



**INSIDE:
 GOLF RESULTS**

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**HEALTHCARE SCHOLARSHIP
 WINNERS ANNOUNCED**

The Hospital Guild for TCHS and the Foundation for TCHS award several \$500 scholarships annually. The applicants for the scholarships must be a high school senior from a Thayer County high school or a non-traditional student residing or working in Thayer County, who is enrolled in a healthcare program or college. The purpose of the scholarships is to provide financial assistance to eligible students and/or adults interested in a career in healthcare. Priority is given to students pursuing a degree in a healthcare position currently at TCHS.

At their May meeting, the Hospital Guild recognized the five \$500 healthcare scholarship recipients. The scholarships included four TCHS Healthcare Scholarships and the Carol Deepe Memorial Healthcare Scholarship. This scholarship is awarded in memory of Carol Deepe from Deshler, NE, for her



Scholarship recipients were recognized during the May Guild meeting. Back Row: Judy McLaughlin, Guild President; Samuel Christensen; Mikaela Hansen; and Julie Deepe, daughter of Carol Deepe. Front Row: Kylea Hintz and Trista Sloane.

many years of dedication to the Guild and Foundation.

The recipient of the 2016 Carol Deepe Memorial Healthcare Scholarship is Mikaela Jo Hansen from Deshler High School. She plans to obtain a degree in speech therapy from UNK.

Recipients of the scholarships are: Trista Sloane, Deshler High School; Kylea Hintz and Cassandra Kent, Thayer Central High School; and Samuel Christensen, Bruning-Davenport High School.

Trista and Kylea are both enrolled in the nursing program at Bryan College of Health Sciences. Cassandra will be attending Midland University and Samuel will be attending Wayne State College. Cassandra and Samuel will be taking pre-med courses toward their goal of becoming family practice physicians.

July CALENDAR OF EVENTS

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

- JULY 4:** TCHS FREEDOM FUN RUN
7:30am - Hebron Firehall
- JULY 5:** AESTHETICS CLINIC
5:30pm-8pm - Hebron Clinic
- JULY 12:** FOUNDATION BOARD MEETING
7pm-Bruning Conference Room
- JULY 14:** CHILDREN'S IMMUNIZATIONAL CLINIC
By Appointment Only
- JULY 19:** AESTHETICS CLINIC
5:30pm-8pm - Hebron Clinic
- JULY 20-23:** THAYER COUNTY FAIR
Health/Wellness Informational Booth
- JULY 21:** CHILDREN'S IMMUNIZATION CLINIC
by appointment only - Hebron Clinic
- JULY 27:** GUILD BOARD MEETING
9am - Location TBD (Volunteer Appreciation)
BOARD OF TRUSTEES MEETING
7pm - Bruning Conference Room

July is National Recreational and Parks, Juvenile Arthritis, Prevent Blindness, and UV Safety Month.

Community HeartBeat

JULY 2016



KEVIN MITCHELL FROM ROTOR WINGS AVIATION DROPS THE GOLF BALLS

www.ThayerCountyHealth.com



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Summer has arrived without much warning, and it looks like the heat is here to stay for the distant future. Heat is the number one weather related killer in the United States. Statistical data from the National Weather Service shows that heat causes more fatalities per year than floods, lightning, tornadoes, and hurricanes combined.

It is important that everyone knows how to take care of themselves during the hot times of the year. These tips could save your life or the life of a loved one.

Keep your body temperature cool to avoid heat-related illness.

- Stay in an air-conditioned building or shelter as much as possible.
- Do not rely on a fan as your primary cooling device.
- Avoid direct sunlight.
- Wear lightweight, light-colored clothing.
- Take cool showers or baths.
- Check on those most at-risk twice a day.

Because your body loses fluids through sweat, you can become dehydrated during times of extreme heat.

- Drink more water than usual.
- Don't wait until you're thirsty to drink more fluids.
- Drink from two to four cups of water every hour while working or exercising outside.
- Avoid alcohol or liquids containing high amounts of sugar.
- Remind others to drink enough water.

It is also extremely important to apply these same tips to your pets. They do not sweat so heat can create emergency health situations in a short period of time.

At Thayer County Health Services we work hard every day to care for those who are ill or in need of health related services. Providing education and awareness tools for our patients are an important part of who we are and what we do. Your trust in us provides the motivation to be the best we can be. Thank you for entrusting your health to Thayer County Health Services.

~Mike Burcham

MEET OUR NEW WELLNESS COORDINATOR



Marissa grew up on a farm just outside Brainard, NE, with her dad Jerry, mom Sandy, older sister Janelle and little brothers Justin and Jason. She graduated from East Butler in 2010 and began school at UNK. While pursuing her degree, she was a member of the UNK Cross Country and Track teams running middle distance. She received her Bachelor of Science degree in Exercise Science Fitness and Wellness graduating in May 2014. After graduation she was an intern at Lincoln Industries in Lincoln, NE, with the wellness program. Her passion for wellness and drive to achieve took her back to UNK where she completed her Master of Arts in Education in Exercise Science while working as a graduate assistant in the Physical Activity in Wellness Lab as well as assisting as a volunteer cross country and track coach. She graduated in May 2016.

Marissa enjoys running, baking and cooking, shopping, crafting, spending time with family and friends, and watching the most recent season of the Bachelor or Bachelorette.

As the new Wellness Program Coordinator Marissa will serve as the health and wellness resource for TCHS employees and the community. She will design and implement corporate wellness programs while guiding and motivating employee wellness program participants. You will see Marissa in the community promoting health education programs and activities for Thayer County communities and the three county schools.

FOUNDATION HOLDS 29TH ANNUAL GOLF TOURNAMENT

Each year, the Foundation for Thayer County Health Services holds their annual Golf Tournament on the 1st Friday in June. This year twenty-seven teams participated in the foundation's golf tournament held on June 3rd at the Hebron Country Club. After 18 holes of play, the participating teams were grouped into three different flights based on scores: Championship Flight, 1st Flight, and 2nd Flight. The winners in each flight at the end of the day were: Williams Physical Therapy Team (Championship Flight), Burcham Team #1 (1st Flight), and Burcham Team #2 (2nd Flight).

Golfers enjoyed a beautiful day playing golf while helping to raise over \$21,000 in support of the foundation's capital campaign "Investing in Healthier Tomorrows". This campaign has raised over \$900,000 thus far toward its overall goal of \$1 million in support for Phase II of the current hospital building project. Phase II includes a new hospital kitchen and cafeteria, which will be moved to where the current Rehab Center is located on the southwest corner of the hospital. Renovation of this area will start this fall after the Rehab Center is moved into the new addition. When Phase II of the project is completed, patients will be able to access the cafeteria through the new corridor

off the main lobby and not have to go through the hospital.

At the conclusion of this year's golf tournament, the Foundation for TCHS held their first annual Golf Ball Drop. Spectators watched as buckets of golf balls were dropped from a helicopter hovering over a designated hole. The helicopter was flown by Kevin Mitchell with Rotor Wings Aviation, out of the Hebron Municipal Airport. Numbered golf balls were sold for \$10 each or three balls for \$20. The winner with the closest golf ball to the hole was Freda Wiedel from Hubbell. She won over \$600 from the split-the-pot proceeds. Second place was won by Bev Harms. She received a one year membership to the new Korff Rehab and Wellness Center, which will open in fall 2016. Lindsey Biltoft won third place, and she received a six month membership to the new wellness center.

The Foundation would like to thank this year's golfers, volunteers, and donors who helped make this year's tournament such a success. The foundation board is truly humbled by the generosity received from individuals, businesses, and organizations in the local communities.



CHAMPIONSHIP FLIGHT



Williams Physical Therapy team: Greg Pumphrey, Steve Williams, Gunner Mumford, and Josh Wiedel

1ST FLIGHT

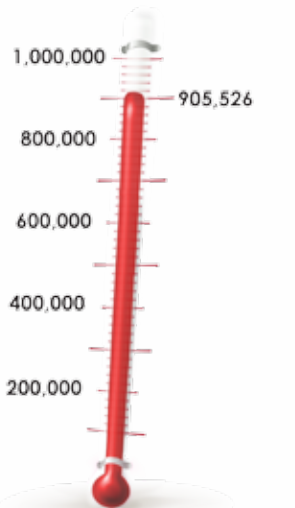


Burcham Team #1: Cindy Burcham, Michelle Swertzic, Judy Brown and Alan Brown

2ND FLIGHT



Burcham Team #2: John Luongo, Michael Burcham, Carson Flute, and Jeremy Voss



Thank you to our 2016 Golf Tournament Donors

Diamond: Ken & Stephanie Korff • Cerner Corp. • Berwyn & Betty Petersen • **Platinum:** Scott & Lara Harms • Tom & Carmen McKenny • McCarthy Building Companies, Inc. • **Gold:** Steve & Signe Benson • Mike & Cindy Burcham • Chris & Ronda Frye • Tim & Karen Else • Randall & Becky Hergott • Lillian Lentfer • Norder Supply, Inc. • Smith Hayes Advisers, Inc. • Reinke Manufacturing Co. • Bruning State Bank • Thayer County Bank • **Silver:** Aurora Cooperative • Neil & Monica Bohling • Lyle & Linda Burd • Edna Johnson • Jerry & Jill Catlet • Tobe & Robyn Duensing • Ron & Melissa Kuhlmann • Eleanor Rizek • Jack Wehrbein • American Family Ins. • Hastings Orthopaedics Sports Spec. • Dr. Scott & Becky Vonderfecht • **Bronze:** Dennis & Barbara Ahlman • Arend's Family Foods • Gerald & Virginia Brase • Casey General Store • Central Market • Brad & Heather Cooper • Cornerstone Bank • Michelle & Ron Dubbert • Eugene & Betty Dudgeon • Don & Brenda Belten • Garbage Co. South • Robert & Natalie Marsh • Max & Ruby Eggers • Farm Bureau Financial Ser. • Mary (Kenner) & Bill Glover • Hebron Area Rotary Club • Dr. Leann & Landon Heinrichs • Hubbell Lions Club • Kroll Funeral Homes • Dan & Karen Kroll • John & Rita Luongo • Dave & Dianne Meyer • MetalQuest Unlimited • Midwest Bank • William & Rebecca Mize • Pepsi Bottling Company • Julia Pohlmann • Roger & Kathy Retzlaff • Reuben Schleifer • Tires & Service for You • TCHS Fun Club • Dick Walsh Insurance Agency • Steve & Haylee Williams • Loren Wiedel • **Pearl:** Blue Valley Bowl • Les & Joetta Brandt • Don & Betty Crowder • Hebron Dental Care • Audra Capek • Steve Delay • Doug & Naomi Grupe • Hebron Journal Register • Chris & Tara Huber • Larry & Sharon Hulse • Lyle McLaughlin • Brian & Heidi Isernhagen • Ron & Lucinda Lange • Mark & Kris Miesner • Price Funeral Home • Phyllis Schmitt • Patricia Stewart • Marjorie Vinkenbergh • Jeremy & Jeannine Voss

Thank you to our 2016 Golf Tournament Teams

Norder Supply • Norder Supply #2 • Williams Physical Therapy • Heinrichs • Average Joes • Pioneer Hi-Bred • Home Agency • Burcham #1 • Burcham #2 • Jerry Brase • McCarthy Building • MMC Contractors • Arend's Family Foods • Kroll Memorial • Kroll Memorial #2 • Bruning State Bank • Hubbell Lions • Reinke #1 • Reinke #2 • Benson #1 • Benson #2 • Farm Bureau • Central Market • Chris Frye • Cornerstone Bank • Thayer County Bank • Decorating Center • Norder Supply, Inc. #1 • Norder Supply, Inc. #2

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 Environmental Services



From left to right:
Amanda Gomez, James Berry, and Sandy Mertens

The EVS department consists of three employees: Amanda Gomez (supervisor), Sandy Mertens, and James Berry. Amanda has been with TCHS since 2014. Sandy and James, who have been with TCHS since 2002, have seen the facility go through two building projects and the many changes in health-care.

TCHS is fortunate to have such a hard working group of employees to keep the hospital and clinics clean. Their role is especially important in a hospital where a sanitary environment is necessary to deliver quality patient care.

The EVS staff at TCHS perform

a wide range of services throughout the facility including everything from emptying trash to general cleaning which helps prevent infections.

The dedication shown by EVS for our patients is reflected in the positive comments received on patient satisfaction surveys. During the last quarter, based on the responses for cleanliness of patient rooms, TCHS received a rating that was over 3% higher than the scores for other hospitals in the Rural Comprehensive Care Network (RCCN).

The new Korff Rehab and Wellness Center will add 17,000 square feet of space to the facility. This means there will soon be a need for additional staff in the EVS department. If you or someone you know is interested in applying for future EVS job postings, visit thayercountyhealth.com and click on Careers Opportunities.

We're HIRING! TO VIEW OUR VARIOUS JOB POSTINGS, VISIT OUR WEBSITE AT THAYERCOUNTYHEALTH.COM.