



INSIDE:
 FUN RUN RESULTS

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 MIKE BURCHAM

BOARD OF TRUSTEES:
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 NANCY HOFTS, VICE PRESIDENT
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FOUNDATION PRESIDENT:
 STEVE ANDERSON

GUILD PRESIDENT:
 JUDY MCLAUGHLIN

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

www.ThayerCountyHealth.com

ECRWSS
 POSTAL CUSTOMER

Community HeartBeat

AUGUST 2016



PARTICIPANTS OF THE FREEDOM FUN RUN JUMP TO A FAST START AS THE RACE COMMENCES

www.ThayerCountyHealth.com

CALLING ALL VENDORS FOR WOMENS HEALTH NIGHT

Sign up to receive vendor information for event being planned in

FALL 2016

(date to be determined)

Theme for 2016 is--

Busting Out
 for **BREAST CANCER**

cosponsored by Susan G. Komen Foundation

VENDOR CONTACT: MARISSA BONGERS
 402.768.6041 OR mbongers@tchsne.org

August CALENDAR OF EVENTS

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

- AUG. 2: **AESTHETICS CLINIC**
 5:30pm-8pm - Hebron Clinic
- AUG. 11: **CHILDREN'S IMMUNIZATION CLINIC**
 by appointment only - Hebron Clinic
- AUG. 16: **AESTHETICS CLINIC**
 5:30pm-8pm - Hebron Clinic
- AUG. 18: **CHILDREN'S IMMUNIZATION CLINIC**
 by appointment only - Hebron Clinic
- AUG. 31: **GUILD BOARD MEETING**
 9am - Bruning Conference Room
BOARD OF TRUSTEES MEETING
 7pm - Bruning Conference Room

August is Backpack Safety Month, Ovarian Cancer Month, Psoriasis Awareness Month, Children's Eye Health and Safety Month, and Spinal Muscular Atrophy Awareness Month.

We're HIRING!

FULL TIME:
 PHYSICAL THERAPY ASSISTANT • PERFORMANCE IMPROVEMENT COORDINATOR
 ENVIRONMENTAL SERVICES TECH I • CHIEF FINANCIAL OFFICER • HOSPITAL RN • WARD CLERK/CNA • PHARMACY 340B SPECIALIST TECH • MEDICAL CLINIC DIRECTOR

PART TIME:
 HOSPITAL RN • SPECIALTY CLINIC RN/LPN
 For more information about our job openings and to apply go to www.thayercountyhealth.com/jobs

MEET OUR NEW NURSE INFORMATIST

HOSPITAL GUILD ANNOUNCES ANNUAL QUILT RAFFLE

MEET OUR FACILITIES TEAM



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

TCHS is continuing our commitment to our patients and families in the region by providing Exceptional Health - Close to Home. Later this month, Thayer County Health Services will move our rehabilitation services into the new Korff Fitness and Wellness Center where they will have all new treatment areas for patients receiving physical, occupational, and speech therapy.

The rehab services they offer are for both adults and children. As part of the new facility, occupational therapy will have a full ADL kitchen and bath to help patients recovering from a stroke or injury relearn how to function in their home. In addition, the new therapy pool will allow TCHS to add aquatic therapy to its list of therapy services. Aquatic therapy is great for patients who suffer from joint pain or arthritis. It allows them to regain movement and flexibility in a warm and peaceful environment.

The rest of the new facility, which includes the public fitness center, is scheduled to open in late September. This new facility will bring state of the art exercise equipment, classes, and

services to the people in Thayer County. With their paid membership, local residents will be able to use the services to improve their health and overall fitness level.

As part of our commitment to health and wellness, TCHS continues working with area businesses that participate in our corporate wellness program. This program works with employers on ways to reduce their healthcare cost through health risk assessment tools and employee wellness programs. This is another area where TCHS will continue to look for ways to expand this service.

The overall health of our county is vital for everyone. Statistics are gathered annually that compare the overall health of Thayer County to Nebraska and national benchmarks. TCHS uses this information to develop its wellness, health, and corporate programs. The goal is to improve the overall state of health in our region and help those who seek our care live more productive and active lives.

-Mike Burcham, CEO

MEET OUR NEW NURSE INFORMATIST



Michelle Dick, RN
Nurse Informatist

Michelle Dick, RN has been at TCHS for the past eight years. Before accepting her new role as a Nurse Informatist, she worked as a surgical nurse. Michelle also lives in Hebron with her husband, Ryan, and their four children, Walker, Alexia, Logan, and Lauren.

A nurse informatist helps manage the combination of nursing information and technology in order to better assist clinicians with the care of their patients. In other words, they help nurses, doctors, and anesthesia providers with learning how to use the new Electronic Health Record (EHR) to the best of its ability so that 1) the patients will receive the best care and 2) the reporting process will be thorough and complete.

With converting to a new EHR, she will be assisting all of the clinical departments with gathering data, creating new workflows, ensuring the processes are built correctly, and teaching the end users how to use and navigate through Cerner.

Although Michelle is very busy with the adjustment, she admits she is excited for this new position.

"I am excited to help other nurses and providers with the process of learning a new system. Although changes are scary and difficult sometimes, this brings about new opportunities that we've never had before. My hopes are that everyone will be pleasantly surprised at how this eventually all comes together in the long run and that if they do have an issue, they will know to come to me to help them solve it."

In Michelle's free time, she enjoys going to her children's school activities, church, recreation programs, and 4-H, as well as reading books to relax.

REHABILITATION DEPARTMENT

PREPARES TO MOVE INTO NEW FACILITY

During the 4th of July parade in Hebron, members of TCHS' Rehab Department, Brad Cooper, Steve Williams, Anne Sims, Tracy Tietjen, and Traci Zelenka took to the road on the hospital's four person Scurry Bike. The Rehab team will relocate their department into the

ing patients in August 2016. By late September to early October, the main fitness area will be complete and open to the public on a membership basis.

For more information on the Korff Fitness and Wellness Center and the services it will provide, visit the wellness page on Thayer



The Rehab Department cycle their way to a new Rehab Facility. Front (LR): Brad Cooper and Steve Williams Back (LR): Anne Sims, Tracy Tietjen, and Traci Zelenka

new Korff Fitness and Wellness Center in early August.

The Korff Fitness and Wellness Center is the new addition being built on the north side of the lower level of the hospital. The part of the facility that houses the new Rehab Department is almost finished and the staff will begin see-

County Health Services' website, www.thayercountyhealth.com. You can also pick up a brochure on the Korff Fitness and Wellness Center in the hospital main lobby or call Marissa Bongers, our new Wellness Coordinator, for additional information at 402-768-6041.

THE HOSPITAL GUILD ANNUAL QUILT AUCTION ANNOUNCED



The hospital guild is holding their annual Quilt Raffle for a queen size Christmas quilt. Drawing for the quilt will be at the Hospital Guild's November meeting. This quilt top was pieced together by a group of Thayer County Health Services employees who volunteered their time and talents to create a beautiful keepsake. Janet Voss from Carleton did the hand quilting. The quilt is on display in the main lobby of the hospital in Hebron. You can purchase a chance to win the quilt for \$2.00 per ticket or three tickets for \$5.00. For more information please call 402-768-4636.

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

www.ThayerCountyHealth.com/newsletter

Our SERVICES

PATIENT SERVICES

- Acute Care
- Aesthetics Clinic
- Behavioral Health
- Cardiology Clinic
- Cardiac Rehab
- Cataract Surgery
- Childbirth Classes
- Diabetes Education
- Dietary Counseling
- Ear-Nose-Throat
- Foot Clinic
- Good Beginnings
- Home Health
- Immunization Clinic
- Labor and Delivery
- Laboratory
- Newborn Care
- OB-GYN
- Observation Care
- Occupational Therapy
- Ophthalmology
- Orthopedic
- Physical Therapy
- Podiatry
- Pulmonary Rehab
- Speech Therapy
- Surgery
- Swing Bed
- Urology Clinic
- Vascular Clinic
- Wellness Program
- Wound Clinic

DIAGNOSTIC

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

get to know our DEPARTMENTS Facilities



From left to right: Jerad Walker, Richard Acuna, Andy Novatny, Michael Dougherty, and Kari Lawson

The Facilities Management team consists of five employees: Richard Acuna (Facilities Vice President), Kari Lawson (Facility Office Coordinator), Michael Dougherty (Maintenance Supervisor), Jerad Blocker (Maintenance Worker), and Andy Novoty (Maintenance Worker).

Richard has been here for almost two years, Jerad has been here five months, and Andy and Kari have both been at TCHS a year. Mike is the lone veteran having been at TCHS for nearly five years, while being in Main-

tenance for a year and a half of those five.

Members of this department are responsible for overseeing the day-to-day maintenance operations of the facility.

During the current building project, they work closely with McCarthy Building Co., Altus Architectural firm, and all subcontractors to make sure the project stays on schedule and there is limited disruption to the services provided. In addition, they brief the staff on ongoing projects weekly and any recurring issues.

TCHS is fortunate to have such a hard working group of employees to keep the hospital and clinics ready to take care of patients. Their role is especially important as the hospital and clinic continue renovations.



From left to right: 1st Place-Casey Keegan, 2nd Place-Dylan Fischer, and 3rd Place-Trey Fischer



From left to right: 1st Place-Ann Hubl, 2nd Place-Joy Schweer, and 3rd Place-Trudy Degenhardt



From left to right: Justin Bongers-3rd Place, Cayden Huber-2nd Place, TK Herriott-1st Place, and Jason Bongers- 4th Place

HEALTH TIP OF THE MONTH

A REAL HOME GYM



Marissa Bongers
Wellness
Coordinator

You don't need to buy expensive equipment to get fit!
PUT THESE ITEMS TO USE IN YOUR HOUSE:

Lack of time is one of the biggest excuses for not exercising. Turn your home into your latest piece of workout equipment.

1. **THE FLOOR.** From planks to burpees to crunches, there are many simple but effective exercises to do right on the ground.
2. **WALLS.** Wall sits are great for the lower body. Slowly slide your back down a wall until your thighs are parallel to the ground at a 90 degree angle and knees are directly above the ankles.
3. **STAIRS.** Climb the stairs or use the bottom step, to step up and down like an aerobic stepper.
4. **A CHAIR.** Stand in front of a chair, lower your hips, and hover just above the chair while you squat.