



**INSIDE:  
 WOMEN'S  
 HEALTH NIGHT  
 DETAILS**

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 MIKE BURCHAM

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GUILD PRESIDENT:  
 JUDY MCLAUGHLIN

CONTACT US:  
 120 Park Avenue  
 Hebron, NE 68370  
 402.768.6041  
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[www.ThayerCountyHealth.com](http://www.ThayerCountyHealth.com)

ECRWSS  
 POSTAL CUSTOMER

## TCHS HOSPITAL GUILD PURCHASES TRANSPORT CHAIR

The Hospital Guild for Thayer County Health Services recently purchased a new transport chair for hospital nursing. This new chair was designed by a wheelchair patient to provide a safer environment for staff and patients when transferring them within the hospital. Its raised handles reduce the risk for back injury from leaning over when using a traditional wheelchair.

This new chair also has more features such as an IV bag holder and raised legs, which makes it more versatile and comfortable in meeting the needs of patients. Before purchasing this chair, TCHS was using three different wheelchairs to do the tasks this one chair can accomplish.

Based on the positive feedback from staff, the Guild has agreed to purchase a second transport chair for the Rehab Department. Each year the Guild raises and purchases over \$30,000 worth of equipment for the hospital and clinics. They are committed to helping Thayer

County Health Services reduce risks and prevent injury to patients and staff.



**From left to right:** Judy McLaughlin (Guild President), Jamie Koch (Chief Nursing Officer-CNO), and Kim Ruhnke, RN.

## October CALENDAR OF EVENTS

Events subject to change. Please see our website at [www.ThayerCountyHealth.com](http://www.ThayerCountyHealth.com) for the most up-to-date information.

- OCT. 4: **AESTHETICS CLINIC**  
5:30pm-8pm - Hebron Clinic
- OCT. 6: **CHILDREN'S IMMUNIZATION CLINIC**  
by appointment only - Hebron Clinic
- OCT. 13: **CHILDREN'S IMMUNIZATION CLINIC**  
by appointment only - Hebron Clinic
- OCT. 14: **AESTHETICS CLINIC**  
5:30pm-8pm - Hebron Clinic
- OCT. 26: **GUILD BOARD MEETING**  
9am - Bruning Conference Room  
**BOARD OF TRUSTEES MEETING**  
7pm - Bruning Conference Room

October is "Talk About Your Medicines" Month, Breast Cancer Awareness Month, Chiropractic Health Month, Domestic Violence Awareness Month, Halloween Safety Month, Medical Ultrasound Awareness Month, Patient-Centered Care Awareness Month, Pharmacists Month, Physical Therapy Month, SIDS, Pregnancy, and Infant Loss Awareness Month, Physician Assistants Week (6-12), Emergency Nurses Week (9-15), Fire Prevention Week (9-15), Healthcare Security and Safety Week (9-15), Infection Prevention Week (16-22), Medical Assistants Recognition Week (17-21), Stuttering Awareness Day (22), Lung Health Day (26), and Psoriasis Day (29).

# Community HeartBeat

OCTOBER 2016



Shelby Schardt, TCHS' newest Physical Therapist Assistant (PTA), helps a patient with her rehab in the brand new Rehabilitation Services facility.

[www.ThayerCountyHealth.com](http://www.ThayerCountyHealth.com)

MEET OUR NEW  
CHIEF INFORMATION  
OFFICER (CIO)

WOMEN'S HEALTH  
NIGHT & BRAS FOR A  
CAUSE DETAILS

DR. HEINRICHS  
CELEBRATES 1 YEAR  
ANNIVERSARY

 **Thayer County  
Health Services**  
*Exceptional Health... Close to Home*



# 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

The next few months will be a very busy and exciting time for Thayer County Health Services. Our two new labor and delivery rooms will open by the first of October, closely followed by the opening of our new emergency room, and the grand opening of the Korff Fitness and Wellness Center. If that was not exciting enough, our dedicated team of employees will have successfully navigated and implemented our new electronic medical record system.

For the past year, TCHS leadership, staff, and providers have worked hard to bring change to the hospital in a variety of ways, including the following: improving access and quality of care, providing a safer environment for patients and staff, and bringing new services that will improve the community's health.

Our new Cerner EHR (Electronic Health Record) brings to TCHS an integrated clinic and hospital system that is built around one patient chart. Smaller health care institutions like ours face the challenge of having access to fewer resources to accomplish the tasks of improving quality while keeping up with the ever-changing health care climate. Together with Cerner CommunityWorks, rural health systems

like ours around the world are partnering in an effort to lead the industry in performance excellence.

The relocated emergency room will allow our nurses to provide emergency care while being located much closer to the other patients we care for on a daily basis in the hospital. We will also be opening two new labor and delivery patient rooms that will be located near the nurse's station, so we can provide care for expectant mothers closer to all of the resources needed to provide them with the best care possible.

Finally, the Korff Fitness and Wellness Center will offer state of the art wellness, fitness, and rehabilitation services to all of the residents in our region. Our plan is to open the center in late October or early November, offering low membership rates and an opportunity for everyone to find new ways to improve their physical health. A healthier patient is easier to care for when illness or accidents occur. Our commitment is not only to restore your health but to help you maintain a healthier lifestyle, which in turn improves your overall quality of life.

*~Mike Burcham, CEO*

## RANDY LEVENDOFSKY | CIO

### EMPLOYEE SPOTLIGHT



Randy Levendofsky  
Chief Information Officer

**R**andy Levendofsky has joined the Thayer County Health Services family as the new Chief Information Officer, bringing over twenty years' experience in healthcare information technology with him. Randy was originally raised on a farm just north of Belleville,

Kansas, but he and his family have joined us from Scottsbluff, Nebraska, where he had been working as an Applications Manager at Regional West Medical Center for the past eight years.

As the Chief Information Officer, Randy is responsible for managing, coordinating, and supervising all aspects of the facilities network infrastructure, systems hardware/software, and working with all vendors and staff to ensure new software and computer systems are supported by our Information Technology infrastructure.

"I'm excited to be a part of the new Electronic Health Record (EHR) conversion to Cerner CommunityWorks that will blend the clinics and the hospital into the same system," Randy said. "My family and I are also eager to join the community, and I'm looking forward to getting to know all the employees and staff at Thayer County Health Services."

Randy and his wife, Sherry, enjoy spending time with their daughters and four grandchildren in their spare time. His oldest daughter, Jill, her husband, and two children live in Fort Collins, Colorado, and his youngest daughter, Stacey, and her family live in Overland Park, Kansas.

When he is not spending time with family, you can find Randy enjoying sports, fishing, golfing, or attending as many Denver Broncos games as he can. For many years, he has been a proud season ticket holder.

"I spent my early career working for KN Energy, Inc. in Lakewood, Colorado, in numerous Information Technology (IT) positions, which is where my love for the Broncos and the mountains began," stated Randy. "After that I have spent the remainder of my career in Healthcare Information Technology, which is just one reason why I'm excited for this new journey at TCHS."



# DR. LEANN HEINRICHS | FAMILY PRACTITIONER

## CELEBRATES 1 YEAR ANNIVERSARY



**Dr. Leann Heinrichs**  
Family Practitioner

ogy, Pediatrics, and Preventative Medicine. She is also trained in cesarean sections, endoscopy, and other minor procedures.

Like many family practitioners, Leann has numerous responsibilities she tends to on a daily basis. In addition to her specialized practices, her days are full of interdisciplinary morning rounds with the other providers to discuss the plans for every inpatient, scheduled colonoscopies, ASCAN (cardiac stress tests), on-call duty, and performing rounds at Blue Valley Nursing Home, Care Home, and Parkview Haven.

You can also find her at the Hebron Clinic where she sees pediatric, general adults, obstetric, and geriatric patients, and at the Bruning Clinic every other Thursday morning. She also performs aesthetics clinics the first and third Tuesday of every month, including services such as microdermabrasion, Botox, Juvaderm fillers, and chemical peels.

Even with her busy schedule, Leann still finds time to help promote programs that are near and dear to her heart such as the TCHS Baby

Friendly Program.

"The Baby Friendly Program was implemented to improve our Labor and Delivery unit as well as prenatal care here at TCHS," Leann said. "It's made up of a group of motivated individuals interested in providing breastfeeding support, encouraging skin-to-skin bonding, reducing cesarean section rates, and improving overall patient care to our new moms and babies. Our new LDRP rooms, which are currently under construction and should be available in the near future, will also help in reaching this vision."

If interested in helping with this program, you can participate in TCHS' friendly Football Squares fundraiser held for specific Husker Games with a chance to win \$25 and/or \$75. The next event is scheduled for the Nebraska versus Purdue game on October 22nd. Each square is \$5 apiece, and you can purchase one by dialing 402-768-6041. Future "Baby Friendly Football Squares" games will continue to be announced accordingly.

The proceeds from the fundraiser will go toward breastfeeding training

for nursing staff to become Certified Lactation Counselors, purchasing a breast pump for patient use, purchasing new infant warmers, and working towards a National Certification as a Baby Friendly Hospital.

"The community and the flexibility of the staff and providers to accommodate me and my growing family has only solidified that I made the right decision by joining Thayer County Health Services last October," said Leann. "I look forward to what the future holds in the coming years."

## We're HIRING! .....

**FULL TIME:**  
COMPUTER ANALYST  
REGISTRATION CLERK  
WARD CLERK/CNA • HOSPITAL RN  
NUTRITIONAL SERVICES COOK  
NUTRITIONAL SERVICES DIRECTOR

**PART TIME:**  
WELLNESS CENTER FRONT DESK  
CLERK REGISTRATION CLERK  
HOSPITAL RN

For more information or to view our other job postings, go to  
[www.thayercountyhealth.com/jobs](http://www.thayercountyhealth.com/jobs)

## get to know our DEPARTMENTS .....

### Accounting



**Left to right:** Cathy Dick, Lori Grummert, Cheryl Dougherty, and Doug Wismer.

The Accounting Department consists of four employees: Doug Wismer (Interim CFO), Lori Grummert (Controller), Cathy Dick (Accounts Payable), and Cheryl Dougherty

vice each to the hospital.

The Accounting Department is responsible for the financial piece of the hospital. They make sure TCHS' vendors are getting paid correctly and in a timely fashion,

(Payroll).

Doug is the newest member to the team having been here for a few months, while Lori has been here for five years. Cathy and Cheryl are the veterans of the group, adding 11 years of dedicated ser-

vice each to the hospital. They also report the financials to the Hospital Board of Directors on a monthly basis and work closely with the auditors for the annual financials and cost report.

Currently, our accounting team has been working extremely hard and logging extra hours to help with the conversion of our new financial software. What most people don't realize is accounting for a regular business versus accounting in the healthcare industry is extremely different because everything is even more detailed, and the hospital is required to perform special reporting to receive government reimbursement.

"One of the biggest challenges

we are facing with this conversion is going from working in one program to working with six programs, each specializing in a different area," the Accounting Team said. "However, once the conversion is complete, we will be able to have more detailed information on reports, and those reports will be even more Microsoft Excel friendly. That will help us out tremendously."

The accounting team's main goal is to get this new software up and running, so they will be able to utilize all of the new software to its fullest potential.

"It's taken many hours and will take quite a few more, but it will be very worth it in the end."

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

[www.ThayerCountyHealth.com/newsletter](http://www.ThayerCountyHealth.com/newsletter)



THE FOUNDATION  
FOR TCHS INVITES  
YOU TO THEIR



*Variety Show*

**NOVEMBER 13, 2016**  
**AG HALL**  
**THAYER CO. FAIRGROUNDS**  
**DESHLER, NE**

6:00 PM - SOCIAL GATHERING  
6:30 PM - MEAL & PRESENTATION  
7:00 PM - MUSIC BY ST. PARADISE BAND

**\$30** per person  
**\$300** table sponsor  
**\$500** event sponsor

To purchase tickets call:  
**402-768-4636**



**Foundation**  
for Thayer County Health Services

Entertainment Sponsor: The Struve Foundation

Proceeds will go toward purchasing equipment for  
the new kitchen & cafeteria

**PINKTOBER**

October is Breast Cancer Awareness Month

**1 in 8** women (**12%**) will develop breast  
cancer in her lifetime. That's **246,660**  
new cases expected in 2016.

**...is it you?**



**GET CHECKED!**

**TIPS FOR A FUN &  
SAFE HALLOWEEN!**

- 1) Make sure your child's costume is properly sized, and they can see through their mask.
- 2) Test face makeup on a small piece of skin before applying and make sure to remove it before bedtime.
- 3) Don't Trick-or-Treat alone. Younger kids should always be accompanied by an adult & older kids should always walk in groups.
- 4) Make sure children know their home phone number & address in case they get separated.
- 5) Trick-or-Treat in only familiar neighborhoods.
- 6) Only go to well-lit houses & have a set time for returning home.
- 7) Carry a flashlight, wear bright costumes, or put reflective tape on your child's back, so cars can clearly see them.
- 8) Walk, don't run, & always stay on the sidewalks & paths.
- 9) Have parents inspect all candy for any signs of tampering (tears, pinholes, discoloration, etc.).
- 10) Don't overshare! Resist the urge to update your social media about your plans. Burglars have been known to take advantage of homes when they know they are empty.

**Did You Know?**

**1/3** of parents talk to their kids about Halloween safety, though

**3/4** report having Halloween safety fear. Make sure to talk to your children about potential dangers!

## REHAB DEPARTMENT

### MOVE INTO NEW FACILITY

In August, Thayer County Health Services' Rehabilitation Services Department moved into their new space within the Korff Fitness and Wellness Center. Their new space has a larger gym, private treatment rooms, and expanded occupational therapy services with an ADL kitchen, bathroom, and laundry room. When work is complete on the new addition in October/early November, aquatics therapy services will also be added as a new service for patients. The pool will also be available to the public with their paid membership to the fitness center.

In addition to their new services, the rehab department provides a multitude of services in many locations:

- On-site Physical, Occupational, and Speech Therapy
- In-Hospital Therapy for acute and swing bed patients
- Home Health Therapy
- Athletic services for the local high schools

The rehab department also provides workplace screenings for various organizations in the community. They can do evaluations for workplace injuries, measure for body fat composition, and the staff are available to do presentations on various topics to the public.

An open house will be held once the new Korff Fitness and Wellness Center is complete. More information on the open house will be included in the November issue of the Heartbeat. Everyone will be invited to come tour the new addition and learn more about the services it will add for our patients and local residents.

## HEALTH TIP OF THE MONTH

### HAPPY HEART, HAPPY LIFE



**Marissa Bongers**  
Wellness  
Coordinator

the first step in avoiding heart disease and/or stroke.

**The leading controllable risk factors for heart disease and stroke are:**

- High blood pressure
- High cholesterol
- Cigarette smoking
- Diabetes
- Poor diet and physical inactivity
- Overweight and obesity

**To reduce your risk:**

- Make exercise a daily habit
- Maintain a healthy blood pressure
- Limit your calories

Keeping your cholesterol levels healthy is a great way to keep your heart healthy. Every year 735,000 Americans have a heart attack, and 210,000 of that number happen in people who have already had one. Losing weight, eating a healthy diet, and quitting smoking are lifestyle changes that can lower your risk, but studies have shown that exercise is one of the best ways to lower your cholesterol and to keep your heart happy, healthy, and fit for years to come.

Exercising and eating right is essential to a clean and happy heart. About 610,000 people die of heart disease in the United States every year--that's 1 in every 4 deaths nationwide.

To ensure you are not at risk, make sure to cleanse your blood vessels of fatty Triglycerides that may be clogging your artery walls, and build up your good HDL (High Density Lipoprotein) cholesterol to absorb and flush that bad cholesterol out! Knowing your cholesterol numbers and how to affect them is

## SHELBY SCHARDT

### PHYSICAL THERAPY



**Shelby Schardt**  
Physical Therapist  
Assistant (PTA)

Thayer County Health Services is excited to introduce our newest Physical Therapist Assistant, Shelby Schardt. She will be aiding TCHS' physical therapists by examining individual patients and developing a plan using treatment techniques to promote the ability to move, reduce pain, restore function, and prevent disabilities in patients. In addition, she will be working with individuals under our

physical therapists' supervision to prevent the loss of mobility in patients before it occurs by developing fitness and wellness oriented programs for healthier and active lifestyles.

Shelby is originally from Deshler, growing up with her parents, Dale and Lori Schardt, older brother and sister-in-law, Logan and Desirae, and her younger sister, Carlee. Graduating from Deshler High School in 2011, she attended Southeast Community College in Beatrice where she completed the Pharmacy Technician program before completing the Physical Therapist Assistant program at Southeast Community College in Lincoln. She graduated with distinction in March of 2015.

Being heavily involved in athletics in high school originally captured Shelby's interest in the phys-

ical therapy field, and like most athletes, she experienced some injuries along the way.

"I've always enjoyed sports, and of course during athletics most people experience an injury or two, like I did, so I discovered what physical therapy was like firsthand," said Shelby. "I also wanted a career that kept me motivated and moving, so it felt like a perfect fit for me right from the start."

Shelby is an avid Nebraska Husker fan and enjoys spending time with her friends and family.

"I am excited to be here at TCHS, not only to be closer to family and friends, but to be able to do what I love in the small community where I grew up," Shelby said. "I'm eager to continue learning and to apply my knowledge and experiences to help people in the area."

## FITNESS & WELLNESS

### FUN FACT

**FACT:** *Triglycerides* are a type of fat in your blood that your body uses for energy. A high level of these combined with a low level of good HDL cholesterol builds up in your arteries and can cause heart attack and stroke.

**SOLUTION:** 30 to 60 minutes of aerobic exercise a day pumps up your HDL to scrub your artery walls clean! Exercise to convert that fat into energy!

## ADULT MASS FLU CLINICS

### HEBRON MEDICAL CLINIC

Check-in at the front lobby of the hospital | 120 Park Avenue • Hebron

**Wed., October 26**

**8:00 am - 5:00 pm**

**Thurs., October 27**

**8:00 am - 5:00 pm**

**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**



# PHARMACY

## DEFICIENCY FREE AUDIT

The TCHS 340B drug savings program was recently audited by the US Department of Health Resources and Services Administration (HRSA) and passed with no adverse findings and no sanctions. This was an important milestone in TCHS' partnership with Priefert's Pharmacy in Hebron and WalMart Pharmacy in Fairbury to provide access to healthcare in our rural community. HRSA has completed 87 hospital audits through the first 8 months of 2016 and 53 (61%) of these programs received sanctions. The Nebraska Medical Center was one of the 53 with adverse findings and has been required to repay pharmaceutical manufacturers. TCHS pharmacy department is to be commended for running this program in an exemplary manner!

The 340B program was created as part of the Veterans Health Care Act of 1992 to allow qualifying health care entities that treat a high number of low-income and uninsured patients to obtain drugs at discounted prices from pharmaceutical manufacturers. It is important to note that this is not a taxpayer supported program. In 2010, as part of the Affordable Care Act (also known as "Obamacare") this discount program was expanded to include rural hospitals like TCHS to help them in their efforts to treat rural community members who have difficulty getting access to healthcare. Rural hospitals across America are facing significant economic challenges and more than 75 have closed their doors in the last 6 years. Despite the fact that drug sales within the 340B program accounted for only 2.3% of the more than \$329 billion spent on drugs annually in the US, drug companies are pushing to downsize or eliminate the program. Dr. Carla Frye, one of the TCHS pharmacists, has gone to Capitol Hill twice to lobby Nebraska congressional members to continue this program.

TCHS joined the 340B program in the fall of 2014 and partnered with Priefert's and WalMart in the summer of 2015. To date, the hospital has saved nearly a quarter of a million dollars through purchasing medications for use in hospital outpatients through the program. Additionally, part-

nering with our local community pharmacies has helped the pharmacies stabilize their medication budgets by purchasing medications through the 340B program for patients seen by TCHS providers. Documentation of medications that our patients received (including all over-the-counter medications and nutritional supplements) in the electronic medical records of TCHS patients is key to the success of this program and was a major reason TCHS successfully passed the HRSA audit.

*Written by Carla Frye, PharmD*

## DIETITIAN

### FOOD FUN FACT



**Kathy Retzlaff**  
Dietitian

Do you have a teen athlete involved in sports? Then your teen athlete needs power for quick, strong moves and endurance for practices and

sporting events. Food is fuel needed by young athletes for peak performance. Active teenage boys need 3,000 to 4,000 calories a day, while active girls need 2,200 to 3,000 calories per day.

Athletes should be provided with quality calories from fruits, vegetables, whole-grain breads and cereals, low-fat dairy, lean protein, and heart-healthy fats. These foods also provide the vitamins and minerals needed by teen athletes.

- Breakfast is a great time for whole-grain cereal with low-fat milk and fruit or whole-grain waffles with peanut butter, banana, and fruit juice.

- At lunch, teens should choose performance foods needed for afternoon practices instead of fried or fast food. Good choices are grilled chicken sandwiches with coleslaw, roast beef with mashed potatoes, or chicken wrap with fruit.

- For dinner, spaghetti with meat sauce along with a salad accompanied by whole-grain Italian bread with olive or canola oil spread plus low-fat milk makes for a perfect recovery meal.

- Keep healthy snacks of fresh fruit, veggies, low fat-cheeses, yogurt, and low fat microwave

popcorn handy when they come home after practices and games.

Carbohydrates are the most important fuel for the teen athlete. Carbs are stored as fuel inside muscles. Athletes need full carb stores before practice or an event. They are also needed for the next day's events. Carbs are the only fuel that can be used for those power moves---a slam dunk or a sprint to the goal line.

Teens can get all the protein they need for building and recovery of muscle from the foods they eat, so they should include some protein in every meal.

Active teens need snacks to boost calories. Some backpack-friendly snacks are sports drinks or juice boxes, trail mix, peanut butter crackers, bananas, apples, or granola bars.

Make sure your teen stays hydrated before, during, and after practices and games. Dehydration results when your teen fails to adequately replace fluid lost through sweating and can harm performance. Encourage them to drink lots of water.



*to benefit the Susan G. Komen Foundation*

**DECORATE & ENTER A BRA TO  
WIN CASH PRIZES**

Individuals and/or groups are allowed to enter!

**DEADLINE: FRIDAY, OCTOBER 14**

**BRAS TO BE DISPLAYED AT WOMEN'S HEALTH NIGHT:  
FOR MORE DETAILS OR TO REGISTER CONTACT**

**Amy Kreikemeier,**  
Marketing Specialist

402-768-4336

akreikemeier@tchsne.org

event sponsored by:  
**SUSAN G. KOMEN.**  
NEBRASKA



Invites you to join us for our

# WOMEN'S HEALTH NIGHT

This year's theme is:

- **FREE Complimentary Gift**
  - Wine Tasting
  - Fit & Fun Vendors
- Health Presentations
- Make & Take Sessions
  - & much more!

# Busting Out for BREAST CANCER



Get your **"Pink On"** and join us for a fun filled ladies night!

## EVENT SPEAKERS

7:00 PM - Dr. Tyler Adam  
(OB-GYN)

7:30 PM - Rosalee Lang  
(Breast Cancer Survivor)

8:00 PM - Ann Ringlein  
(Lincoln Running Company:  
Picking the Right Shoes for You)

## MAKE & TAKE SESSIONS

(All participants must register by  
October 6th)

\$10 - Soup Mix in a Jar

\$10 - Sugar Body Scrub

\$15 - Scarecrow Decor Craft

## THURSDAY, OCTOBER 20TH

### 6:00 PM - 9:00 PM

### AG HALL

### Deshler, NE

**FREE VENDOR BOOTH WITH DOOR PRIZE DONATION**

FOR MORE INFORMATION CONTACT

**Marissa Bongers, Wellness Coordinator**

402-768-4320 or mbongers@tchsne.org

**Register Deadline: Monday, Oct. 10th**

event sponsored by:

**SUSAN G.  
KOMEN.**  
NEBRASKA



Guests are encouraged to wear pink in honor of TCHS' "Pink Out" day.

