



**INSIDE:
 VARIETY SHOW
 DETAILS**

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: 402.768.4667

www.ThayerCountyHealth.com

ECRWSS
 POSTAL CUSTOMER

**TCHS HOSPITAL GUILD
 REMODELS THINGS & STUFF SHOP**

In October, the Thayer County Health Services Hospital Guild finished several more projects to update their Things and Stuff shop in downtown Hebron. New carpet was installed throughout the shop by Lyle Burd from the Decorating Center. Ray Asche also built some shelves and cabinets in the toy room that were repurposed from the Good Times Fitness center. These shelves have helped make the shoes and toys more accessible to customers.



New carpet has been installed in the Things & Stuff shop in downtown Hebron.

The Things and Stuff shop is staffed by volunteers that help cover the three and a half days a week it is open for business. Proceeds from the shop are used by the Guild to purchase new medical equipment for the hospital and clinics.

In addition to their regular purchases, the Guild is sponsoring the cost of the renovations for one of the new Labor and Delivery suites at Thayer County Health Services. These rooms are scheduled to be completed by November 2016.

November CALENDAR OF EVENTS

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

- NOV. 1: **AESTHETICS CLINIC**
 5:30pm-8pm - Hebron Clinic
- NOV. 10: **CHILDREN'S IMMUNIZATION CLINIC**
 by appointment only - Hebron Clinic
- NOV. 13: **VARIETY SHOW**
 6-10pm - Ag Hall - Deshler, NE
- NOV. 15: **AESTHETICS CLINIC**
 5:30pm-8pm - Hebron Clinic
- NOV. 17: **CHILDREN'S IMMUNIZATION CLINIC**
 by appointment only - Hebron Clinic
- NOV. 30: **GUILD BOARD MEETING**
 9am - Bruning Conference Room
BOARD OF TRUSTEES MEETING
 7pm - Bruning Conference Room

November is Alzheimer's Disease Awareness Month, Bladder Health Awareness Month, Diabetes Month, Epilepsy Awareness Month, Family Caregivers Month, Healthy Skin Month, Home Care & Hospice Month, Lung Cancer Awareness Month, Pancreatic Cancer Awareness Month, Sexual Health Month, Medical-Surgical Nurses Week (1-7), Medical Staff Services Awareness Week (6-12), and Prematurity Day (17).

Community HeartBeat

NOVEMBER 2016



Courtney Turan is the 2016 Caring Kind Recipient for Thayer County Health Services. Turan was presented with the honor at the Nebraska Hospital Association (NHA) Caring Kind Luncheon in La Vista on October 14th. Pictured left to right: Jamie Koch (CNO), Courtney Turan (Ward Clerk), and Mike Burcham (CEO).

www.ThayerCountyHealth.com

MEET OUR NEW
 DIRECTOR OF
 MEDICAL CLINICS

WOMEN'S HEALTH
 NIGHT 2016

CHRISTMAS FAIR
 & FREE MOVIE
 INFORMATION

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

from the CEO



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

November is a great time of the year to reflect on what we as employees, family members, and parents/grandparents have to be thankful for. We should be open, honest, and thank those in our lives every day.

"Make it a habit to tell people thank you. To express your appreciation, sincerely and without the expectation of anything in return. Truly appreciate those around you, and you'll soon find many others around you. Truly appreciate life, and you'll find that you have more of it."

For the past year many of our employees have dedicated a great deal of time and energy to build our new Electronic Medical Record (EMR) system. I am thankful for all of the work each and every employee has put into change management and growth this past year. I am

also thankful for the support our spouses and significant others have provided as well. Your efforts have resulted in a very successful EMR conversion – something that everyone should be extremely proud of.

Each of us has a job to do, and without each other, none of our jobs would be complete. We are a team and need each others' support. For the month of November let us make the effort to tell each other thank you for being on our team at Thayer County Health Services. Each and every one of us has the ability to positively impact the lives of those who seek our care. If we truly appreciate each other, our patients will feel appreciated as well.

-Mike Burcham, CEO

STEPHANIE BOLDT | DIRECTOR OF MEDICAL CLINICS

EMPLOYEE SPOTLIGHT



Stephanie Boldt
Director of Medical Clinics

Stephanie Boldt has joined the Thayer County Health Services family as the new Director of Medical Clinics, bringing over 11 years of experience in health-

care management to the position. Stephanie was originally raised in Morrowville, KS, but she and her family have joined us from Lincoln, NE, where she had been working as a Director of Rehabilitation.

As the Clinical Services Director, her main responsibilities will be to manage the main clinic in Hebron as well as the five satellite clinics located in Bruning, Chester, Davenport, Deshler, and Milligan. This includes managing the daily tasks, staffing schedules, budgeting, personnel, and data analysis. She will also work with the executive team to ensure that the TCHS clinics operate smoothly and provide excellent care.

"I am looking forward to learn-

ing from and growing with the TCHS team," Stephanie said. "I hope to bring some of my experiences to the team in order to continue the ongoing focus of providing excellent care here in Hebron and at the medical clinics."

Stephanie and her husband, Mark, along with their son and daughter, Liam (7) and Brylee (5), enjoy spending quality family time outside whenever they can. Stephanie also enjoys running when she can fit it into her busy schedule.

"Everyone has been extremely welcoming, and we can't tell you enough how much we appreciate it!" said Stephanie. "We're anxious to see how this next adventure unfolds."

Happy Thanksgiving from TCHS!

The TCHS clinics will be open on November 23 & 25 but **CLOSED** on **November 24** (Thanksgiving).



DR. PATRICK HURLBUT ORTHOPEDIC SURGEON



Dr. Patrick Hurlbut
Orthopedic Surgeon

As an orthopedic surgeon, Dr. Hurlbut diagnoses and treats ailments affecting muscles, bones, and joints, while also treating sports injuries, degenerative diseases, tumors,

infections, and birth defects. It's very common for him to regularly perform joint repair and replacement operations as well.

After graduating from the University of Iowa College of Medicine, doing his residency at the Medical Center Hospital of Vermont, and his fellowship at the University of Minnesota Hospital and Clinic, Dr. Hurlbut claims he began his career path in Orthopedics because he liked the idea of restoring function to people's lives and getting them back into the "game" of life.

"There are always people out there that need our help, yet many of them do not even realize it," Dr. Hurlbut said. "Balancing my family and work

time so neither suffers can be challenging, but this is a very rewarding career to get into. It requires lifelong learning, determination, and a continuous willingness to learn."

Dr. Hurlbut has special expertise in four areas: hand surgery, hip osteoarthritis, knee osteoarthritis, and osteoarthritis in the hand and wrist. Over the years he has seen much advancement in this field.

"The surgeries continue to become less invasive with smaller incisions to get the same results we desire," said Hurlbut. "There are also continuous new treatments on the horizon. Right now there's been a growing trend to use a biologic/biomaterial implant when doing a bone or cartilage re-

placement."

A biomaterial is a material that interacts with human tissue and body fluids to treat, improve, or replace anatomical elements of the human body and are generally used in a great number of orthopedic applications. While many of these coatings are still in the preclinical testing stage, bio-engineers, material scientists, and surgeons continue to explore surface coatings as a means of improving clinical outcome of patients undergoing orthopedic surgery.

To schedule an appointment with Dr. Hurlbut, you first need a referral; you can then contact the **Specialty Clinic** at 402-768-4696 or his **Lincoln office** at 402-489-4700.

get to know our DEPARTMENTS

Human Resources



Left to right: Tamara Brose and Lindsey Messman

The Human Resources (HR) Department at Thayer County Health Services is fortunate to be comprised of two employees: Tamara Brose (Human Resources Director) and Lindsey Messman (Human Resources Generalist). Tamara started her Human Resources career in Mammoth Lakes, California, before continuing her career with other Southern Californian companies such as Freedom Communications before making the move to Nebraska. Lindsey joined us from Lincoln, where she was working

as a Member Resources Director at USA Roller Sports before relocating to Bruning with her husband, Zach, son, Grayson, and daughter, Ryann.

Many people know that HR is responsible for the recruitment and selection of employees; however, they engage in many other significant duties as well. They act as the neutral party to help guide their company's management through policies and regulations with their decision making, as well as working with succession planning with their employees. They also play a major hand in Employee

Benefit Management to ensure their company's employees are well cared for.

Needless to say, the HR Department's job entails a variety of skills and obligations, even more so in a rural area than you would find in a metropolitan city. Typically, that type of workplace has multiple people in their department concentrating on specific roles. Lindsey, who has a background in accounting as well, has recently taken on additional responsibility with her new title, Human Resources Generalist.

"By stepping into my new role, I have gained a great deal of knowledge about HR, especially on the recruitment side," Lindsey said. "My favorite component in this new position is being able to work more closely with the employees."

One project Tamara and Lindsey have been working on is to develop an updated evaluation process, while also migrating to a new payroll, time, and attendance system.

"This field is exciting to me in that it is ever changing with the constant employment law settlements and regulation and healthcare changes," Tamara, Human Resources Direc-

tor, said. "It has been a blessing to be a part of a healthcare system that cares so much for their patients and their employees. Our employees have committed their valuable time and hearts to their positions, and through teamwork, every single one of those positions have contributed to the success, safety, and quality that is Thayer County Health Services."

If you are interested in applying for a position, please go to www.thayercountyhealth.com and click on Career Opportunities for a list of current job postings. Questions? Call Tamara at 402-768-4641 or email humanresources@tchsne.org.

We're HIRING!

- FULL TIME:**
- WARD CLERK/CNA
- HOSPITAL RN
- NUTRITIONAL SERVICES COOK
- IT COMPUTER ANALYST
- ENVIRONMENTAL SERVICES TECH
- LAB MEDICAL TECHNOLOGIST

For more information or to view our other job postings, go to www.thayercountyhealth.com/jobs

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

www.ThayerCountyHealth.com/newsletter

WOMEN'S HEALTH NIGHT BUSTING OUT FOR BREAST CANCER

On October 20th, over 190 guests were in attendance for Thayer County Health Services' annual Women's Health Night at the Ag Hall in Deshler. This year's theme was "Busting Out for Breast Cancer", and upon arrival, guests received a complimentary gift of an original "Think Happy, Be Happy" bistro coffee mug with an ornate breast cancer awareness cookie made by Kiley Palmertree.

The evening began with a wine tasting from Superior Estates Winery and a health fair featuring over 35 vendors from local communities and throughout the state. The various booths offered health information, food, crafts, and items for purchase from local and independent businesses from the area. Each vendor also donated a door prize, which guests had a chance to win throughout the night.

Once the social and health fair portion concluded, everyone grabbed a seat to listen to the featured speakers: Dr. Tyler Adam, Rosalie Lange, and Ann Ringlein.

Dr. Tyler Adam, the TCHS visiting obstetrician-gynecologist (OB-GYN), spoke to the group about updates in Women's Health at all ages and the importance of knowing your risk factors for breast cancer, while Rosalie Lange, a breast cancer survivor, shared her journey and fight against the disease.

The presentations concluded with Ann Ringlein from Lincoln Running Company; she gave tips on how women can pick the right shoes for themselves, including which shoes should be used for various activities and diverse foot shapes and sizes.

In conjunction with the event, guests were able to participate in the make and take festivities. The visitors were able to build a scarecrow décor craft, create a home-made sugar body scrub, or make a soup mix in a jar.

In addition to the speakers and make and take sessions, Thayer County Health Services had 22 entries for the Bras for the Cause Fundraiser to help benefit the Susan G. Komen Foundation of Nebraska. Participants were able to get creative and decorate a bra with this year's "Busting Out for Breast Cancer" theme, while visitors to Women's Health Night were able to buy tickets to vote for the bras they liked best.

The first place winner of Bras for the Cause was "HerGott to Kick Cancer" submitted by Cheryl Dougherty, Janelle Coady, and Jan Behn. The second place winner was "Get a Grip on Cancer" submitted by Dick Walsh Insurance Agency, and the third place winner was "She is Clothed with Strength and Dignity" submitted by Kiley Palmertree. Over \$400 was raised in the night's fundraiser.

Thayer County Health Services would like to thank everyone for participating in Women's Health Night, including the 35+ vendors in attendance, hospital staff that helped organize and set up the event, and the event sponsors and evening's presenters who helped make the night a success.

"Being able to provide a fun night out is Thayer County Health Services' way to show the women in our community that we care," said Wellness Coordinator, Marissa Bongers. "It is our goal to provide health and wellness events throughout the year to provide our community with education and resources needed to promote a healthy lifestyle."



Above: Women's Health Night took place on Thursday, October 20th at the Ag Hall in Deshler.



Right: Anne Sims and Becky Kreikemeier work meticulously to complete their scarecrow decor in a make & take session.



Below: Superior Estates Winery, represented by Kelly Meyer, serves a glass of wine to Kiley Palmertree.



Bras for the Cause Entries: 1) Flower Power 2) Be Groovy Save a Boobie 3) Tata Sisterhood: Searing Cancer 1 Witch at a Time! 4) Sock it to Cancer! 5) Tea Hug in a Cup 6) Celebrate the TaTas 7) Get a Grip on Cancer 8) HerGott to Kick Cancer 9) It's No Secret...Mammograms Save Lives! 10) She is Clothed with Strength & Dignity 11) Time to Button Up Breast Cancer! 12) Give a HOOT About Your HOOTERS 13) These "Ladys" Need Your Attention 14) Cowgirls are Country Strong 15) Boobilicious! 16) Starry Nights for a Cure 17) Check Your HuMps for LuMps 18) A Top-Less Survivor 19) Check Your Bumps for Lumps! 20) Fight Like a Girl 21) Save a Rack 22) Walkers for "Knockers"

OUTREACH MASS FLU CLINICS SCHEDULE

DAVENPORT | November 7th -- 9:30-11:30 AM

DESHLER | November 8th -- 2:00-4:00 PM

CHESTER | November 9th -- 9:30-11:30 AM

BRUNING | November 8th -- 9:30-11:30 AM

MILLIGAN | November 8th -- 8:00-10:00 AM

NO APPOINTMENTS---COST IS \$41

- Please wear a short sleeve shirt.
- Only Medicare insurance will be filed.
- Must be 19 years old or older.
- Patients 65+ will receive a high dose vaccine. Pneumonia vaccine available for an additional cost.
- All others: 6mths - 18 years old, Medicaid patients & those wanting to file with insurance, need to make a clinic appointment.

CLINIC APPOINTMENT LINE: 402-768-7203

HEALTH TIP OF THE MONTH

STAY FIT & HEALTHY THIS THANKSGIVING



Marissa Bongers
Wellness
Coordinator

People consume 3,000 to 5,000 calories around the Thanksgiving table. Yikes. While eating often takes center stage during the holidays, that doesn't mean we have to give up on good health. Check out these tips for a fit and healthy holiday, without sacrificing any flavor or fun.

1. GET OUTSIDE

Up early? Go for a walk or run to enjoy some pre-festivities, alone time, or grab your favorite second cousin to catch up. For something a bit more competitive, round up a group of family or friends and hit the backyard or local park for some flag

football.

2. SPLIT UP THE CHORES

Everyday activities can burn more calories than you'd think, so offer to do the dishes or Swiffer the floor!

3. FIND A TURKEY TROT

If up for the challenge, run a race Thanksgiving morning! Find a Turkey Trot in your town.

4. EAT IN THE A.M.

Skipping breakfast in order to "save your appetite" for dinner probably isn't the best idea. Not breaking the fast 'til the afternoon may lead to bingeing later on.

5. HYDRATE

Make sure to drink water throughout the day to stay hydrated. Not drinking enough of it could spark hunger pangs, which may actually be thirst.

6. GO EASY ON THE APPS

You can indulge in cheese and crackers any day of the year. Save your appetite (and calorie consumption!) for dinnertime.

7. USE A SMALLER PLATE

Stick all those Thanksgiving sides on a smaller plate. Research shows it'll help you eat 22 percent fewer calories, while a bigger plate

AESTHETICS CLINIC

PRICING

November is Healthy Skin Month!

BOTOX: \$10 / unit

SCLEROTHERAPY: starting at \$150

CHEMICAL PEELS: \$70

DERMAL FILLERS: starting at \$375

MICRODERMABRASION: \$60

**TO SCHEDULE AN APPOINTMENT,
CALL 402.768.7203**

Hours

1ST & 3RD TUESDAY OF EVERY MONTH

NOV. 1: **AESTHETICS CLINIC**
5:30pm-8pm - Hebron Clinic

NOV. 15: **AESTHETICS CLINIC**
5:30pm-8pm - Hebron Clinic



of food may be licked clean, even if we're not hungry.

8. CHEW SLOWLY

Fast eaters consume around three ounces of food per minute, while slowpokes only eat about two ounces. Chewing slowly could mean fewer calories consumed.

9. BEWARE OF DANGER FOODS

Be careful with foods that aren't as healthy as they seem. Green bean casserole, mashed potatoes, and cranberry sauce may hide some sneak ingredients high in fat and sugar.

10. WATCH OUT FOR LIQUID CALORIES

Unfortunately, calories from alcohol can sneak up on us during the holidays. Go easy on the booze and stick to healthier cocktails like a vodka soda or Bloody Mary to avoid excess sugar.

11. SKIP THE SECONDS

Wait 20 minutes (the amount of time it probably takes to feel full) before filling up the dinner plate again. Unless you're really hungry, save some food for leftovers.

12. DON'T DENY DESSERT

The holidays shouldn't be about restricting certain foods—just try to enjoy them in moderation! Stick to one slice of pie instead of going cold turkey at the dessert table.

FITNESS & WELLNESS

FUN FACT

KEEP A FITNESS AND NUTRITION JOURNAL



Write down or download the MyFitnessPal App on your phone to track everything you eat and do. Being conscious of your own activities can hold you accountable and help you make healthier decisions. If you write it down, it's much harder to deny the evidence.

Remember – no cheating! If you indulged in a coworker's cookies or had some appetizers at a party, write them down in your journal.

THAYER COUNTY YOUTH HEALTH FAIR

In September 20th, 130 seventh and eighth grade students from Thayer Central, Bruning-Davenport, Deshler Public, and Deshler Lutheran schools participated in the Youth Health Fair at Davenport Middle School. The primary topic of the event was Alcohol. The event started with keynote speakers Todd and Jaimi Calfee, speaking on behalf of their daughter, Alexis Calfee, and her boyfriend who were both tragically killed by a drunk driver in 2011. Since then they have started a non-profit organization known as the Alexis Project devoted to carry on the legacy of their daughter.

Students then participated in breakout sessions that included topics about nutrition, alcohol and drug abuse, food safety, yoga, heart rate and health, as well as personal stories told from inmates of the York Correctional Facility. The kids were able to participate in three different breakout sessions and learn about various aspects of living a healthy lifestyle.

"Health is not only exercise and eating right, but also actions that we choose to make that could potentially harm ourselves or others," Marissa said. "It is our goal of this annual event that we provide kids with information that can make an impact on their lives and the choices they will have to make."

DIETITIAN FOOD FUN FACT



Kathy Retzlaff
Dietitian

Are you older than 45 years of age, overweight, and don't exercise on a regular basis? November is National Diabetes Awareness Month, and

it's important to note some of the factors that place you at risk for developing diabetes.

Most of you are aware of Type 1 and Type 2 Diabetes, but many of you may not have heard of Prediabetes. People who have prediabetes have blood sugar levels higher than normal but not high enough to be called diabetes. Prediabetes puts you at higher risk for developing Type 2. There are no clear symptoms with prediabetes, so you may have it and not know it.

Most people who have prediabetes can manage it with diet and exercise. Once you have prediabetes you may be able to take steps that return your blood sugar levels to a normal range, but you remain at a higher risk of developing Type 2 Diabetes than a person who has never had prediabetes.

Some steps you can take to reduce your chances of developing diabetes are:

- Make smart food choices by choosing healthier foods with fewer calories. Rule of thumb is to fill half your plate with non-starchy vegetables such as carrots or broccoli and a

- quarter of your plate with starchy vegetables such as potatoes or corn. The remaining quarter of your plate should be protein such as chicken, fish, lean beef and pork, or beans. Half your cereals or breads should be whole grain. Round out your meals by consuming two cups of fruit or juice every day. Consume low-fat dairy products several times each day. Limit your intake of fried foods. Do not skip meals and be extra careful with Carbs from baked goods or pasta.

- Keep track of your weight. Losing only 7% of your body weight can make a huge difference in reducing your blood sugar levels and keeping them under control.

- Exercise with a brisk walk for at least 30 minutes or more, 5 times a week. Do whatever it takes to get your arms and legs moving.

- Keep regular sleep hours. Getting less than 5 hours of sleep a night makes a person more likely to get diabetes.

- If you smoke, quit! Smokers are 30-40% more likely to get diabetes than non-smokers.

- Drink water instead of sugary drinks.

HEBRON CHRISTMAS FAIR

FREE MOVIE

sponsored by Thayer County Elementary School & Thayer County Health Services

NOVEMBER 20

SHOWTIMES: 11 AM & 2 PM

Children 10 & under will receive a FREE Kids Pack

MOVIE IS HELD IN CONJUNCTION WITH THE CHRISTMAS FAIR FROM 11 AM - 4 PM

Thayer County Health Services

THE FOUNDATION FOR THAYER COUNTY HEALTH SERVICES

INVITES YOU TO THEIR

BEACH Party

Variety Show

Guests are encouraged to dress casual and wear Beach Attire

Foundation
for Thayer County Health Services

6:00 PM - BEACH PARTY BEGINS
6:30 PM - MEAL & PRESENTATIONS
7:00 PM - ENTERTAINMENT BY ST. PARADISE BAND
band sponsored by The Struve Foundation

Tickets: \$30 per person
To purchase tickets or for Sponsorship info call: **402.768.4636**

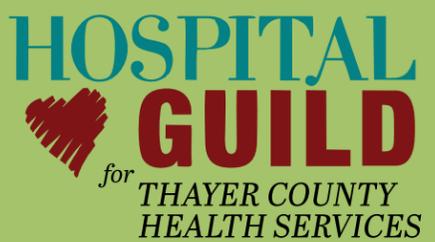
Proceeds will go toward Foundation's Capital Campaign - *Investing in Healthier Tommorows*

QUILT RAFFLE

\$1 PER TICKET OR 6 FOR \$5

- Queen size quilt pieced together by TCHS employees & quilted by Janet Voss in Carleton
- Drawing will be at the Guild's November meeting
- *Don't need to be present to win*

TO PURCHASE A TICKET: call Rita Luongo at **402.768.4636** or stop by the Things & Stuff shop in downtown Hebron



Left to right: Kris Miesner and Cassie Wilbeck helped sell tickets for the Guild's Quilt Raffle at Women's Health Night on October 20th.