



**INSIDE:
 WELLNESS
 PRICES**

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 MIKE BURCHAM

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 NANCY HOFTS, VICE PRESIDENT
 LOREN WIEDEL, TREASURER
 KAREN ELSE, SECRETARY
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FOUNDATION PRESIDENT:
 STEVE ANDERSON

GUILD PRESIDENT:
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 120 Park Avenue
 Hebron, NE 68370
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www.ThayerCountyHealth.com

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TCHS HOSPITAL GUILD PURCHASES PATIENT LOAD SYSTEM

In August, TCHS' critical care transport ambulance was equipped with a Stryker Power Load Stretcher System. This system is designed to allow ambulance personnel to easily load up to 700 pounds.

The TCHS Hospital Guild purchased this new patient loading system at a cost of over \$30,000. The safety of patients and Emergency Medical Staff (EMS) personnel at TCHS played a role in their decision to purchase this device. Benefits of this loading system include decreasing the strenuous lifting and potential risk of back injury when load-

ing patients and helping a patient to remain level while being loaded.

"We are very grateful to the Guild for this loading system," said Michael White, TCHS Paramedic. "It will help us to improve the care we provide our patients while also reducing the risk of injury to our staff."



Ruth Yoachim, Guild member, easily lifts Michael White, TCHS Paramedic, into the ambulance using the new Patient Transport Lift as Melany Winans looks on.

September CALENDAR OF EVENTS

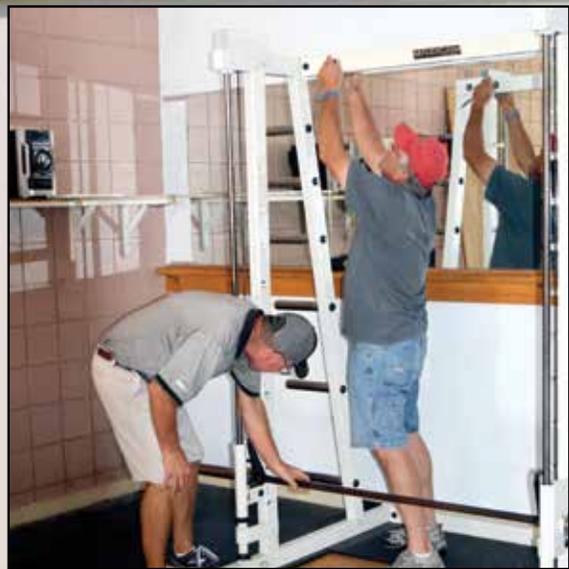
Events subject to change. Please see our website at www.ThayerCountyHealth.com for the most up-to-date information.

- SEPT. 6: **AESTHETICS CLINIC**
5:30pm-8pm - Hebron Clinic
- SEPT. 8: **CHILDREN'S IMMUNIZATION CLINIC**
by appointment only - Hebron Clinic
- SEPT. 13: **FOUNDATION MEETING**
7pm - Bruning Conference Room
- SEPT. 15: **CHILDREN'S IMMUNIZATION CLINIC**
by appointment only - Hebron Clinic
- SEPT. 20: **AESTHETICS CLINIC**
5:30pm-8pm - Hebron Clinic
- SEPT. 28: **GUILD BOARD MEETING**
9am - Bruning Conference Room
BOARD OF TRUSTEES MEETING
7pm - Bruning Conference Room

September is Baby Safety Month, Cholesterol Education Month, Healthy Aging Month, Pain Awareness Month, Prostate Cancer Awareness Month, Ovarian Cancer Awareness Month, Childhood Cancer Awareness Month, Suicide Prevention Week (11-17), Healthcare Environmental Services Week (11-17), Farm Safety and Health Week (18-24), Child Passenger Safety Week (18-24), Nursing Professional Development Week (18-24), Youth Suicide Prevention Day (10), Grandparents Day (11), School Backpack Awareness Day (16), Family Health & Fitness Day (24), Seat Check Saturday (24), and Women's Health & Fitness Day (28).

Community HeartBeat

SEPTEMBER 2016



ABOVE: JERRY BRASE AND KELLY FICKEN FROM DAVENPORT COMMUNITY FOUNDATION HELP DISMANTLE EQUIPMENT FOR THEIR FUTURE USE. (SEE PAGE 3)

RIGHT: JUSTIN BOMAR, DIETRIC KENNING, AND DAN DESMOND HELP LOAD THE FITNESS EQUIPMENT TO BE TRANSFERRED TO THAYER CENTRAL HIGH SCHOOL.

www.ThayerCountyHealth.com

OVARIAN AND
PROSTATE CANCER
AWARENESS

6 MONTH WELLNESS
MEMBERSHIP
WINNER
ANNOUNCED

HOSPITAL GUILD
PURCHASES
POWER LIFT FOR
AMBULANCE

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

GOOD TIMES FITNESS CENTER BENEFITS LOCAL COMMUNITIES

This past month, TCHS finalized the sale of the Good Times Fitness Center building to the Hebron Bible Church. "This process has really been a win-win for everyone involved", said Michael Burcham, TCHS CEO. "It has allowed Elaine O'Neal to sell her business, knowing the Korff Fitness & Wellness Center will soon open to serve her customers. The Hebron Bible Church will move into a larger building, and their old location will become a new daycare in Hebron."

"Adequate childcare is a real issue for our staff and many other young parents. TCHS is excited to be involved in this sale that will ultimately improve the daycare options for young working parents," Burcham said.

TCHS is also helping other organizations by donating some of the fitness equipment and weights from the Good Times Fitness Center to the Davenport Community Foundation. The Davenport Community Foundation is in the process of building a new medi-

cal clinic next to where the current clinic is located. When open, the old medical clinic will be renovated into a fitness center to serve the local community. Some other fixtures and retail items from the fitness center were given to Things & Stuff to use or sell in their store in downtown Hebron.

Further remaining items from Good Times have been offered to the local county high schools for their athletic programs. The remaining equipment is being offered to the Deshler Volunteer Fire Department to set up workout space in their community.

The proceeds from the sale of any items will go to the Foundation for TCHS' capital campaign "Investing in Healthier Tomorrows". This campaign is actively working to raise funds to help cover the cost of Phase II of the hospital project. Phase II includes the new kitchen and cafeteria going in where the Rehab Department was located prior to their move into the new Korff Fitness & Wellness Center.

HEALTH TIP OF THE MONTH

TREAT YOUR FEET RIGHT



Marissa Bongers
Wellness
Coordinator

your whole body.

WHEN SHOPPING FOR A GREAT FITTING PAIR OF SHOES KEEP THESE TIPS IN MIND:

- Know your shoe size or get measured.
- Get a strong supportive sole.
- Make sure toes have plenty of room.
- Shop in the afternoon, as feet will swell during the day.
- Try on both shoes, as feet can be different sizes.

When selecting shoes, you should also consider the function for what you will be wearing them for. Today's shoes are specialized to provide a higher level of performance for specific activities from walking to running. Even an activity as simple as standing can lead to foot pain after a long period of time, so make sure you're buying the right shoe for you!

Wearing properly fitted shoes can prevent uncomfortable blisters, calluses, and other foot problems, so it's incredibly important to find comfortable shoes that fit to help you stick with your physical activity goals. A good pair of athletic shoes can also help stimulate correct technique and provide support for



THAYER COUNTY HEALTH SERVICES KORFF FITNESS & WELLNESS CENTER

Membership Pricing

No enrollment or contract fees

Individual Memberships---

3 months: \$75 6 months: \$138 12 months: \$252

Family Memberships---

3 months: \$120 6 months: \$228 12 months: \$432

Senior Individual & Family Memberships---(62 years +)

Individual: 3 months: \$60 6 months: \$108 12 months: \$192

Family: 3 months: \$90 6 months: \$168 12 months: \$312

Student Memberships---(Students 14-24 with evidence of full time enrollment status)

3 months: \$54 6 months: \$96 12 months: \$168

Guest Passes---

1 day: \$5 6 visit punch card: \$25

Corporate Pricing Available---

Please call 402.768.4320 to discuss rates.

Month-to-Month Pricing

Individual: \$30 | Student Memberships: \$24 | Family: \$45

Senior Individual: \$27 | Senior Family: \$36

Staffed Hours

Monday-Friday: 6 am - 8 pm

Saturday: 8 am - 12 pm | Sunday: 1 pm - 4 pm

For more information, please visit our Wellness page on our website at www.thayercountyhealth.com/wellness.

SAVE THE DATE!

WOMEN'S HEALTH NIGHT

THURSDAY, OCTOBER 20TH



6:00 PM - 9:00 PM

AG HALL

Deshler, NE

ADDITIONAL INFORMATION COMING SOON

FITNESS & WELLNESS

FUN FACT

FACT:

An hour at the gym is fantastic, but that doesn't cover you for the rest of the day. Data demonstrates that sitting for five hours a day is equivalent, on a health basis, of smoking a pack of cigarettes daily! It's easy to underestimate how long you stay seated during the day.

SOLUTION:

Aim for an hour of moderate exercise a day (short bouts count, too) and try and move (even just walking) for 3-5 minutes every half hour or so. We were designed to move!

KORFF FITNESS & WELLNESS CENTER 6 MONTH MEMBERSHIP FAIR WINNER



Jenifer Blair of Hebron, winner of the free 6 month membership to the new Korff Fitness & Wellness Center, accepts the gift certificate from Wellness Program Coordinator, Marissa Bongers.

Thank you to everyone who participated in our exercise class survey at our booth at the Thayer County Fair! The winner of the free 6 month membership to the new Korff Fitness & Wellness Center raffle was Jenifer Blair from Hebron. We received some great responses and insight about what classes the community was most excited about, but the final decision about which ones the center will offer is still under discussion. However, we will make sure to announce any

news as it becomes available. In the meantime, take a look at our survey results below:

Wellness Fair Survey Results:

"What class would you like to see offered at the Korff Fitness & Wellness Center?"

- 86 - Water Aerobics
- 45 - Yoga
- 28 - Zumba
- 24 - Jazzercise
- 19 - Body Pump
- 10 - Other

REDUCED PRICE LAB!



SATURDAY, SEPTEMBER 24 5:30am - 10:30am

Check-in will be located in the front lobby of the hospital

120 Park Avenue • Hebron
NO APPOINTMENT NEEDED

General Lab - \$35:

CBC- White Count, Hemoglobin, Platelets
CMP- Kidney and Liver Function, Glucose
Lipid- "GOOD" and "BAD" Cholesterol
TSH- Thyroid Function

**FASTING IS
REQUIRED**
**NOTHING to eat or
drink for 10 hours
except water**



Additional Labs for Additional Cost

HgbA1C- Diabetic Monitoring Tool: \$15
PSA Screening- Prostate Health for Men: \$10
Vitamin D- Overall Good Health: \$15

Important Information:

- This WILL NOT be turned into your insurance company. If you want it covered by your preventative insurance company, you will need to be seen by your Physician and have your lab ordered by him/her.
- A copy of your results WILL NOT go to your physician.
- Payment must be made in cash or check form only and be paid at the time of check-in.
- Please allow 2-3 days to receive your results in the mail.

FOR QUESTIONS, PLEASE CALL US AT 402-768-4618.

5K SUNDAY

1 Mile Family Fun Walk & 5K Run

9/11/16
Hebron Fire Dept
440 Jefferson Avenue
Hebron, NE

Chelsea Hutchison Foundation 2016

Arkansas Nebraska Texas Colorado
Virginia Michigan Illinois Missouri California

REGISTER
ONLINE
TODAY!

ChelseasSTOMP.org

Walk Up Registration/
Check-in at 2:00 PM.

WALK BEGINS
AT 4:00 PM

SUDEP System Disrupted
with In Epilepsy

The Chelsea Hutchison Foundation
was created to help people, particularly children and young adults, who have Epilepsy. The funds raised by the Chelsea Hutchison Foundation provide grants for seizure-response dogs and life-saving medication, and educate the public about SUDEP.

www.chelseahutchisonfoundation.org

DIETITIAN FOOD FUN FACT



Kathy Retzlaff
Dietitian

derberries, blueberries, and blackberries.

The health benefits of purple found in our food supply is not limited to fruits. Many vegetables have the health benefits of antioxidants as well, such as eggplant, purple cabbage, and red onions. All kinds of unusual purple produce is showing up in our food supply; among those are purple corn, potatoes, carrots, tomatoes, peppers, and cauliflower.

Fruits with a violet hue are loaded with antioxidants. These antioxidants can potentially lower your cardiovascular disease risk. Research has shown that foods rich in antioxidants helps lower cholesterol levels and reduces blood clotting. They are also linked to lower LDL cholesterol (bad cholesterol), improve insulin sensitivity, and lower blood pressure. Fruits especially high in antioxidants are el-

So let's begin thinking about mixing, matching, and eating a variety of the wonderful purple fruits and vegetables available to us to improve our cardiovascular health. "Eat Purple!"



While grocery shopping, make sure to add purple foods to your cart!

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
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mburcham@tchsne.org

Communication is about more than just exchanging information; it's about understanding the emotion and intentions behind the material. Effective communication can only happen if it is a two-way street. It's not only how you convey a message so it is received and understood by someone exactly how you intended, but it's also how you listen to gain the full meaning of what's being said. Active listening ensures the other person feels heard and understood.

Thayer County Health Services recognizes that communicating with you and your family regarding your health can be a difficult process. Starting this month, we are embarking on a new commitment to doing a better job of keeping you and your family informed about issues dealing with health. This new process will also be a better utilization of our time, energy, and money in being able to meet your needs.

To help improve communications, Thayer County Health Services will be using a new computer software program

to document how well we are meeting the needs of our patients through regular visits with patients and their families during their stay. Clinical leaders will also be doing leadership rounding to help answer questions and address any patient concerns.

This new software will help make the whole process more consistent and efficient, while providing the opportunity for patients to talk to staff from nursing, dietary, administrative, pharmacy, family services, and other departments. The idea is to answer any questions our patients might have prior to them being discharged from the hospital.

Leadership rounding will offer both the patient and the hospital the ability to address any questions regarding their medical care immediately. Thayer County Health Services' goal is to make our patients' stay a positive experience while also assisting our staff in making our hospital and clinics a great place to work.

~ Mike Burcham, CEO

DR. TYLER ADAM, M.D. | OB/GYN

OVARIAN CANCER AWARENESS



Dr. Tyler Adam, M.D.
OB/GYN

In the United States, approximately 21,880 women are diagnosed with ovarian cancer each year. Of that number, 13,850 women are not lucky enough to survive it, making ovarian cancer the fifth leading cause of death for women. Ovarian cancer is often treated with surgery, chemotherapy, and radiation, though treatment largely depends on what stage the cancer is in and how far it has spread. Although ovarian cancer

accounts for about 3% of cancers among women, it causes more deaths than any other cancer of the female reproductive system.

Women need to especially pay attention to these symptoms: swollen or bloated abdomen; pressure or pain in abdomen, pelvis, back, or legs; difficulty eating or feeling full quickly; nausea, indigestion, gas, constipation, or diarrhea; feeling tired; urinary symptoms; and unusual vaginal bleeding.

Ovarian cancer symptoms typically don't occur until the cancer has reached an advanced stage. This is why many don't seek medical care until the disease has begun to spread, but if detected in its earliest stage, the five year survival rate is more than 93%. However, only about 15% of all cases are diagnosed at this stage.

To help raise awareness for prevention and treatment for ovarian cancer, TCHS would like to spotlight Dr. Tyler Adam, OB/GYN specialist from Obstetricians & Gynecologists, P.C. in Hast-

ings. Dr. Adam attended and received his B.S. degree at Wake Forest University in North Carolina before receiving his Doctor of Medicine from the University of Nebraska College of Medicine in Omaha in 2007. He served his residency at the University of Nebraska Medical Center in Omaha before beginning his obstetric and gynecologic practice in Hastings, Nebraska, on July 18, 2011. He is certified by the American Board of Obstetrics and Gynecology and is a Fellow of the American College of Obstetricians and Gynecologists.

If you have noticed any changes in your body that are abnormal for you or you have one or more of these common symptoms, make sure to set up an appointment right away. Treatment for ovarian cancer is always most effective when found and treated early.

Dr. Adam sees patients at the specialty clinic in Hebron biweekly on Tuesday, so please call 402-768-4696 to make your appointment.

DR. DAVID WILTFONG, M.D. | UROLOGIST

PROSTATE CANCER AWARENESS



Dr. David Wiltfong, M.D.
Urologist

TCHS wants to help raise awareness for prevention and treatment of prostate cancer by spotlighting Dr. David Wiltfong, a Urologist with Urology, P.C. in Lincoln. He received his Doctor of Medicine from the University of Kansas Medical Center and completed his residency at the University of Missouri.

Urologists are physicians who are trained specifically to deal with conditions of the male reproductive organs and the urinary tract. Dr. Wiltfong treats patients at the Specialty Clinic in Hebron once a month to help treat these types of

issues. Some of the most common cases seen are bladder problems and the diagnosis and treatment of prostate cancer.

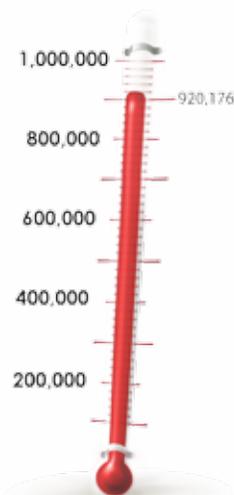
September is Prostate Cancer Awareness Month. Prostate cancer is globally the second most common cancer among men and the second leading cause of death from cancer in American men. These men are fathers, brothers, and sons, and in this year alone, more than 200,000 of them are expected to be diagnosed with this disease.

The exact cause of prostate cancer remains unknown, but men should begin being tested by age 40. The mortality rate for prostate cancer has fallen but too many men will still die from this illness, and even more are at risk. While the majority of cases are diagnosed before the cancer has begun to spread outside the prostate gland (metastasized), about 1 in 20 men will have prostate cancer that has advanced at the time of diagnosis.

On Saturday, September 24th, TCHS will be offering a Reduced Lab Health Fair from 5:30 am – 10:30 am at the hospital in Hebron.

This is a great time for men over 40 to have the PSA screening for prostate cancer. The cost for this test during the lab fair is \$10, which at other times would cost over \$100 if not covered by your insurance (see ad on page four for more details).

The current renovation project underway at TCHS includes the addition of a larger specialty clinic and a second operating room in the Erwin A. Dunker Surgery Center. When completed in 2017, these improvements will allow more specialty services to be added. It will also allow current visiting physicians to provide more specialty procedures locally for patients.



“Investing in Healthier Tomorrows” campaign goal thermometer

SAVE THE DATE

NOVEMBER 13, 2016
AG HALL
THAYER CO. FAIRGROUNDS
DESLER, NE

Call **402-768-4636** to make your reservation today.

Foundation
for Thayer County Health Services

with entertainment by
St. Paradise Band

get to know our DEPARTMENTS

Radiology



Front row left to right: Audra Hergott, Greg Richardson, and Nancy Grimaldo. Back row left to right: Shelly Pulliam, Whitney Watson, and Ann Hubl.

The Radiology Department consists of six employees: Audra Hergott (Radiology Director), Greg Richardson (Assistant Director),

Nancy Grimaldo (Radiology Technologist), Shelly Pulliam (Radiology Technologist, CT Scan, & Mammography), Whitney Watson (Radiology Technologist and CT Scan), and Ann Hubl (Radiology Technologist, CT Scan, and Ultrasound).

Nancy, having been here for a couple months, is the newest member to the team, while Ann and Whitney have both been at TCHS for 11 years. Shelly and Greg have been here for 15 and 16 years respectively, and the veteran of the group is Audra who has been here for an impressive 26 years.

Day-to-day responsibilities for this

group consist of the different services provided at TCHS which include CT scans, ultrasounds, mammography, general x-rays, bone densitometry, and fluoroscopy. In addition, they also work with outside services such as nuclear medicine, MRI, echocardiograms, and vascular images, while also working with the emergency department, surgery, hospital inpatients and outpatients, etc.

On average, the radiology department performs about 500 exams a month, consisting of all the various services provided above. Speaking with Radiology Director, Audra Hergott, about her time at TCHS, she has seen the department go through various advancements over the past 26 years to improve the overall quality

of care.

“Although the positioning and technique have not changed in performing an x-ray, the technology used to produce the image has,” Hergott said. “Advances in imaging technology have decreased the time it takes to acquire an image. In return, patient exam times have decreased as well, helping our patients to take the next step in the healing process that much faster.”

“Every day brings about different challenges due to the wide variety of services we offer,” stated Hergott. “However, our first and foremost priority when patients are here for a procedure is to do our best to provide them with the most unparalleled quality of care possible.”

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

www.ThayerCountyHealth.com/newsletter