



**INSIDE:
 VARIETY SHOW
 DETAILS**

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www.ThayerCountyHealth.com

ECRWSS
 POSTAL CUSTOMER

THAYER COUNTY HEALTH SERVICES NEW PATIENT FINANCING PROGRAM

Thayer County Health Services is excited to offer patients and their families a new financing program for their patient accounts. This is a loan program through Union Bank, a family-owned, Nebraska-based bank. Union Bank has years of experience in providing health-care loans. Their program is designed to give patients peace of mind knowing they have the ability to finance their patient account balances into one fixed monthly payment.

Program benefits:

- Affordable payment plan to fit your monthly budget.
- Multiple accounts can be combined

into one loan.

- Credit can be extended over a longer period of time.
- Competitive interest rates.
- Applications are easy to complete. No credit checks.
- Loans are unsecured, no collateral is required.
- First payment may be deferred up to 45 days.
- Payments can be set up with auto pay.

For more information on this program contact Joni Fischer at Thayer County Health Services at 402-768-6041. You can also access information or apply online at www.thayercountyhealth.com.

BE SAFE THIS HOLIDAY SEASON!

There were over **17,000 emergency injuries** involving holiday decorating in 2015.

This year, make sure to:

- Heed warning labels on ladders.
- Get a "Fire Resistant" artificial tree, or check a real one for freshness.
- Keep burning candles in sight.
- Check/test each set of decorating lights.
- Make sure your fireplace is cleaned and secure.

December CALENDAR OF EVENTS

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

- DEC. 2: **AESTHETICS CLINIC**
5:30pm-8pm - Hebron Clinic
- DEC. 8: **CHILDREN'S IMMUNIZATION CLINIC**
by appointment only - Hebron Clinic
- DEC. 16: **AESTHETICS CLINIC**
5:30pm-8pm - Hebron Clinic
- DEC. 22: **CHILDREN'S IMMUNIZATION CLINIC**
by appointment only - Hebron Clinic
- DEC. 25: **MERRY CHRISTMAS!**
- DEC. 26: **CLINICS ARE CLOSED**
- DEC. 28: **GUILD BOARD MEETING**
9am - Bruning Conference Room
BOARD OF TRUSTEES MEETING
7pm - Bruning Conference Room
- JAN. 2: **CLINICS ARE CLOSED**

December is Safe Toys and Gifts Month and Older Driver Safety Awareness Week (7-11).

We're HIRING!

HOSPITAL RN FULL TIME

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

Community HeartBeat

DECEMBER 2016



Rosalie Lange (left) and Judy Werner (right) pose with a member of the Saint Paradise Band at this year's beach themed Variety Show on November 13th in Deshler.

www.ThayerCountyHealth.com

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

As many of you may know, my wife, Cindy, and I have made the difficult decision to move back to Missouri to be closer to our children and grandchildren. This new career opportunity will put us within 45 minutes to 3 hours from our children. Right now, we are between 3.5 to 10 hours away. A chance to be closer to loved ones was instrumental in us making this difficult decision to leave Thayer County Health Services. We have enjoyed the many friends and colleagues we have met and will miss each and every one of you.

During my three year tenure I have been blessed to work with some great nurses, ancillary staff, physicians, mid-level providers, and many others. In addition to the day to day people, every citizen needs to know that they are represented by a dedicated, engaged, and sharp Board of Trustees and County Commissioners. These fine people have your best interests in mind and work very hard to make sure your community hospital is successful today and long into the future. Hebron and the surrounding communities are bless-

ed to have such dedicated and gifted professionals working on their behalf.

In the past three years, we have accomplished many great things. Your hospital, guided by competent senior and departmental leadership, are truly well ahead of many similar hospitals in the Midwest. Within the next year, the completion of the current hospital renovation and building project will allow TCHS to bring new and necessary clinical services to the local communities.

I encourage all of you to take the time to thank the great staff at TCHS for the tireless work they do on your behalf. Knowing you value their dedication means a great deal to them. I also want to thank you for allowing Cindy and I into your lives. Although our time together has been short, the friendships and professional relationships we made while here will last a lifetime.

~Mike Burcham, CEO

JUSTIN KRUMWIEDE | NUTRITIONAL SERVICES DIRECTOR

EMPLOYEE SPOTLIGHT



Justin Krumwiede
Nutritional Services Director

La Vista, NE, where he had been working as the head chef at Parsons House for eight years. Prior to that, Justin learned his skills hands on at Lanoma Beach for two years from a chef who studied at Le Carbon Bleu, one of the best culinary schools in the nation.

As the Nutritional Services Director, Justin's main responsibilities will be to oversee the kitchen and ensure that it is up to government regulations while implementing and experimenting with different foods. He hopes to apply more delicious, healthier food to the menu and help to improve staff meals.

"I'm really looking forward to working with a smaller group of people and in such a new and innovative kitchen," said Justin. "Everyone I've met so far seems to really enjoy working here,

and I can't wait to be a part of that positive work environment."

Justin and his wife, Michelle, have relocated to Fairbury with their four daughters: Allison (8), Abigail (5), Alysa (3), and Avriana (6 months) and their two dogs: terrior, Herbie, and golden doodle, Bo. Being an avid Husker Football fan, Justin loves to spend his extra time at auctions to help with his at-home business, S&J Resale, and spending time with his family.

"The kids grow up so fast, that I'm just trying to take it all in," Justin said. "Their favorite meals range from shrimp scampy, beef brisket, fried tacos, and milk, but they're always willing to be my taste tasters at home. They've also expressed their excitement to help dad bring some new recipes to TCHS."

get to know our DEPARTMENTS

Baby Friendly Program



Left to right: Amber Lubben, RN, Dr. Leann Heinrichs, Ranae Vorderstrasse, RN, Abby Gausman, RN, Tara Huber, RN, and Natalie Marsh, RN. **Not Pictured:** Kim Francis, RN, Jessica Shepler, OT, Miranda Tipton, RN, Haley Wiedel, LPN, and Haylee Williams, RN. Members of the Baby Friendly Program pose inside one of TCHS' brand new Labor and Delivery Rooms (LDRP).

The Baby Friendly Program is made up of a group of Thayer County Health Services hospital employees who are dedicated to improving the care and birth experience for our expecting moms, newborns, and their families.

The Baby Friendly Program was started at Thayer County Health Services in the fall of 2015. A need was recognized after a couple of TCHS staff attended the Nebraska Perinatal Quality Improvement Collaborative (NPQIC) Fall Summit in Lincoln, NE. A few concerns that registered with these participants included Nebraska's 48th ranking in the nation in regards to exclusive breastfeeding and also the high cesarean section rates across the country. With these concerns in mind, the Baby Friendly Program was created to help address these needs while also focusing on prenatal education, breastfeeding support, and

improving the best practices for labor and delivery.

TCHS' Baby Friendly Program is fortunate enough to be comprised of eleven employees from different areas of the facility to best serve the patients in the surrounding communities. There are nurses from the clinic, hospital, and triage departments, individuals who teach the prenatal classes, and others that have a passion for helping new moms and babies. Having members throughout the hospital allows them to address patient concerns and to recognize areas needing improvement in many diverse settings.

"Members of the Baby Friendly Program are looking to improve the rates of exclusive breastfeeding by offering more breastfeeding support, increasing skin-to-skin practice, and improving prenatal education," said Dr. Leann Heinrichs. "Improving the overall experience at TCHS for

our new and expectant mothers, infants, and families is something we're all very passionate about."

The dedication these members put into the program seems to be working as they were recently awarded two different grants and three scholarships. The Baby Friendly Program was the recipient of one of the Norris Public Power "Operation Round-Up" grants to use towards the purchase of a hospital grade Medela breast pump for both employee and patient use at the facility. They were also granted \$500 through the Nebraska Breastfeeding Coalition to form an alliance for breastfeeding support in the community.

The scholarships that were awarded were used to send three of Thayer County Health Services' nurses, Haley Wiedel, Miranda Tipton, and Natalie Marsh, to a five day course in York, NE, where they received specialized training to become Certified Breastfeed-

ing Counselors. They, along with Dr. Heinrichs, who is a Certified Lactation Specialist, are able to offer breastfeeding expertise.

"The specialized training we received in York was extremely beneficial to help provide these services at Thayer County Health Services," Haley Wiedel, LPN, said. "We are looking forward to having a breast pump available to use at our facility and the opportunity to provide support for area mothers who choose to breastfeed."

In addition to the new items to help improve the overall experience provided by the Baby Friendly Program, patients can now enjoy and utilize TCHS' two new Labor, Delivery, Recovery, and Postpartum (LDRP) rooms.

"We're all very excited to offer these rooms to the community," said Dr. Heinrichs. "We feel they will provide a better atmosphere with top notch technology and equipment when you welcome your new baby into your family."

The members of the Baby Friendly Program have also been hard at work these past few months selling Football Squares Tickets as a fundraiser. With the money they raised, they were able to purchase ten skin-to-skin support shirts for new mothers to use during their hospital stay. Although the Football Squares fundraiser is complete for 2016, they look forward to continuing with it again in the 2017 Husker Football Season. The funds raised will be used to purchase future items to help improve patient care.

"It was great to see the enthusiasm that everyone in the community brought to our Football Squares Fundraiser," Dr. Leann Heinrichs said. "Moving forward, we really appreciate everyone's support and encouragement as we continue to improve and expand our services at TCHS."

Merry Christmas from TCHS!

TCHS Clinics' Holiday Hours:

Dec. 24: open 8AM-12 PM **Dec. 31:** open 8AM-12PM
Dec. 26: CLOSED **Jan. 2:** CLOSED



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

www.ThayerCountyHealth.com/newsletter

TCHS EMPLOYEES GIVE BACK TO BLUE VALLEY COMMUNITY ACTION



Susan Wulfekoetter (right), who handles Patient Accounts at TCHS, presents Alice Herman (left) at BVCA with a monetary donation to go along with the 54 pounds of food that TCHS employees had donated for the Thanksgiving holiday.

Healthcare workers, by nature, are known to be compassionate and caring people. Nowhere is this truer than at TCHS. Our employees have a strong reputation for implementing innovative ideas and working together to help others.

The “Denim Day” program at

TCHS is a good example of how TCHS employees show they care. This program started in 1996 when TCHS joined the Lee Jeans “Denim Day” event held on the first Friday of October. This event was organized by the Lee Corporation to get businesses involved in raising money to fight Breast Cancer.

Following this event, a group of

TCHS employees suggested using this as a model for an employee Denim Day. It was suggested that a “Denim Day” be held once a month at TCHS to support different charities. The \$3 donation per employee is then given to designated charitable organizations.

In 2012 the program was expanded to every Friday throughout the year. Employees still donate a minimum of \$3 each Friday they wear denim, and a different charity is selected for each month of the year. With over 150 employees, this program has a real impact.

The Denim Day program at TCHS is not just a fundraiser for charities. It also promotes teamwork and gives employees a sense of pride and accomplishment in knowing they are making a difference. In the past, many TCHS employees have contributed the \$3+ to the selected charity whether or not they wore jeans.

Since its start, the “Denim Day” program has resulted in more than \$18,000 in donations from the em-

ployees at TCHS. Besides the monetary donations, the Denim Day program has also been used to collect items for the local food banks, toy drives, and winter coat donations.

This month, a food and monetary donation was given to Blue Valley Community Action in downtown Hebron. TCHS employees donated over 54 pounds of canned and boxed food, as well as presenting them with a generous monetary donation of \$238.

Giving back to various charities shows how our employees are working together to make a difference. Some organizations that have benefited from the Denim Day program and other fundraisers are: the American Cancer Society, American Diabetes Assoc., Relay for Life, Stomp Out Epilepsy, American Red Cross, American Heart Assoc, TCHS Fundamental Committee (FUN), the Foundation for Thayer County Health Services, TCHS Hospital Guild, Blue Valley Community Action, St. Jude’s, and many other charities.

DIETITIAN HEALTHY HOLIDAY EATING



Kathy Retzlaff
Dietitian

Are you dreading the holiday season because you think you will gain weight? Food is everywhere during the holidays, which makes it tough for us to stick to healthier eating and exercise habits.

Most people gain about a pound between Thanksgiving and New Year’s Day, but about 14% of the U.S. population gains five pounds or more. Holiday weight gain is one reason your weight creeps up from year to year.

The best advice is to change your mind-set. You should not expect to lose weight between Thanksgiving and New Year’s Day. Instead, focus on not gaining weight. To accomplish this, keep a regular exercise pattern and continue to eat a healthy diet during this time. Traditional family foods for the holidays are one of the pleasures of our holiday season.

Allow yourself to splurge on foods that make your holiday season meaningful but consume them in small amounts. You can cut back calories in other ways too

while keeping your exercise schedule on track.

Several ways you can keep your calorie intake under control when you are at holiday functions are:

- Exercising during the hectic and sometimes stressful holiday season can help you maintain your weight and sanity. If you travel, walking, running, or stair-climbing are easy to do when away from home.
- Survey the entire food table before you take any food. Decide what foods are worth eating and which you can ignore, and then stick to that decision. Why waste calories on foods that do not bring you pleasure?
- Eat a snack before you leave home. If you arrive at a party starving, you will likely eat too much.
- Eat your calories instead of

drinking them. Stick with lower calorie or calorie-free drinks instead of punches, eggnog, and mixed drinks that can have up to 500 calories.

- Sip a large glass of water between every alcoholic drink, non-alcoholic punch, or eggnog. This will help you stay hydrated, and you will drink fewer calories by the end of the night.
- Try not to hang out near the food. Focus on visiting with people instead of eating.
- Do not cover your plate completely with food. When it comes to holiday sweets and alcoholic beverages, less is better.
- Enjoy your favorite holiday treats, but take a small portion, eat slowly, and savor the taste and texture of the great foods of the season.

HEALTH TIP OF THE MONTH ‘TIS THE SEASON FOR STRESS



Marissa Bongers
Wellness
Coordinator

‘I ate too much.’ ‘We’re never home.’ ‘We spent too much money.’ ‘I feel exhausted.’

If you want to avoid that stressed-out feeling this holiday season, try implementing some new strategies and avoid some common mistakes. Like many, we tend to let our expectations, poor planning, and over-indulgence get in the way of truly enjoying and de-stressing during our ‘down-time’. The key to success in avoiding the ‘holiday blahs’ is to recognize those activities that energize, motivate, and please us, and to delete or change those activities that irritate, disappoint, and anger us.

Holidays provide opportunity for celebration, gift-giving, reflection, tradition, spiritual renewal, and relaxation. However, they often bring about family tension, crowded schedules, remembrances of lost loved ones, and/or additional tasks and expectations. By determining your goals for the holidays and by staying

in control of your overall plan, you can help to ward off excessive stress and have a more enjoyable time all around.

The most important step to a less stressful holiday is to determine the purpose of the holiday. Is it a time to get reconnected and rejuvenated or is it a time for spiritual reflection? Once this has been decided you will be better equipped to make decisions on how to handle your holiday planning.

Top Tips To A Stress-Less Holiday:

- 1. Get back to basics and simplify.** Are you spending all day cleaning up from the holiday feast? Use paper plates.
- 2. Avoid ‘holiday perfectionism’.** Thinking, saying, or planning for the best holiday ever can lead to certain disappointment.
- 3. Stop and be in the moment.** Have you noticed the wondrous sights, sounds, and smells around you, or have you been too caught up in the to-do’s to notice?
- 4. Acknowledge your feelings.** Take into account the losses that you have experienced, but remember to talk positively to yourself about the past challenges that you have overcome.
- 5. Ask for help.** Remember your ultimate goal for the holiday and get support from those around you.
- 6. Move your body.** Physical activity is a great way to feel refreshed and relieve stress!
- 7. Overall health.** Take care of yourself by resting well, eating a balanced diet, moving your body whenever you can, and spending time with the people who make you happy.

FITNESS & WELLNESS FUN FACT

SIPPING ON EGGNOG



This creamy nutmeg-flavored beverage gets its only time in the supermarket spotlight before and after Thanksgiving and then again in weeks leading up to and after Christmas. An average of 122 pounds of the beverage (not including alcoholic add-ins) is slurped down annually, which amounts to about a half a cup per person. A 4-oz cup of eggnog contains approximately 350 calories. Spiking the nog with alcohol can add another 300 calories. One reasonable step that can be taken to dilute the considerable caloric impact of this traditional holiday drink is to dilute the store-bought nog with skim milk before drinking.

KORFF FITNESS & WELLNESS CENTER CONSTRUCTION UPDATE

The Korff Fitness and Wellness Center will provide the communities in and around Thayer County a full service, state of the art wellness facility. This 17,000 square foot exercise center will offer a wide variety of work out equipment to its members including



The front entrance to the Korff Fitness & Wellness Center.

treadmills, arc trainers, stationary bikes, rowing machines, free weights, a heated therapy pool, an indoor walking track, and an aerobics room located in the center of the building.

The aerobics room will be equipped with a sleek, touch-screen kiosk providing members with over 200 workout videos as a virtual Fitness on Demand group fitness option.

“The equipment is easy to use, but we want to make sure no one is intimidated by unfamiliar machines. We will be offering optional weight-room orientations to introduce all the equipment to members,” said Wellness Coordinator, Marissa Bongers. “No matter what your health and fitness goals are, there is an option for you to improve your well-being.”

Men and women’s locker rooms, showers, and 24/7 access to the exercise facility will also be available for you to fit your work out in whenever it’s convenient for you.

The wellness center addition also includes Rehabilitation Services. Rehab patients will enter through the main entrance of the Korff Fitness & Wellness Center on the west side of the building, where a circle drive is provided to allow for easy drop-off and pick-up for patients.

The aqua-therapy pool will be used for physical therapy patients but will also be available for public use during the wellness center’s staffed hours. Members will be able to utilize the warm water therapy pool and its reverse current to change up their daily routine and protect their joints.

The Korff Fitness & Wellness Center was made possible because of a generous gift from the estate of Hebron native, Glenn Korff. This center will stand as a lasting legacy to his commitment to health and fitness, and the services provided will have a positive impact on the overall health of local residents for generations to come.

Membership sign-up will be available beginning on the opening date (this date is yet to be determined).

Make sure to be on the lookout for when it’s announced! “Like” Korff Fitness & Wellness Center and Thayer County Health Services on Facebook for the latest updates and information. To view weekly updates and pictures of the project and construction, check out www.thayercountyhealth.com.



The aqua-therapy pool will be used by the Rehabilitation Services Department, as well as be available to the public during staffed hours. The pool has a reverse current to give you a better workout.

DR. BARRY BOHLEN ORTHOPEDIC SURGEON



Dr. Barry Bohlen
Orthopedic Surgeon

grow as a person so I wouldn't change anything."

Dr. Bohlen specializes in sports medicine and total joint replacement out of his main location in Hastings. He realizes that your body's musculo-skeletal system is a complex system of bones, joints, ligaments, tendons, muscles, and nerves that allows you to move, work, and be active, and he will do his absolute best to make it as perfect as he can.

"Over the last 15 years, the leaps and bounds of arthroscopic surgery advancements have been great," said Dr. Bohlen. "I think in the next few years the process of why stem cells and biologic assets to enhance healing and treatment will be the next wave of orthopedics to help our nation."

For anyone interested in the orthopedics field, Dr. Bohlen says to first identify your passion in life, and if it is orthopedic surgery, then put your heart into it, prepare to study hard, and never stop learning.

Looking back over his 18 years of experience, Dr. Bohlen knew he was destined to help people from the time he was in college. "I enjoy the work I do. It has been everything I've always wanted to do - to return and live in my home town and help the people in central Nebraska is a dream come true."

To schedule an appointment with Dr. Bohlen, you first need a referral; you can then contact the Specialty Clinic at 402-768-4696 or his Hastings office at 402-462-2139.

THAYER COUNTY HEALTH SERVICES HOSPITAL BOARD



County Commissioner, Chris Frye (right), swears in the new member to the Hospital Board of Trustees, Craig Pope (left). Craig will fulfill the last two years of the term vacated by Chris Roth.

"LIGHTS OF LOVE" TREE

- Pay tribute to a lost loved one by giving a donation of \$5 per name to the TCHS Hospital Guild
- Proceeds will go toward purchasing new medical equipment for patients
- Christmas Tree will be displayed in the hospital's front lobby

To donate call 402-768-4636



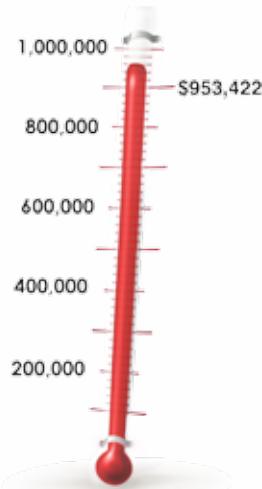
THE FOUNDATION 2016 MEMBERSHIP DRIVE

Having quality local healthcare is vital to the future of Thayer County. Thayer County Health Services does not just provide essential healthcare services to the local communities, it also has a tremendous impact on the local economy.

The 2016 membership dues and end of year gifts to the foundation have been designated to Phase II of the current hospital renovation project, the renovation of the new kitchen and cafeteria. The current kitchen and cafeteria are original to when the hospital was built in 1968. New state code and the growth in the services provided have led to the need to update this area of the hospital. The new location for the kitchen and cafeteria will be adjacent to the hospital's front entrance. This new location is a more convenient location for visitors and guests.

The Foundation for TCHS is a non-profit 501(c)3 organization with

only one mission – improving local healthcare. As we begin the New Year, please consider becoming a member of the Foundation for TCHS. Membership dues are just \$25 per person. Dues and annual gifts to the foundation can be sent to: Foundation for Thayer County Health Services, 120 Park Avenue, Hebron, NE 68370. Working together we can have a real impact on local healthcare.



Ray and Eileen Ashe were presented with the Foundation's 2016 Volunteer of the Year award by Foundation President, Steve Anderson (middle), at the Variety Show.

THE FOUNDATION BEACH PARTY VARIETY SHOW

The Foundation for Thayer County Health Services held their annual Variety Show at the Thayer County Activity Center in Deshler, NE, on November 13th. Over 240 guests were in attendance at this year's beach themed variety show. In the past, this event has helped fund different projects for the hospital and clinics. This year the proceeds will go toward the Foundation's Capital Campaign – *Investing in Healthier Tomorrows*. The funds raised during the campaign will be used to cover the cost for Phase II of the hospital renovation project that includes a fully renovated and expanded hospital kitchen and cafeteria. The new kitchen and cafeteria will be moved to the southwest corner of the hospital where the Rehab department was previously located.

Each year at the Variety Show, the Foundation recognizes an individual(s) with their Volunteer of the Year award. This year the award was presented to Eileen and Ray Ashe. Eileen and Ray have been instrumental in helping

improve the appearance of the Things and Stuff thrift shop in downtown Hebron. Updates include new windows, doors, and carpet throughout the store front as well as a custom built front desk and cabinets.

Sweet Creations from Fairbury catered the Beach Party meal and youth from local 4-H groups served as the waiters. During the evening, guests enjoyed the beach atmosphere as they listened to music performed by the steel drum band, *Saint Paradise*, from Kansas City. The Struve Foundation once again sponsored the cost of the entertainment.

The Foundation for Thayer County Health Services would like to thank everyone who attended this year's Variety Show for their support. If you were unable to attend this year's event but would still like to give a gift, you can send your donation to: Foundation for TCHS, 120 Park Avenue, Hebron, NE 68370. The hospital foundation is a 501(C)3 and all contributions are tax deductible.

Thank you to our 2016 Variety Show Donors

Platinum: Ken & Stephanie Korff • The Struve Foundation **Platinum:** Cerner Corporation • Loren & Audrey Else **Silver:** Dr. Marlin & Kathy Bauhard • Don & Brenda Betten • Lyle & Linda Burd • DA Davidson • Ron & Nancy Heinrichs • Edna Johnson • Joe Keim • Ron & Melissa Kuhlmann • Tom & Carmen McKenny • Midwest Bank • MMC Mechanical Contractors • Dr. Scott & Becky Vonderfecht • Jack Wehrbein **Bronze:** Bruning State Bank • Jerry and Virginia Brase • Dave & Joann Bruning • Michael & Cindy Burcham • Catholic Health Initiatives • Central Market • Dick Walsh Insurance Agency • Kelly & Kay Elting • Chris & Ronda Frye • Dr. Leann & Landon Heinrichs • Jeremy & Maggie Johnson • Kroll Funeral Homes • Dean & Linda Krueger • John & Rita Luongo • Mary (Kenner) & Bill Glover • Mark & Kris Miesner • River Run Ranch • Reuben Schleifer • Thayer County Bank • Dan & Freda Wiedel **Other Donations:** Ray & Eileen Ashe • Dennis & Barbara Ahlman • Blue Valley Lutheran Homes • Neil & Monica Bohling • Brett & Tracie Beavers • Lela Mae Brettmann • Jerry & Jill Catlett • Steve Delay • Gary & Cathy Dick • Mike & Cheryl Dougherty • Ron & Michelle Dubbert • Brad & Nancy Elting • Donna Fink • Louisa Fintel • Robert & Kathy Fisher • Ken & Nancy Hoffs • Linda Hudson • Duane & Linda Hume • Lorene Jagels • Marvin & Lynn Koester • Carol Krueger • Sharon Krueger • Rosalie Lange • Michael & Ellen Long • Linda Loontjer • Lyle McLaughlin • Ralph & Judy McLaughlin • MetalQuest Unlimited • William & Rebecca Mize • Sallie Pfeifer • Beverly Pitts • Julia Pohlmann • Melvin & Doris Porth • Prairie Health Ventures • Russ & Bonnie Priefert • Roger & Kathy Retzlaff • Phyllis Schmitt • TCHS Hospital Guild • LaVerda Walker • Bill & Roseann Wehrbein • Judy Werner • Gregg & Janice Wiedel • Karl & Sallie Wiedel • Cassie Wilbeck **Special Thanks:** The Foundation for TCHS would like to thank the Thayer County 4-H groups that helped serve the evening meal and to the Deshler High School basketball team for helping to take down the table and chairs after the event. Your willingness to help means a lot to us.



Guests participated in the limbo and a conga line.



Linda Hudson, Bonnie Priefert, and Linda Hume enjoy the live music while visiting with friends.



Variety Show 2016: The St. Paradise Band provided live steel drum beach music at the Foundation's annual Variety Show on November 13th at the Ag Hall in Deshler. The band was sponsored by The Struve Foundation, and approximately 240 guests were in attendance.