room
- BOARD OF TRUSTEES MEETING**
7pm - Bruning Conference Room
- JAN. 29: **KORFF FITNESS DEDICATION**
2pm - tours to follow

January is Birth Defects Prevention Month, Blood Donor Month, Cervical Health Awareness Month, Radon Awareness Month, Healthy Weight Week (16-20), Drug & Alcohol Facts Week (23-29), and IV Nurse Day (25).

We're
HIRING!

TO VIEW A LIST OF OUR CURRENT
JOB POSTINGS, PLEASE GO TO
www.thayercountyhealth.com/jobs

www.ThayerCountyHealth.com

MEET OUR WOUND
CARE SPECIALIST

TCHS HIRES
NEW CEO

GUILD QUILT
RAFFLE WINNER
ANNOUNCED

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
Ultrasound

New CEO announcement



David Burd,
MHA
Chief Executive
Officer (CEO)

The Board of Trustees for Thayer County Health Services (TCHS) is excited to announce that David Burd has been hired to be the new hospital administrator. David is a Hebron native and is the son of Lyle and Linda Burd. David and his wife, Tammy, have 3 children – Kayley (23), Emily (20), and Kevin (15). Tammy and Kevin will be joining David in Hebron after Kevin completes his sophomore year at Lincoln Southwest High School.

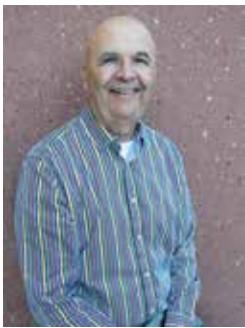
For the past 12 years, David has served as the Vice President of Finance for the Nebraska Hospital Association (NHA), which represents 90 hospitals throughout the state (including TCHS). David has over 20 years of experience in multiple leadership roles within the health care industry. He has obtained a Bachelor of Science Degree in Business Administration from the University of Nebraska in Lincoln and a Master's Degree in Healthcare Administration from Bellevue University.

David will start his new role at TCHS on January 25th, 2017. His extensive experience with oversight

and finance will be an asset as he takes over in the midst of the ongoing hospital renovation. Until then, Catholic Health Initiatives (CHI) will provide interim CEO services to assist management and staff during this transition period. TCHS has had a management services contract with CHI for several years. CHI has become an important resource for Critical Assess Hospitals (CAH) serving rural communities.

David is looking forward to returning to his hometown and joining the team at TCHS. Due to the uncertainty in the health care industry, hospitals continue to face many significant challenges. According to Mr. Burd, "TCHS is an organization with a tremendous staff, a great facility, and a significant amount of support from the community. As a team, we will continue to provide high quality health care services and successfully overcome the challenges that lie ahead. I sincerely appreciate all of the support that I have received since the announcement was made and can't wait to get started."

DOUG WISMER | INTERIM CHIEF FINANCIAL OFFICER EMPLOYEE SPOTLIGHT



Doug Wismer
Interim Chief Financial Officer
(CFO)

Doug Wismer, our Interim Chief Financial Officer (CFO), has been in this position since May 2016 and will be in this role for the next couple of years before he retires after 40+ years of experience in his field.

As a Chief Financial Officer, Doug is responsible for managing the financial risks of the corporation and has the executive responsibility for the following departments: Accounting, Medical Records, Patient Accounting, and Purchasing. His specific duties include: 1) budget and monthly financial statement preparation, analysis, and presentation to the Board of Trustees; 2)

overseeing cash management functions performed by our Controller; 3) preparation of cash flow forecasts for the CEO and Board of Trustees; 4) various financial analysis and monthly productivity reports for Executive Management, and 5) overseeing the annual external audit and preparation of the Medicare cost report conducted by WIPFLI.

"The most challenging aspect of my job is staying on top of things while only being here three days a week," said Doug. "However, my main goal is always to be the financial leader of the organization – to be the person our people can rely on to provide the financial advice or answers they need to do their day-to-day work."

Since Doug started working at TCHS, there have been many big changes in his department. He's finalized the FY17 Budget while preparing a more comprehensive financial statement packet for the Board. That's not to mention helping implement Microsoft Dynamics Great Plains Accounting and payroll software into the regular TCHS workflow, as well as implementing a new Cerner patient accounting system.

"What I like most about my job is solving problems, preparing financial

analyses, and helping develop people into a cohesive team," said Doug. "The satisfaction of combining leadership skills, effective communication, and persistence to find the correct solution to a problem lets me know I put in an honest day's work."

Doug graduated from the University of Nebraska – Lincoln with distinction in 1971 while receiving his Bachelor of Science in Business Administration (BSBA) in Accounting. Before TCHS, Doug was the CFO at St. Elizabeth Regional Medical Center in Lincoln, NE, where he is currently still living with his wife, Christine.

Doug and Christine have four sons, Jon, Ben, Mitch, and Nate, a stepson, Jeff, and a stepdaughter, Kelly. They also have four grandchildren ranging in age from 1-12 years who live in Omaha, Oregon, and Switzerland. In his spare time, Doug enjoys golfing, cooking, traveling, and doing Word and Sudoku puzzles.

"My life is very centered on my faith, my family, and my friends," said Doug. "Spending time with them and watching sporting events is always a great way to relax."

If you ever want to touch base with Doug, he is on site on Tuesdays, Wednesdays, and Thursdays.



TCHS Clinics will be closed Monday, Jan. 2ND

get to know our DEPARTMENTS

Cardiac Rehabilitation



Michael White poses inside his new Cardiac Rehabilitation Office in the Korff Fitness & Wellness Center. Patients are now able to use the facility.

Michael White, originally from Davenport, moved back to the area from California in 2008 to head the hospital ambulance and eventually our Cardiac/Pulmonary Rehab Department at Thayer County Health Services. In addition, Michael is responsible for pulmonary function testing, cardiac stress testing, assisting in the Emergency Room, and health/wellness screenings.

Cardiac Rehabilitation is a medically supervised program (a physician referral is required) for individuals having experienced any of the following events or conditions: heart attack, heart failure, heart valve surgery, heart transplant, coronary artery bypass grafting, angina, angioplasty, myocardial infarction, and Left Ventricular Assist Device (LVAD) placement. To help these individuals adopt lifestyle changes, this program includes exercise training, education on heart-healthy

living, and counseling to reduce stress, all to help them return to an active life.

"Cardiac Rehab doesn't change your past, but it can help improve your heart's future," said Michael. "We focus on improving the patient's physical strength and reducing risk factors of further complications, while addressing some of the key issues such as balancing lipid levels, blood pressure and depression management, medication reviews, nutritional counseling, physical activity, smoking cessation, and weight maintenance or reduction."

Depending on insurance coverage and the patient's condition, a patient may be approved for 18 – 36 cardiac rehab sessions that are held anywhere from 1 - 3 days a week and last about one hour. With their move into the new Korff Fitness & Wellness Center, the added space will give Cardiac Rehab the option for a more individualized treatment plan

Michael enjoys tracing back to his original degree in Machine Technology and has a variety of mechanical projects that keep him occupied.

"It's never too late to make a change," said Michael. "I started out at SCC Milford and earned my Precision Machining and Automation Technology degree. At the same time, I was also volunteering at a fire department and took an Emergency Medical Technician (EMT) class. I realized I really liked it, and then moved to Kansas City to pursue my degree in Paramedicine, and then continued to complete the critical care paramedic program at Creighton University."

Prior to returning to Nebraska, Michael worked as the EMS Program director at Unitek College in Fremont, California. Michael has his Associate's Degree in Paramedicine and is a Nationally Registered Paramedic. He also has the following certifications: Critical Care Transport Paramedic, Basic Life Support (BLS), Cardiopulmonary Resuscitation (CPR), Advanced Cardiac Life Support (ACLS), Pediatric Advanced Life Support (PALS), Neonatal Resuscitation Program (NRP), Prehospital Trauma Life Support (PHTLS), and is a Nebraska State Certified EMS Instructor.

"One reason I love this job is because it's always changing," Michael said. "Evidence based medicine keeps our department moving forward as new medications and technology become available, so doing things because that's the way it had always been done that way is a thing of the past. With technology, medical advancements, and our new facility that's available, people need to acknowledge that it's never too late to make a change. Small changes now can make a big difference later."

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

www.ThayerCountyHealth.com/newsletter

YOU'RE INVITED

**ALL FAMILIES OF BABIES BORN IN 2016 ARE INVITED
...to our 2016 "BIRTH"DAY Party!**

There will be goodies and prizes for each baby that attends.

A photographer will be available to take your child's picture.

Each 2016 'baby' will get sent the digital file of their picture just for attending AND receive a free 5"x7" photograph.

Join us for a fun afternoon!

WHEN: JANUARY 15TH, 2017
2 - 4 PM

WHERE: KORFF FITNESS & WELLNESS AEROBICS ROOM

RSVP TO: AMY KREIKEMEIER
402.768.4336
akreikemeier@tchsne.org



DR. EDMUNDO RIVERA WOUND CARE SPECIALIST



Dr. Edmundo Rivera
Wound Care Specialist

As a wound care specialist, Dr. Rivera is specifically trained in the care and treatment of a wide variety of wounds resulting from acute injury, postoperative wounds, bed sores, diabetic and vascular ulcers, and radiation wounds. Generally, a patient is referred to a wound care specialist, such as Dr. Rivera, when

a wound has failed to heal after a month of conventional treatment.

After receiving his medical degree in 2008 and his general surgery residency from Creighton University School of Medicine in Omaha, Dr. Rivera then moved to Washington Harborview Medical Center to complete his burn fellowship. It wasn't until he attended the University of Illinois Masonic Medical Center in Chicago that he completed his surgical critical care fellowship.

"I've been in this field for quite a few years now," said Dr. Rivera.

"However, I've realized the more you know, the more you realize there's plenty more to learn. I've had training in three states over seven years, and although it was quite stressful at the time, I know that type of hands on education was incomparable to anything else I would have done."

Dr. Rivera's main duties involve taking care of the regional burn center at St. Elizabeth's, with paying close attention to subacute and acute burn injuries, as well as chronic injuries and scar management.

Recently, St. Elizabeth's acquired a new fractionated CO₂ laser. This type of technology is an excellent tool in scar management and helps with color matching, while decreasing itchiness and pain.

Some of the most prevalent cases he sees include pressure sores, diabetic wounds, venous stasis

ulcers, wounds from lymphedema, and traumatic wounds, but no matter how many cases he sees of each one, he admits treatment and recovery differs.

"I've been in this field for quite a few years now," said Dr. Rivera.

"However, I've realized the more you know, the more you realize there's plenty more to learn. I've had training in three states over seven years, and although it was quite stressful at the time, I know that type of hands on education was incomparable to anything else I would have done."

"As far as any career path goes, do what drives you. For the most part, I don't consider anything I do work. I feel lucky being able to say that."

To schedule an appointment with Dr. Rivera, you first need a referral; you can then contact the Specialty Clinic at **402-768-4696** or his Lincoln office at **402-483-7825**.

"So far we've gotten excellent

HOSPITAL GUILD QUILT RAFFLE WINNER

Congratulations to Kathy Kintigh (middle) from Hastings, the Hospital Guild's 2016 raffle winner of the Guild's queen size Christmas quilt. Winners of the two table runners were Kathy Retzlaff from Hebron (left) and Lloyd Bartels (not pictured) from Bruning. Cathy Dick (right) was one of the hospital employees that helped piece the quilt together. Janet Voss from Carleton did the hand quilting.



DIETITIAN CRAZY FOR CRUCIFERS



Kathy Retzlaff
Dietitian

ferous vegetables in your diet? For most people the answer is no. Most adult Americans consume significantly less than 2 1/2 cups of vegetables per day as recommended by the 2015 Dietary Guidelines for Americans. Become crazy for Crucifers, the vegetables that are brimming with nutrients. I encourage you to focus on getting more of these nutrient dense super vegetables in your diet every day.

Ready to add more Crucifers into your diet? The following tips will make packing in vitamins and minerals easy and enjoyable.

- Cauliflower is delicious in many ways beyond steaming. Try roasting the florets of the cauliflower to release its pleasant flavor. When pureed, it makes a great substitute to cream sauce.

- Brussels sprouts practically beg to be in the oven. For a melt-in-your-mouth side, roast and toss with something sweet, such as dried fruit or maple syrup, as well as something savory such as parmesan cheese.

- Cabbage can be eaten raw, cooked, or fermented in the form of sauerkraut which provides probiotic benefits.

- Turnips are two nutritious vegetables in one because you can use the leaves and the bulb.

- In recipes you can swap turnip roots for potatoes and use the greens in place of spinach or mustard greens.

- Radishes can be eaten raw for a crisp crunch in a salad, vegetable platters, or sandwiches and can be roasted for a side dish or added to soups and stews.

- Bok choy means "white vegetable". Both the white stalks and the green leaves are rich in calcium. Although typically used in stir-fries and soups, bok choy can add a crunchy texture and fresh taste to salads.

- Don't be afraid to add various crucifers in different dishes. Your new favorite recipe is just an experiment away!

SIGN UP FOR YOUR 2017 GUILD MEMBERSHIP!

.....\$2 per person.....
**HOSPITAL
GUILD**

Contact
Cassie Wilbeck
at **402.365.7862**

SAVE THE DATE!

for Thayer County Health Services'

Teddy Bear CLINIC

**SATURDAY
FEBRUARY 11TH
10 AM - 2 PM**



SPACE IS LIMITED,
PLEASE RSVP FOR AN
"APPOINTMENT" BY
FRI., FEB. 3
to **Amber Lubben** at
402.768.6041
or **alubben@tchsne.org**

HAPPY NEW YEAR

HEALTH TIP OF THE MONTH

NEW YEAR'S RESOLUTIONS



Marissa Bongers
Wellness
Coordinator

As the New Year approaches, so does everyone's New Year's resolutions. There are two common mistakes that people tend to make before they even start to make their New Year's resolutions: they think about what they "should" do, rather than what they really want to do, or they think about what they should stop doing, rather than what they actually want to achieve. To be successful at any change, you need to really want to do it. Before you make your New Year's resolutions, take the time to consider what it is you really want to achieve. If you don't, you will typically end up making a resolution to which you are not entirely committed.

The irony of New Year's resolutions is that they have the potential to be very powerful because everyone else is setting resolutions as well. This external motivation and support, along with your internal motivation (the desire to succeed), is what can make the difference between success and failure.

The bottom line to keeping your New Year's Resolution involves:

- Setting a goal for YOU
- Committing to your resolution
- Taking small steps daily towards that specific goal
- Having a plan for dealing with missteps
- Congratulate yourself for taking small steps and making small changes

It's quite common that without commitment, you aren't motivated and after the first setbacks or obstacles you will quit. The first rule of New Year's Resolutions is only to make ones that you are com-

FITNESS & WELLNESS

FUN FACT

Research suggests that approximately half of all Americans make New Year's resolutions, yet only 8% actually achieve them. Setting small, attainable goals throughout the year instead of a singular, overwhelming goal on January 1st can help you reach whatever it is you strive for.



THAYER COUNTY HEALTH SERVICES KORFF FITNESS & WELLNESS CENTER

Membership Pricing

No enrollment or contract fees

Individual Memberships

3 months: \$75

6 months: \$138 12 months: \$252

Family Memberships

(Spouse & all dependent children under the age of 18 or unmarried fulltime students up to age 22. Dependents must be on parent's tax return.)

3 months: \$120

6 months: \$228 12 months: \$432

Senior Individual Memberships

(62 years +)

3 months: \$60

6 months: \$108 12 months: \$192

Senior Family Memberships

3 months: \$90

6 months: \$168 12 months: \$312

Student Memberships

(Students 14-24 with evidence of full time enrollment status)

3 months: \$54

6 months: \$96 12 months: \$168

Guest Passes

1 day: \$5

6 visit punch card: \$25

Corporate Pricing Available

Please call 402.768.4320 to discuss rates.

Month-to-Month Pricing

Individual: \$30

Family: \$45

Senior Individual: \$27

Senior Family: \$36

Student Memberships: \$24

Staffed Hours

Monday-Friday: 7 am - 6 pm

Saturday: 8 am - 12 pm

Sunday: 1 pm - 4 pm

Pool available during staffed hours only 24/7 access is available with signed waiver

(Based on usage, hours subject to change)

Make sure to "Like" our Korff Fitness & Wellness page on Facebook to receive future updates!

KORFF FITNESS & WELLNESS CENTER NOW OPEN TO THE PUBLIC

The Korff Fitness & Wellness Center is now open! The community is now able to utilize the new indoor walking track, aerobics room, free weights, heated therapy pool, Cybex equipment, treadmills, stationary bikes, arc trainers, and rowing machine.

Currently, our staffed hours are 7 am - 6 pm Monday - Friday, Saturday 8 am - noon, and Sunday 1 - 4 pm. During these hours, you are able to sign up for memberships, access the pool, and ask questions about fitness equipment. Members will be able to access the wellness center twenty-four hours a day, seven days a week with a signed waiver. Current staffed hours may change, determined by needs and future use of the members of the facility.

Lockers are available to use and/or rent to store your personal items, and everyone is allowed to access the women and men's locker rooms as well.

Please be mindful of the rules and regulations for the facility. Make sure to wipe equipment off when you are finished and to put your weights back on the rack after use.

Dedication for the new Korff Fitness & Wellness Center will be January 29th, beginning at 2 pm. After the ceremony, optional tours will be given should you wish to partake in them.

If you have any questions or concerns about any health issues or needs, the Wellness Coordinator and Registered Dietitian offices are based in the wellness center for your convenience. You will be able to sign up for equipment training sessions, nutritional counseling, and health coaching at these locations.

The cardio/pulmonary rehabilitation office is also located in the wellness center. Access to the wellness center and rehab services can be found through the west main doors of the Korff Fitness & Wellness Center that is located on the north side of TCHS. All other Thayer County Health Services' access will continue to enter through the main entrance.

"We're very excited for what this facility will contribute to the area. We know everyone has been patiently waiting for it, so we're thrilled to say it's finally available to use," said Marissa Bongers, Wellness Coordinator. "We are also very grateful for this generous gift from the Glenn Korff estate. Providing a state of the art facility to Thayer County and surrounding areas will help Thayer County Health Services achieve exceptional health close to home."



Amber Lubben and Marissa Bongers utilize the aerobics room for their workout.



Ann Hubl gets her run in on one of the Cybex treadmills.



Jerad Blocker and Mike Dougherty get in the grind after a long work day.



Brad Cooper and Traci Zelenka try out various aquatic therapy moves in the middle of the pool.

KORFF FITNESS & WELLNESS CENTER DEDICATION
January 29th, 2016 at 2 PM