



GROCERY TOUR DATE ANNOUNCED!

CEO:
 DAVID BURD

BOARD OF TRUSTEES:
 LOREN WIEDEL, PRESIDENT
 LIBBY HEITMANN, VICE PRESIDENT
 KAREN ELSE, TREASURER
 CRAIG POPE, SECRETARY
 LAURA TUMA, MEMBER

FOUNDATION PRESIDENT:
 STEVE ANDERSON

GUILD PRESIDENT:
 CAROL KRUEGER

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

ECRWSS
 POSTAL CUSTOMER

KORFF FITNESS & WELLNESS NOW HAS 24/7 ACCESS!

www.ThayerCountyHealth.com Please stop by during our staffed hours to pick up and activate your key card. Questions? Call 402-768-4320!

Community HeartBeat

MARCH 2017



The ribbon to declare the Korff Fitness & Wellness Center officially open was cut on Sunday, January 29th, by CEO David Burd.

www.ThayerCountyHealth.com

HELD AT  **THAYER COUNTY HEALTH SERVICES KORFF FITNESS & WELLNESS CENTER**

TRAUMA & WELLNESS SYMPOSIUM

MARCH 18TH | 10AM-2PM

INFORMATIONAL BOOTHS & FOOD for purchase will be available for the entire duration of the event!

ACTIVITIES/SPEAKERS

- 9:30am-2:30pm **BLOOD MOBILE**
- 10am **START**
- 10:15-10:45am **YOGA**
- 11-11:30am **CHEMICAL SAFETY**
- 11:30-12pm **HEART RATE & EXERCISE**
- 12-12:30pm **TRAUMA**
- 12:30-1pm **PHYSICAL THERAPY**
- 1-1:30pm **AED**
- 1:30-2pm **YOGA**

FREE GIVE-AWAYS!
&
BLOOD MOBILE! ALL DONORS WILL BE ELIGIBLE FOR A FREE T-SHIRT!

Questions? Call us at 402-768-4676!

March CALENDAR OF EVENTS

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

- MAR. 3: **NATIONAL WEAR BLUE DAY!**
- MAR. 9: **BREASTFEEDING SUPPORT GROUP**
Evening(TBD) - Bruning Conference Room
- MAR. 11: **REDUCED PRICE LAB**
5am-10am - Hebron Clinic
- MAR. 14: **REDUCED PRICE LAB**
7am-10am - Milligan Clinic
- MAR. 18: **TRAUMA & WELLNESS SYMPOSIUM**
10am-2pm - Korff Fitness & Wellness
- MAR. 26: **CHILDBIRTH EDUCATION CLASS**
1pm - TCHS (RSVP to 402-768-6041)
- MAR. 29: **GUILD BOARD MEETING**
9am - Bruning Conference Room
BOARD OF TRUSTEES MEETING
7pm - Bruning Conference Room

March is Child Life Month, Brain Trauma Awareness Month, MS Education and Awareness Month, Nutrition Month, Professional Social Work Month, Workplace Eye Wellness Month, Health Care HR Week (12-18), Patient Safety Awareness Week (12-18), Pulmonary Rehab Week (12-18), Registered Dietitian Nutritionist Day (8), Kidney Day (9), Diabetes Association Alert Day (28), and Doctors' Day (30).

MEET OUR PROVIDERS

DO YOU KNOW THE PROCEDURES WE DO AT TCHS?

SYMPOSIUM DATE ANNOUNCED

Our SERVICES

PATIENT SERVICES

Acute Care
 Arrhythmia Clinic
 Cardiology Clinic
 Cardiac Rehab
 Cataract Surgery
 Childbirth Classes
 Diabetes Education
 Dietary Counseling
 Foot Care
 Good Beginnings
 Home Health
 Immunizations
 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
 Urology

DIAGNOSTIC

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

From the CEO



David Burd, MHA, FHFMA
 Chief Executive Officer (CEO)

As I write this article, I have now been the CEO of Thayer County Health Services (TCHS) for just over two weeks. While there are always opportunities for improvement, I believe that TCHS is a great organization that will thrive in the years ahead. During a short period of time, I have made a couple of observations that I would like to share including the following:

- TCHS has a top-notch staff with a tremendous amount of expertise and passion for the health of the residents of Thayer County and the surrounding areas; and
- The level of pride and support for TCHS within the community is very impressive and ultimately provides a solid foundation for future success.

I would like to say "thank you" to both the staff of TCHS and the residents of Thayer County. I am very proud to be part of the TCHS team! The transition to a new CEO is not always easy. However, TCHS employees have responded admirably, and I truly feel blessed to work with

every member of the TCHS family.

I am also very appreciative of all the support and encouragement that I have received from the community since the announcement of my return to Hebron. I have enjoyed reconnecting with folks that I haven't seen in quite a while, and please know that all of this support means a lot to me.

The mission of TCHS is the following: "Together with the citizens of Thayer County, we shall work to improve the health of our region by providing high quality, compassionate healthcare close to home." In order to achieve this mission, it takes everybody. We are all in this together. As a team, I am confident that we will continue to strive to achieve this mission. If you currently utilize TCHS for your healthcare needs, thank you very much. If not, please consider TCHS in the future. Your comments and feedback are always welcome as we look to continually improve and innovate our services and procedures to provide our community with the best healthcare possible.

EMPLOYEE SPOTLIGHT

AMBER LUBBEN | PERFORMANCE IMPROVEMENT



Amber Lubben, RN
 Performance Improvement Coordinator

Amber Lubben, Performance Improvement Coordinator at TCHS, has many diverse and significant responsibilities. She works to develop, implement, and strategically evaluate the hospital quality program to ensure patients receive evidence-based quality care and have the proper resources lined up for the patients prior to discharge.

"I work closely with Jamie Koch (CNO) and Dianne Meyer (Patient & Family Services), along with the hospital staff, and committees to ensure the quality indicator compliance and the best possible patient outcomes are achieved," said Amber. "I am also accountable for current trends impacting value-based purchasing, CMS updates, and evidence-based

practice methodologies to ensure the best practices are utilized in performance improvement efforts across the facility."

Amber began her TCHS journey in 2009 when she worked the night-shift in hospital nursing. Her role then transitioned to the Wellness & Quality Coordinator in 2014. Over time, the Corporate Wellness Program rapidly grew and that position then transitioned into two separate roles; Amber Lubben was hired as the Performance Improvement Coordinator, and Marissa Bongers accepted the Wellness Coordinator position.

"Quality is an ever-changing field to be in and the demands are challenging," said Amber. "That being said, I love being in it. The strategies we have employed here at TCHS have reduced our readmission rate. We have achieved this in a variety of ways, one of which has been by utilizing our Swing Bed Program. Our reduction in readmission rates was also one of the areas we as a facility were recognized for at the 2017 AHA Rural Health Care Leadership Conference in Phoenix, AZ."

Amber recently attended the leadership healthcare conference in Arizona where over 800 people were in attendance from hospitals all over the nation. It focused mainly on how to be a leader at all times and how to be adaptable to change to bring

growth and stability, as well as discussing the stressful field of rural healthcare.

"I was really pleased to see that many of the strategies other facilities of our same size (and even larger) nationwide were using policies we had already employed here at TCHS," said Amber. "Although we may not realize it, we are ahead of the game when it comes to meeting the demands of the industry and should be proud of where we are today."

Amber, originally from Lincoln, moved to Hebron in 2008 before she married her husband, Tanner, in 2010. Together they have three lively children: Kennedy (3), Baxter (2), and Blakely (9 months), as well as a Great Dane named Piper.

In her spare time, Amber loves to stay active, play outside with her kids, and try new recipes for her family. She also enjoys getting her hands dirty when working on home improvement projects with her husband.

"I am honored to be able to be in this role as my love for Thayer County and our population continues to grow," said Amber. "It's a great place to raise our family, and seeing as how I'm very passionate about healthcare, I strive to make sure our facility is the best it can be and continues to provide exceptional care close to home."

get to know our DEPARTMENTS

Surgery



Front Row: Lindsey Biltoft, OR Supervisor, and Jayda Edgar, RN. Back Row: Kendra Else, RN, Alex Williams, RN, and LeAnna Renz, RN.

The Surgery Department at TCHS consists of five employees: Lindsey Biltoft, RN, Kendra Else, RN, LeAnna Renz, RN, Jayda Edgar, RN, and Alex Williams, RN. Together, they bring a wide range of experience to Thayer County Health Services. Lindsey has been with TCHS for seven years, Kendra and LeAnna four years each, Jayda three years, and Alex has been with TCHS for six months.

"We have such a wide range of experience that we've really become a close knit group," said LeAnna. "We've become a team to ensure our patients get the best treatment possible."

As surgical nurses, their responsibilities mainly revolve around prepping patients for surgery, preparing supplies and instruments for surgeries, calling patients and getting charts ready, as well as making post-op calls to follow-up with patients who just had an operation. Their role is highly significant because in addition to their routine duties, they also watch for complications and monitor the patients' vital signs during the procedures. This includes watching the blood pressure, heart rate, and respiration of the patient, and should trouble arise, they alert the doctor to make sure the patient stays safe.

In 2016, TCHS performed 464 surgeries. Some of the most common

procedures include laparoscopic cholecystectomy (gall bladder), laparoscopic appendectomy, hernia repair, shoulder arthroscopy, total knee arthroplasty, minor orthopedic procedures, colonoscopies, EGD procedures, hysterectomies, cystoscopies, and c-sections.

TCHS is looking to highly increase that number with the renovation of the surgery and operating room, which is due to be completed this spring. The renovation includes a brand new and larger OR, which will include all new state-of-the-art equipment and a new OR bed. This will give the department more space to do surgeries like total knees and shoulder arthroscopies. In addition, they will be getting a brand new surgery area, which includes a new preop and recovery area. This area will contain three post-op bays, where patients will be prepped for surgery as well as two new recovery bays where patients will be taken to wake up after surgery.

"We are very excited for the expansion of the surgery suite," said Lindsey Biltoft, OR Supervisor. "The renovation and new additions to the department will bring more opportunity for additional surgeons to come to TCHS and for more procedures to be done."

Currently, TCHS has numerous

THE HOSPITAL GUILD MEMBERSHIP MEETING



Guild President, Carol Krueger, and Wellness Coordinator, Marissa Bongers, pose next to the new aerobic dumbbells donated by the Guild.

The Hospital Guild held their general membership meeting at the Hebron Activity Center on Jan. 25th. The ladies heard a presentation by Amber Lubben, RN, on the goals of the Baby Friendly Program, which is to recognize the importance of the bond between parents and their newborn by providing skin-to-skin contact with their baby right after their first moments of life.

Another part of the "Baby Friendly" patient care model is to provide educational material and to help encourage mothers to breastfeed their babies for as long as possible. TCHS has begun a monthly "Latch & Learn" breastfeeding support group to offer support to mothers in all stages of their journey of becoming a mom. This includes pregnancy, moms who just gave birth, and all future stages as well. TCHS

acknowledges that human milk provides the optimal mix of nutrition and antibodies which allow babies who are breastfed to thrive. The next date for the "Latch & Learn" is **Thursday, March 9th**. You can RSVP by calling 402-768-6041. During the meeting, other hospital departments requested funding to purchase new equipment. The Guild agreed to fund several new items for the Korff Fitness & Wellness Center and give a donation to the Teddy Bear Clinic that was held on February 11th at the Hebron Medical Clinic.

The Hospital Guild is able to make these purchases through the sales of their Things & Stuff thrift shop, membership dues, and other fundraising activities. If you have any questions about the Hospital Guild, please contact **Carol Krueger**, Guild President, at **402-768-2554**.

specialty surgery doctors that come to see patients in Hebron and perform operations. These doctors include Dr. Bohlen and Dr. Hurlbut (Orthopedic), Dr. Graul (Ophthalmology), Dr. Growney and Dr. YeYe (General Surgery), Dr. Krejci (Podiatry), and Dr. Wiltfong (Urology). In addition, Dr. Heinrichs, Dr. Hubl, and Dr. Vonderfecht, who are already based in Hebron, perform some general surgeries as well. The anesthesia staff, which includes 34 years of service to TCHS, is also excellent and provides 24 hour call coverage.

"I'm not sure people realize that they can get the same, if not better and

more personal care right here in Hebron when they need an operation," said Lindsey. "We offer a wide range of procedures close to home that can cut your travel and costs down significantly for your family. We have an exceptional staff who travel here from Lincoln, York, and Hastings to give you the care you deserve."

If you have any questions, please call the surgery department at 402-768-4644. TCHS looks forward to helping you with your surgical needs and to give you the kind of care you deserve to lead a healthier and pain-free life.

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

www.ThayerCountyHealth.com/newsletter

MARCH 30TH IS DOCTORS' DAY PHYSICIANS

Our Providers



Leann Heinrichs, MD

Attended Wayne State College for her undergraduate degree. She then attended medical school at the University of Nebraska Medical Center (UNMC) and was accepted into their Accelerated Family Medicine Residency Program. Dr. Heinrichs joined Thayer County Health Services in 2015.



Bryan Hubl, MD

Attended undergraduate school at the University of Nebraska at Kearney. He then went on to medical school at the University of Nebraska Medical Center and completed his residency at Clarkson Family Medicine in Omaha. He started practicing in Hebron in May 2004, is Board Certified by the American Board of Family Practice, and is a member of American Academy of Family Physicians.



Randy Waldman, MD

Received his undergraduate degree in engineering from Texas Tech University. He received his medical degree from Texas Tech School of Medicine in 1982. Dr. Waldman began practicing in Hebron in March 2013 and has more than 30 years experience as a family physician.



Scott Vonderfecht, MD

Attended undergraduate school at the University of Nebraska at Lincoln. He then went to medical school at the University of Nebraska Medical Center and completed his internship and residency at the University of Nebraska Medical Center and St. Francis Hospital. He has been practicing in Hebron since 1996 and is Board Certified by the American Board of Family Physicians, and a member of American Academy of Family Physicians.

Our Physician Assistants



Margaret Johnson, PA-C

Attended undergraduate school at Benedictine College in Atchison, Kansas. She then attended the Physician Assistant program at the University of Nebraska Medical Center in Omaha. She has been practicing in Hebron since February 2002.



Brent Madsen, PA-C

Attended undergraduate school at the University of Nebraska at Lincoln. He then attended the Physician Assistant program at the University of Nebraska Medical Center and completed his clinical rotations at multiple sites throughout Nebraska. He has been practicing in Hebron since 1995.

Our Nurse Practitioner



Kay Elting, ARNP-C

Attended the Family Nurse Practitioner program at the University of Nebraska Medical Center and completed internships at multiple specialty practices as well as at Thayer County Health Services. She has been practicing at TCHS since 1997.

HEALTH TIP OF THE MONTH

METABOLIC NUTRITION



Marissa Bongers
Wellness Coordinator

Try intervals. You can do them with any type of cardio. The basic idea is to switch back and forth between higher and lower intensity and make it really challenging, and then turn it back down to your regular pace, and repeat. For example, do as many jumping jacks as you can for one minute, and then walk in place for two minutes. Repeat for 15 minutes.

2) LIFT WEIGHTS. Twice a week, do one or two sets of 12 to 15 repetitions on each major muscle group.

What other factors can influence metabolism?

- GENES - the way you use energy can be influenced by inherited characteristics.
- YOUR AGE - metabolic rate tends to slow down with age. This can be related to muscle loss rather than the aging process itself. Exercise can help stop that slide.
- YOUR SIZE - people who are larger tend to burn more calories. Crash dieting, fasting, or dramatically restricting calories can trick the body into thinking there's a famine. This encourages the body to slow down metabolic processes in order to conserve fat stored in the body.

Tips for boosting your metabolism

- Avoid quick weight loss diets or detox diets that cut too many calories—they can slow your metabolism down and make it harder to lose weight.
- Even steady weight loss can affect your metabolism. At some points, you may hit a 'plateau'—a point when weight loss slows down or stops. Increasing physical activity or changing your exercise program may help. Eating a little more may also work to trick the body into thinking the 'famine' is over.
- Exercise regularly and include two sessions of strength training each week. Building more muscle will boost your metabolism.
- Eat breakfast—Research suggests a relationship between eating breakfast and lowering your Body Mass Index (BMI), which may happen in part by kick-starting your metabolic rate.
- Medical conditions such as hypothyroidism can cause weight gain due to a slow metabolism. If you're concerned, check with your doctor.

Your next workout could set you up for a speedier metabolism. Your metabolism includes all the materials your body needs to turn food into energy and keep you going.

What influences your metabolism?

Your metabolism can be influenced by many factors including your body size, age, gender, genetic predisposition, hormones, and what you eat. The amount of exercise you do can have an effect as well. Sometimes a sluggish thyroid could decrease your metabolism, but once you find out that it is normal, speeding it up is your decision. Focus on what really does make a difference: exercise.

How does my gender affect my metabolism?

It's all to do with muscle. Compared to women, men's bodies generally have more muscle and less fat which makes a difference in metabolism. While fat burns very few calories, muscle is an active, 'hungry' tissue that uses up calories even when you're just sitting around.

How does exercise help increase your metabolism?

Muscle cells need a lot of energy, which means they burn a lot of calories. In fact, they burn more calories than fat cells, even when you're not exercising. So the time you spend working out reaps benefits long after you stop sweating. Challenge your muscles in these two ways:

1) AMP UP YOUR WORKOUT. Any kind of aerobic exercise, whether you're running or doing Zumba, burns calories. Make it more intense, and your body will burn more calories.



120 PARK AVENUE • HEBRON

REDUCED PRICE LAB!

SATURDAY, MARCH 11

5:00AM - 10:00AM

Check-in will be located in the front lobby of the hospital

General Lab - \$40:
CBC - White Count, Hemoglobin, Platelets
CMP - Kidney and Liver Function, Glucose
Lipid - "GOOD" and "BAD"
Cholesterol
TSH - Thyroid Function

Additional Labs for Additional Cost
HgbA1C - Diabetic Monitoring Tool: \$20
PSA Screening - Prostate Health for Men: \$10
Vitamin D - Overall Good Health: \$20

Unable to attend? Come to Milligan from 7am-10am on March 14th!

NO APPOINTMENT NEEDED

FOR QUESTIONS, PLEASE CALL US AT 402-768-4618

FASTING IS REQUIRED
NOTHING to eat or drink for 10 hours except water



Important Information:

- This WILL NOT be turned into your insurance company. If you want it covered by your preventative insurance company you will need to be seen by your Physician and have your lab ordered by him/her.
- A copy of your results WILL NOT go to your physician. You will need to bring your copy to your appointment to be reviewed.
- Payment must be made in cash or check form only and be paid at the time of check-in.
- Please allow 3 - 4 days to receive your results in the mail.

THE FOUNDATION DEDICATION CEREMONY

On January 29th, a dedication ceremony was held for the Korff Fitness & Wellness Center in Hebron. Over 100 guests attended the ribbon cutting ceremony to officially mark the opening of the facility.

During his opening remarks, David Burd expressed his appreciation to the Korff family and others for the hard work that went into making this dream a reality. He commented that Thayer County Health Services is fortunate to have a high level of support from individuals, businesses, and organizations in the local communities. With the changes taking place in healthcare, this support will be more important than ever.

Loren Wiedel, President of the Hospital Board, thanked the Glenn Korff family for their generous gift to the Founda-

tion. The new facility will help usher in a new era in preventive care. He also personally thanked Reuben Schleifer for his decades of involvement with the hospital and foundation.

The ceremony concluded with Dave Bruning, Thayer County Commissioner, presenting David Burd, TCHS, with a symbolic key to the new facility. Guests were then given guided tours of the Rehab Department, therapy pool, cardio equipment, free weight area, machine weight area, and the aerobics room.

To find out information regarding staffed hours, pool regulations, purchasing a membership, or preventive programs, contact **Marissa Bongers**, Wellness Coordinator, at **402-768-4676**. She would be happy to assist you in taking control of your health.

FREE Grocery Store Tour

THURS., MAR. 16TH

CENTRAL MARKET

6:00 PM

Join the TCHS Wellness Coordinator and Registered Dietitian at the grocery store in Hebron to:

- Learn how to read food labels
- Understand the criteria for a food to be considered a healthy choice
- Introduce new ingredients
- Pick out healthy, on-the-go options
- Answer your food and nutrition questions
- Provide grocery shopping & meal planning tips

QUESTIONS?

Contact **MARISSA** at **402-768-4676**

BABY FRIENDLY PROGRAM

TEDDY BEAR CLINIC



Dr. Leann Heinrichs checks Mr. Giraffe's pulse with a stethoscope.

This free event was held by Thayer County Health Services to simulate what it is like to go to a doctor's appointment. Children were able to take their stuffed animal through a hand washing station, doctor's exam, mock immunization, dental check-up, mock x-ray, mock lab draw, and more.

Children were given the option of wearing real gloves and masks like they see the doctors wear. During the appointment, the children were also able to listen to their stuffed animal's heartbeat, look in their ears, receive a printed x-ray, and see the correct way to brush their teeth.

Thayer County Health Services started hosting the Teddy Bear Clinic as a way to help reduce the anxiety that sometimes accompanies a child's visit to the doctor. The goal is to relieve their fears in a fun and relaxed setting. Each child that attended also received a gift bag with an Usborne *Going to the Doctor*

book, Teddy Grahams, colors, a dental kit, an updated immunization schedule, car seat recommendations, medicine dosing by weight, healthy snack ideas, home safety tips, car and bicycle safety information, and tips for parents on how to interactively play with their children.

Thayer County Health Services would like to thank the many vol-

unteers that helped with this year's event and the Hospital Guild for purchasing the books to distribute to the children. Also, a special thank you to the parents and children that brought their furry friends in for an appointment. TCHS appreciates your continuous involvement in the community's activities to bring quality healthcare to the area.



Amber Lubben, RN, demonstrates on a teddy bear what a radiologist would do when you are getting an x-ray in the hospital.

Thayer County Health Services held their annual Teddy Bear Clinic on February 11, 2017. Children from the ages of 2-10 were able to make a clinic appointment for their teddy bears (or other favorite stuffed animal) between 10 am and 2 pm at the Hebron Medical Clinic.

DIETITIAN

"PUT YOUR BEST FORK FORWARD"



Kathy Retzlaff
Dietitian

ways to reduce your risk of chronic diseases like heart disease, high blood pressure, and Type 2 Diabetes which plague numerous Americans today. The Dietary Guidelines for Americans is published every five years jointly by the Department of Agriculture and the Department of Health and Human Services. It provides evidence based and practical recommendations that focus on the prevention rather than the treatment of disease.

The 2015-2020 Dietary Guidelines recommend that we follow a healthy eating pattern and encourages Americans to eat more:

- Vegetables, including those that are dark green, red, and orange; legumes, starchy, and others
- Fruits, especially whole fruits
- Whole grain breads and ce-

reals

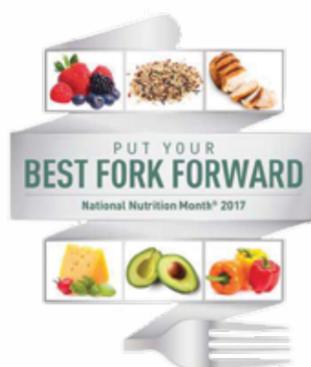
- Fat-free or low-fat dairy including milk, yogurt, cheese, and fortified soy beverages
- Variety of protein foods including seafood, lean meats, poultry, nuts, and legumes
- Oils including canola, corn, olive, peanut, sunflower, and soybean

Currently, about three-fourths of Americans are not meeting the recommendations for vegetables, fruits, dairy, and oils, yet Americans are exceeding the limits of added sugars, saturated fats, and sodium. Slowly cutting back on these types of food and beverages is highly recommended, as well as putting 150 minutes of moderate to intense physical activity into your weekly routine twice a week.

If everyone starts making small changes in their food choices, it can

create a significant long-term difference in moving them toward a healthier eating pattern that will help improve their lifestyle.

You can find a link to the 2015-2020 *Dietary Guidelines for Americans* by visiting the Diabetes Education page on our website at www.ThayerCountyHealth.com.



do you know... THE PROCEDURES WE DO AT TCHS?

General Services

ACUTE/OBSERVATION CARE
AMBULANCE SERVICES
LABOR & DELIVERY
SWING BED
SOCIAL SERVICES
Med Alert
Advance Directives
CORPORATE WELLNESS

Outpatient Services

FOOT CARE
CARDIOPULMONARY CARE

Cardiac Rehab
Pulmonary Rehab
Pulmonary Function Studies

SLEEP STUDIES
EMERGENCY SERVICES
EDUCATIONAL SERVICES

Childbirth Education
Breastfeeding Support Group
Good Beginnings Program
Diabetes Education
Nutritional Counseling
Wellness Services

Home Health

AIDE SERVICES
FOOT/WOUND CARE
PHYSICAL THERAPY
OCCUPATIONAL THERAPY
SPEECH PATHOLOGY
SOCIAL SERVICES
NUTRITIONAL SERVICE

Rural Health Clinic

IMMUNIZATIONS
SCHOOL PHYSICALS
WOMEN'S HEALTH
WELLNESS VISITS
OFFICE VISITS

For more detailed information, please visit our website at ThayerCountyHealth.com.

Specialty Clinic

CARDIOLOGY
Stress Tests
EP Lab
Arrhythmia Clinic
GENERAL SURGERY
WOMEN'S HEALTH | OB/GYN
ORTHOPEDICS
PODIATRY
VASCULAR SURGERY
WOUND CLINIC
UROLOGY

Diagnostic Services

LABORATORY
Reduced Price Lab Events
RADIOLOGY
General Radiography
Fluoroscopy
CT Scans
Ultrasound
General/Vascular
Echocardiogram
Mammography
Bone Densitometry
Nuclear Medicine
MRI
PET/CT

REHAB SERVICES

Occupational Therapy
Physical Therapy
Speech Therapy

Outpatient/Inpatient Surgery

GENERAL SURGERY
Laparoscopic Cholecystectomy (Gall Bladder)
Laparoscopic Appendectomy
Hernia Repair
Colon Resection
Hemorrhoidectomy
Biopsies
Lesion Removal

ORTHOPEDIC SURGERY

Total Knee
Knee Arthroscopy
Shoulder Arthroscopy
Hand/Foot Surgeries

OB/GYN

Laparoscopic Tubal Ligation
Endometrial Ablation
Bladder Sling
A & P Repair
Interstim
C-Sections
Hysterectomies
Total & Lap-Assisted Vaginal
Total Abdominal

PODIATRY

Ankle Repair
Foot Surgery
Achilles Repair
Amputations

UROLOGY

Prostate Biopsy
Cystoscopy
Circumcision
Prostate Laser

DON'T FORGET... ABOUT OUR SATELLITE CLINIC SCHEDULES

BRUNING:	TUESDAYS 9-11:30 AM WEDNESDAYS 1-4:30 PM THURSDAYS 9-11:30 AM
CHESTER:	TIMES ALTERNATE ON WEDNESDAYS 9-11:30AM / 1-4:30 PM
DAVENPORT:	MONDAYS 9-11:30 AM WEDNESDAYS 8:30-11:30 AM
DESHLER:	MONDAYS 1-4:30 PM TUESDAYS 1-4:30 PM THURSDAYS 9-11:30 AM
MILLIGAN:	TUESDAYS 8-11:30 AM