

COMMUNITY HEARTBEAT

THE OFFICIAL NEWSLETTER OF



Exceptional Health... Close to Home

Meet Our Specialty Providers



Arrhythmia



Virginia Unverferth, APRN

Cardiology Cont.

Cardiology



Dr. Kaliprasad Ayala

Ear, Nose & Throat



Dr. Mathue Baker

General Surgery



Dr. Anuj Jain



Dr. Matthew Johnson

Oncology & Hematology



Dr. Joseph Kummer

Orthopaedics



Dr. Omar Nass



Dr. Keith Miller

Pain Management



Dr. James Weekly

Podiatry



Dr. Daniel Growney

Vascular Surgery



Dr. Ye Ye



Dr. Robert Warner

Urology



Dr. Barry Bohlen

Women's Health & OB/GYN



Dr. Patrick Hurlbut

Wound Care



Dr. Daniel Wik



Dr. Kara Krejci



Dr. Heidi Hansen



Dr. Allie Sohn



Dr. Tara Kirkpatrick



Dr. Tyler Adam



Dr. Edmundo Rivera

COMMUNITY HEARTBEAT

THE OFFICIAL NEWSLETTER OF

 *Thayer County
Health Services*

Exceptional Health... Close to Home



Pictured: Thayer County Health Services Surgical Suite

Smart Moves Program Underway

Smart Moves, a program created by the Center for Disease Control that is proven to help prevent Type 2 Diabetes, began June 19 at Thayer County



Health Services. The program lasts for one year and focuses on helping participants improve their overall health and manage their prediabetes or Type 2 Diabetes through healthy eating, staying active and problem-solving skills.

Being diagnosed with prediabetes isn't the end of life as you know it, it is the beginning of a healthier lifestyle! With early diagnosis, prediabetes can often be reversed. The Smart Moves program teaches participants how to make small changes, such as altering one's diet and exercising more. If you have recently been diagnosed with Type 2 Diabetes or prediabetes, we can help. For more information on the Smart Moves Program, call us at 402-768-6041 or visit our website ThayerCountyHealth.com.

LATEST NEWS FROM THIS ISSUE:

- Smart Moves - pg. 1*
- Hope and Healing - pg. 2*
- CEO Corner - pg. 3*
- TCHS Leadership Academy - pg. 3*
- Clinic Schedule - pg. 3*
- Meet Dr. Hayli Karbowski - pg. 4*
- Specialty Clinic & Surgical Services - pg. 5*
- Medication Take Back - pg. 5*
- TCHS Employee Certifications - pg. 6*
- Healthy Eating on the Go - pg. 6*
- Men's Health - pg. 7*
- Foundation Golf Tournament - pg. 8*
- New Service: Senior Life Solutions - pg. 9*
- Guild Scholarship Awardees - pg. 9*
- Community Employee of the Month Nomination Forms - pg. 10*
- Upcoming Events - Back Cover*
- New Transport Ambulance - Back Cover*

Hope & Healing

Arlie Riffle - Hebron, NE

Arlie Riffle, of Hebron NE, has been a patient of Dr. Heinrichs for over two years at Thayer County Health Services. He credits her with changing his life for the better and helping him gain control of his diabetes.

Arlie went in for a routine medical physical per his job requirements, and his glucose levels were off the charts. The next day Arlie scheduled an appointment with Thayer County Health Services provider, Dr. Leann Heinrichs. "To be honest, I thought my life was over," said Arlie, because being in poor health meant losing his job. Dr. Heinrichs prescribed Arlie insulin and advised him that if he followed her advice, together they would get his diabetes under control. He took the medications and went to a meeting with our Dietitian.

Within two months Arlie was no longer taking insulin because he followed her advice to watch his sugar intake and exercise. "Dr. Heinrichs is a godsend, she's the best I've ever seen," Arlie exclaimed, "I have doctors asking me all the time 'How are you doing this?!' and I reply with, 'I just listened to what Dr. Heinrichs said.'" Arlie went on to say that the best part about his experience here is his time with Dr. Heinrichs and his nurse, Haley Wiedel. "They are always kind, sweet, have something positive to say and are always friendly. They are great people.," Arlie said, smiling.

Arlie recalled a time when Dr. Heinrichs went



the extra mile for him, "The first time I got my tests back and saw how high my blood sugar was, I was so upset that I had to walk out of the hospital. When I composed myself and came back in, she took the time to sit and talk with me about my diagnosis. I listened to what she had to say and look where I am at now. She went above and beyond that day; she's a great doctor, she is good at what she does."

Arlie chose Thayer County Health Services because his wife was a patient of Dr. Heinrichs. When Arlie received the bad news from his physical, his wife made an appointment at our Hebron Medical Clinic with Dr. Heinrichs because Arlie didn't have a primary care provider.

Since then she has been his primary care provider. "She gave me back the life that I thought I had lost," said Arlie, "Thayer County Health Services has some great people, they take the time to make you feel like a friend. If you want to get healthy and be healthy and you'll listen - go to Dr. Heinrichs. Thayer County Health Services has helped me 100 percent. I've never felt like a stranger, they've always called me by name and I've always felt like a friend when I go there; the personal care means a lot."

CEO CORNER

Dave Burd, MHA, FHFMA
Chief Executive Officer



As I write this article, I am nearing 2 ½ years at Thayer County Health Services (TCHS). There are a couple of certainties in life: time goes fast and changes occur. While TCHS has undergone some changes in the last couple of years, each and every change has been made with YOU in mind taking into consideration what was best for the patients that we have the pleasure of serving. The health care industry is in a state of constant change. As a health care provider, you must continually adjust and adapt or you will become irrelevant and uncompetitive.

TCHS takes a lot of pride in being YOUR local health care provider. We truly work hard to meet and exceed your expectations each and every time that you trust us with providing your health care services. TCHS' mission is to improve the lives of those we serve by providing high quality, compassionate health care. We take that mission very seriously and are always striving to maximize the amount of high quality services that you are able to receive close to home. With our tremendous team of providers and specialists, TCHS has transformed into your comprehensive source for health care and wellness services.

TCHS' very talented team of primary care providers includes the following;

- Leann Heinrichs, MD
- Bryan Hubl, MD
- Maggie Johnson, PA-C
- Jarie Sones, APRN-FNP
- Wendy VanSkiver, PA-C

Thayer County Health Services (TCHS) is proud to provide Thayer County and the surrounding communities with high quality compassionate healthcare. The TCHS medical staff of: Dr. Bryan Hubl; Dr. Leann Heinrichs; Maggie Johnson, PAC; Wendy VanSkiver, PAC; and Jarie Sones, APRN-FNP; are here to care for you at the hospital and clinic in Hebron and the four medical clinics in Bruning, Chester, Davenport, and Deshler.

Five Clinic Locations to Serve You

BRUNING CLINIC
108 S. Fillmore • 402.353.2055
Tuesday Mornings
Thursday Afternoons

DAVENPORT CLINIC
105 Linden Ave. • 402.364.2105
Monday Mornings
Wednesday Afternoons

HEBRON CLINIC
120 Park Ave. • 402.768.7203
Monday through Friday
& Saturday Mornings

CHESTER CLINIC
116 Huron St. • 402.324.7107
1st and 3rd Wednesday
Mornings of the Month

DESHLER CLINIC
615 4th St. • 402.365.7604
Monday Afternoons
Thursday Mornings

www.ThayerCountyHealth.com

We are extremely excited to have Hayli Karbowski, MD joining the provider team in mid-August. Dr. Karbowski will come to TCHS with rural health care experience, and I believe that she will be a great addition to the Thayer County community. Events and activities are currently being planned to ensure that you have an opportunity to meet and get to know Dr. Karbowski.

A significant amount of time and effort has gone into recruiting high quality specialists that provide care in a wide range of specialties. With the addition of oncology, pain management, and ear, nose, and throat clinics in the last year, the list of outstanding specialists that practice at TCHS is impressive and continues to grow. A complete list of the specialists that are available at TCHS is included on the cover of this newsletter. Our hard work recruiting specialists has been with one goal in mind – to meet all of your health care needs as conveniently as possible right here in Thayer County.

TCHS sincerely appreciates the trust that you put in us and the opportunity to take care of your health care needs. If you have chosen to receive health care services from other providers for whatever reason, please check out TCHS and give us a chance to earn your business. TCHS will continue to be innovative and progressive and serve as a health care leader in our region. Amazing things are happening at TCHS, and we are just getting started. With your support, there is no limit to what can be accomplished. As always, your comments and feedback are always welcome. Thank you for your support!



Thayer County Health Services Leadership Academy

The Leadership Academy, led by John Roberts, was created to keep building our culture and provide employees with a program that allows them to grow and improve individually and thus improve the organization as a whole. This eight month program focuses on ten principles of influential leadership and provides participants with the tools to experience personal growth. The three themes are: Self-awareness, Collaboration and Connection. Participants will learn about growing in character, advancing in their career skills, enriching relationships and enhancing life-management skills.

2019 participants include: Lindsey Biltoft, Tamara Brose, Erica Christianson, Tamara Deepe, Michelle Dick, Michelle Dirks, Lindsey Glass, Amanda Gomez, Amy Gregory, Lori Grummert, Nicole Hamik, Kassi Hartley, Natalie Marsh, Whitney Miller, Richard Neyenhouse, Andrew Novotny, Barbara Remmers, Kimberly Schroeder, Brian Shahan, Destiny Utter, Jordan Wagner, Michelle Weese, and Steve Williams.

Meet Our Newest Addition To Our Medical Staff - Dr. Hayli Karbowski

Thayer County Health Services is excited to announce that Dr. Hayli Karbowski, will be joining our Medical Staff and will begin practicing August 19, 2019. Dr. Karbowski grew up in Leedey, Oklahoma and received her medical degree from the University of Oklahoma College of Medicine. She completed her residency at Wesley Family Medicine in Wichita, Kansas. Dr. Karbowski specializes in family medicine with an emphasis in obstetrics and is accredited by the American Board of Family Medicine.



“I am excited to join Thayer County Health Services and continue to provide medical care to rural communities. I love the inherent community of small towns and the care and support the people have for one another. It is heartwarming. I love rural medicine as a Family Physician because I have the unique opportunity to take care of family members from birth to end of life - that is challenging and rewarding and makes me excited to come to work every day,” said Dr. Karbowski.

Dr. Karbowski will see patients at the Hebron Medical Clinic. She is familiar with life in a rural community and has worked in rural health for the past few years. Her goal is to provide patient-centered medical care with a focus on preventative medicine and disease education. She truly enjoys providing care to all age groups which is why she specializes in full spectrum family practice and obstetrical care. Dr. Karbowski enjoys spending time with her husband and two children. She and her family enjoy hiking and being outdoors.

Thayer County Health Services hopes you will join them in welcoming Dr. Karbowski. Please watch for more details on events being planned to introduce her to patients and give her a chance to get to know the local communities. For more information please call the Hebron Clinic at 402-768-7203.



SCHOOL AND ATHLETIC PHYSICALS

Thayer County Health Services is now taking appointments for School and Athletic Physicals for the 2019-2020 school year at our clinics. Kindergarten and 7th grade will need a physical and immunizations, while 8th grade through 12th will only need a physical if they are playing sports. Your insurance wellness benefits may cover the cost. For coverage information contact your insurance provider for details.

For an appointment call 402-768-7203.



Thayer County Health Services

**Did you know that we offer the following
Specialty Clinics?**

(New patients need a referral.)

Arrhythmia | Cardiology

Chronic Pain Management

Ear, Nose, & Throat | General Surgery

Oncology & Hematology | Orthopedic

Podiatry | Vascular | Urology

Women's Health & OB/GYN | Wound Care

Call 402-768-4696 for more information today!

**ADDING A HOMETOWN TOUCH
TO HEALTHCARE**



Meet your Thayer County Health Services Specialty Clinic Staff!

120 PARK AVE. HEBRON, NE 68370 402-768-4696
WWW.THAYERCOUNTYHEALTH.COM

Thayer County Health Services offers a multitude of surgeries on site. Our surgeries include: *General Surgies:* Laparoscopic Cholecystectomy (Gall Bladder), Laparoscopic Appendectomy, Hernia Repair, Colon Resection, Hemorrhoidectomy, Biopsies, Lesion Removal, InfusaPort Insertion/Removal, EGD/Colonoscopy, *Ear, Nose, and Throat (Otolaryngology):* Tonsils/Adenoidectomy, Myringotomy, Septoplasty, Lesions, Ear Tube Removal, Turbinoplasty, *Cataracts (Ophthalmology):* Cataract Surgery, YAG Laser Procedures, *OB/GYN:*

A CUT ABOVE THE REST



Meet your Thayer County Health Services Surgical Staff!

120 PARK AVE. HEBRON, NE 68370 402-768-6041
WWW.THAYERCOUNTYHEALTH.COM

Laparoscopic Tubal Ligation, Endometrial Ablation, Bladder Sling, A & P Repair, Interstim, C-Sections, Hysterectomies (Total & Lap-Assisted Vaginal, Total Abdominal), *Orthopedic:* Total Knee, Knee Arthroscopy, Shoulder Arthroscopy, Hand/Foot Surgeries, *Oncology & Hematology:* Bone Marrow Biopsies, *Podiatry:* Ankle Repair, Foot Surgery, Achilles Repair, Amputations, *Urology:* Prostate Biopsy, Cystoscopy, Circumcision, Prostate Laser, Bladder Botox Injections. **If you would like to schedule your surgery and recover close to home call 402-768-6041.**

EVERYDAY IS A MEDICATION TAKE BACK DAY IN NEBRASKA

Thayer County Health Services has partnered with Nebraska MEDS to provide a safe and effective method for patients and visitors to dispose of medication.

Nebraska MEDS is a coalition of state and community partners dedicated to educating patients about safe disposal of prescription and over-the-counter medications. The mission of the Nebraska MEDS Coalition is to educate consumers regarding safe ways to dispose of medications to better safeguard the environment and protect public health. The goals of the drug disposal project include: decreasing pharmaceutical waste, preventing harm to the environment, protecting water quality, averting accidental ingestion, and avoiding use of unwanted medications by unauthorized persons.

CHECK YOUR MEDICINE CABINET! Individuals and families are all likely to find a variety of unused, expired and unneeded medications in their homes. Any left-over medications should be disposed of properly for the following reasons:

- It is UNSAFE to reuse medications. If a person thinks a prescription medication is needed, they should contact a doctor.
- Unused medications are often INEFFECTIVE because they have been kept past their expiration date or they have been stored improperly.
- Unused medications can make a person's home the target of BURGLARY OR THEFT by drug abusers.
- Unwanted medications can be found and ingested by children or pets, resulting in accidental POISONING.

For more information visit <https://www.nebraskameds.org/> or call the TCHS Pharmacy (402) 768-4315 to dispose of your unneeded medication(s).



Nebraska
MEDSCoalition
Medication Education for Disposal Strategies

2018-2019 Employee Certifications

Our employees are constantly working to provide you with exceptional healthcare, close to home. This is why we encourage our employees to continue their education through various certification programs. We would like to recognize the following staff for their hard work in 2018 - 2019 and on the completion of their most recent certificates:

- Erica Christianson, CAP, Executive Assistant – Certified Administrative Professional
- Kendra Else, RN, Specialty Clinic – Chemotherapy Provider Certificate
- Shelby Farnstrom, CPTA, Physical Therapy - Interactive Metronome Certification
- Nicole Hamik, RT, Radiology – ARRT and Registration in Computed Tomography
- Marla Heitmann, RN, Specialty Clinic Supervisor – Chemotherapy Provider Certificate
- Tara Huber, RN, Specialty Clinic – Chemotherapy Provider Certificate
- Michael Logsdon, PharmD, BCG, Director of Pharmacy – Geriatric Pharmacy Specialist Certification
- Whitney Miller, MPA, Wellness Director – Smart Moves Certification
- Cody Pachta, Medical Laboratory Scientist, ASCP, Lab Manager – Lab Management Certificate
- Shelly Pulliam, RT, Radiology - 3D Mammography Certification
- Destiny Utter, Phlebotomist, Laboratory – ASCP Phlebotomy Certification
- Jordan Wagner, HIM Lead, Health Information Management - CPC Certification
- Abby Walters, MOT, OTR/L, Occupational Therapy - BIG Program for Parkinson's Rehabilitation, PAMS Certification for O.T. Modalities
- Alex Williams, RN, Specialty Clinic – Chemotherapy Provider Certificate
- Steve Williams, PT, DPT, Physical Therapy - Graston Technique for Soft Tissue Mobilization
- Traci Zelenka, CPTA, Physical Therapy - Interactive Metronome Certification

Healthy Eating on the Go

Written by: Whitney Miller, MPA, Wellness Director & Nutritional Services Director

Summertime is filled with lots of running around to baseball and softball games, county fairs, and family vacations. With all the running around, planning healthy family meals can be difficult. In fact, in many cases, it is easier to just grab something to eat on the way to where you're going, or buy something when you arrive at your destination. While this may be easier, there are two main downfalls to eating on the go all summer long: 1) it can get expensive quick, and 2) we don't always make healthy choices when we're on the go. So how can we eat on the go while cutting down on the expense and still make healthy choices? The answer to this is preparation.

Now you might be thinking, "Meal prep? I don't have time to meal prep!" But it's not as time consuming as you may think – especially if you plan ahead. Meal prep can happen at the same time that you are cooking dinner for the family, or even as you put your groceries away when you get home from the grocery store. Rather than putting the whole bag of grapes directly in the fridge, divide them up into individual zip-lock baggies so they are easy to grab on the go. When you are putting away leftovers after dinner, put them in individual containers so again, they are easy to grab and reheat so you won't have to spend time dishing out a new container right before you are trying to leave the house. Any time you clean and/or cut up produce (strawberries, watermelon, cucumbers, cherry tomatoes, etc.), put them in individual containers or baggies so they can be eaten in the car or at a ball game. This way you don't have to stop for food along the way or buy expensive concession stand food when you arrive at whatever event occupies your evenings.

Now that you know the secret to eating cheap and healthy on the go, here are a few nutrition notes to keep in mind when meal prepping. First, make sure you include all of the food groups: protein, dairy, fruit, vegetables, and grains. To go one step further, in an average 2,000 calorie per day diet, 45-65% of our total calories should come from carbohydrates. Carbohydrates can be in the form of grains, as well as most fruits and vegetables. 10-35% of our total daily calories should come from protein. Protein can be consumed in the form of meats such as chicken, beef, and pork, most kinds of beans, and many dairy products. Lastly, 20-35% of our total daily calories should come from fats. A lot of our condiments such as salad dressings have fat as well as protein and dairy products. Some easy ways to ensure you are getting all of the nutrients you need while on the go, is to make sure you grab something from each food group. For example, a baggie of vegetables and a baggie of fruit, a cheese stick, and a turkey tortilla rollup are all easy to prepare ahead of time and together they hit every food group.

So next time you look at your calendar and see an overwhelming amount of events to attend the next week, start thinking about what foods you can prepare to take with you. This will help ensure you are prepared to make healthy choices while saving a few bucks along the way.



Whitney Miller, MPA, Wellness Director and Nutritional Services Director

Highlighting Men's Health Month in June

June may be over, but it is a time to raise awareness about the preventable health problems men face. Early detection and treatment are critical when dealing with any preventable health issue.

Overall, men tend to be less healthy and die at a younger age than women. Whether it is your friend, brother, dad, boyfriend, spouse, or coworker; show them you care about them and their health by encouraging them to get their annual check-ups.

All 10 of the leading causes of death, as defined by the Centers for Disease Control and Prevention (CDC), affect men at a higher rate than they affect women. The National Center for Health Statistics (NCHS) reviewed the leading causes of death among men and found the majority had links to preventable, lifestyle-related behaviors such as poor nutrition and smoking.

According to the CDC, women are 100 percent more likely than men to schedule an appointment for their annual examinations and preventive services. Men need to be encouraged to have the preventive tests necessary to help detect diseases earlier, when they're easiest to treat. Men should talk to their healthcare provider about which preventive medical tests they should have.

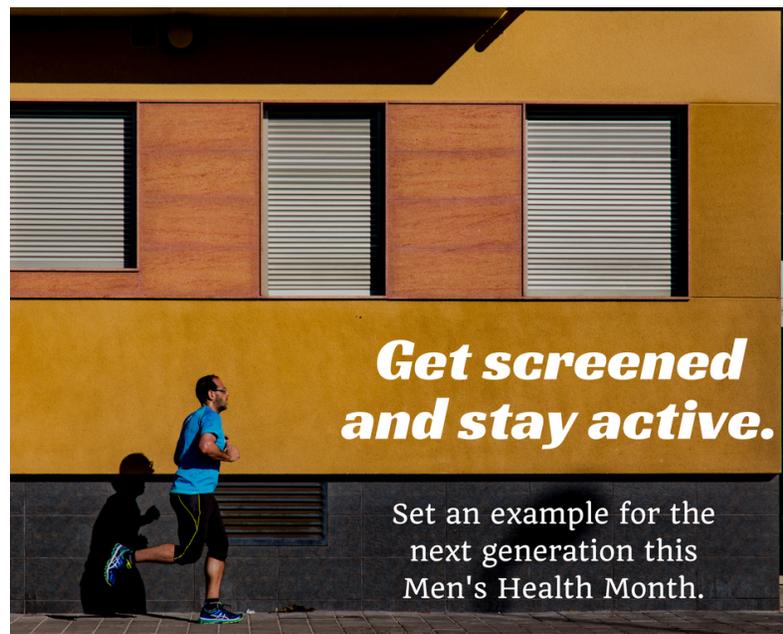
The following are a few steps men can take to help prevent disease and stay healthy:

- Maintain a healthy Body Mass Index (BMI) - BMI is a measure of your body fat based on your height and weight. Your doctor can help you determine your BMI or there are many charts available.
- Check your cholesterol regularly - Men over 35 (or earlier if at risk or with a BMI of 30 or over), should have their cholesterol checked regularly. High cholesterol is a key risk factor for heart disease.
- Monitor your blood pressure - Men should have their blood pressure checked every 2 years. High blood pressure increases the chance of heart or kidney disease and stroke.
- Get screened for Cardiovascular Disease - Men ages 45 through 79 should talk with their doctor about whether an aspirin a day could help lower their risk for a heart attack.

- Get screened for Colorectal Cancer - Beginning at age 50 or earlier with family history, through 75, men should get tested for colorectal cancer. Talk to your doctor about which test is best.
- Get screened for other cancers – Men should discuss with their healthcare provider if they should be tested for prostate, lung, oral, skin, or other cancers.
- Get screened for depression - Men who have feelings of hopelessness or little to no interest in doing things they enjoy, should talk to their doctor. Depression is a treatable illness.
- Get checked for diabetes – Men with blood pressure higher than 135/80, should ask their doctor to test them for diabetes. Diabetes, or high blood sugar, can cause problems with your heart, eyes, feet, kidneys, nerves, and other body parts.
- Cease tobacco use – Men who smoke or use tobacco, should talk to their doctor about quitting. In addition, there are tests tobacco users can have to help diagnose tobacco-related cancers.

Recognizing and preventing men's health problems is not just a man's issue; it also affects others in their lives. Set an example for future generations by taking control of your health and getting screened for potential health issues.

To schedule an appointment to discuss which preventive tests are right for you, call Thayer County Health Services at 402-768-7203.



Foundation for Thayer County Health Services Golf Tournament

The Foundation for Thayer County Health Services held their annual Golf Tournament on June 7th 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: Thayer Central HS Golf Team (Championship Flight), Price Funeral Home (1st Flight), and Reinke Manufacturing (2nd Flight).



Championship Flight Winner – Thayer Central HS Golf Team (L-R) Logan Wiedel, Jackson Feulner, Joel Kayser, Trey Strong



1st Flight Winner – Price Funeral Home (L-R) Bob Molten, Lyle Burd, Justin Stelling and Ken Vogel



2nd Flight Winner – Reinke Manufacturing Co. (L-R) Rick Meers, Rick FAYle, Kris Siebenneicher, Larry Siebenneicher

The Foundation would like to thank this year's golfers, volunteers, and donors who helped make this year's tournament such a success. The following is a list of donors to this year's Golf Tournament:

Diamond Donor

- Ken & Stephanie Korff

Gold Donors

- Don and Brenda Betten
- Jason Brase
- D.A. Davidson
- Tim and Karin Else
- Chris and Ronda Frye
- John and Rita Luongo
- Reinke Manufacturing Co.
- Thayer County Bank
- Dick Walsh Insurance

Silver Donors

- Arend's Family Foods
- Don and Brenda Betten
- Blue Valley Lutheran Homes
- Neil and Monica Bohling
- Bruning State Bank
- Dave and Tammy Burd

Silver Donors Cont.

- Jerry and Jill Catlett
- Central Market
- Cornerstone Bank
- Tobe and Robyn Duensing
- Elite Anesthesia PC
- Home Agency
- Hubbell Lions Club
- Edna Johnson
- Eric and Jennifer Krupicka
- Pioneer Hi-Bred/Ron Dubbert
- Michael and Tami Logsdon
- Long Crop Services
- Price Funeral Home
- Mark and Wendy VanSkiver

Bronze Donors

- Dennis and Barb Ahlman
- Lyle and Linda Burd
- Audrey Else
- Rod and Nancy Heinrichs

Bronze Donors Cont.

- Ron and Melissa Kuhlmann
- Darrel and Connie Lichty
- Ralph and Judy McLaughlin
- Mark and Kris Miesner
- Bill and Becky Mize
- Julia Pohlmann
- Prairie Health Ventures
- Roger and Kathy Retzlaff
- Lisa Wiedel
- Doug and Christine Wismer
- WIPFLI

Pearl Donors

- Tracie Beavers
- Lonnie and Lindsey Biltoft
- Les and Joetta Brandt
- Steve Delay
- Bob and Kathy Fisher
- Mary (Kenner) and Bill Glover
- Hebron Dental Care

Pearl Donors Cont.

- Hebron Rotary Club
- George and Liz Keilwitz
- Lyle McLaughlin
- Midwest Bank
- Annette Ohlrich
- Lyle and Tracy Tietjen
- Clint and Jodi Werner

In-Kind Donations

- American Family Insurance
- Casey's General Store
- Nebraska Hospital Assoc.
- Thayer County Health Services
- Pepsi Bottling Co.
- Reinke Manufacturing Co.
- Scheels Sporting Goods
- TCHS Hospital Guild
- Thayer County Health Services
- Tom Posey Real Estate

The Foundation is truly humbled by the generous support they receive from individuals, businesses and organizations. Because of the community support received, the Foundation has been able to meet their fundraising goals and provide funding for projects that support local healthcare. Besides the \$6.9 million dollar gift from the Glenn Korff estate to build the Korff Fitness and Wellness Center and the successful Capital Campaign that raised \$1 million for the most recent building project; the Foundation has a long list of other accomplishments your support has helped them achieve in the last five years: Surgery table \$12,020.00; Physician recruitment \$12,500.00; Donation toward transport ambulance \$58,737.00; Donation for hospital Security System \$34,393.78; Two exam tables for Deshler Clinic \$2,000.00; Blanket warmer for Specialty Clinic \$1,000.00; Cattlemen's Ball 2018 donation \$25,000.00; Two loveseat sleepers for Labor and Delivery \$5,696.00; Lab analyzer \$14,875.00; Wellness Center defibrillator \$1,500.00; Wellness Center WiFi \$6,150.20; Exam light for Labor and Delivery \$4,922.00; Healthcare scholarships \$8,000.00; C-Arm for Surgery Dept. \$71,773.00; and Patient Charity Care fund \$16,547.39.

These accomplishments would not be possible without the support you and others give to the Foundation. To find out what projects the Foundation is currently working on or how you can get involved, contact Rita Luongo, Development Director at 120 Park Avenue Hebron, NE 68370 or by calling 402-768-1584.

New Service: Senior Life Solutions

Thayer County Health Services is happy to announce that we will be partnering with Senior Life Solutions to create an outpatient psychiatric program that specializes in treating individuals 65 years of age or older. The program will include both individual and group counseling for geriatric patients that may be exhibiting conditions related to an acute psychiatric/psychological condition. An anticipated start date for these services is in September, 2019.

It has become apparent that there is a significant behavioral health need in Thayer County and TCHS is committed to meeting that need. By recruiting a new behavioral health clinician and offering a counseling program that targets geriatric patients, TCHS is demonstrating that commitment. By expanding available behavioral health services, TCHS is stepping forward as a leader to ensure that we are meeting the overall needs of those we serve both physically and emotionally.

Founded in 2003, Psychiatric Medical Care (PMC) operates inpatient and outpatient programs located in rural communities across the country. Founder and Chief Medical Officer, James A. Greene, M.D., a geriatric psychiatrist, born and raised in a rural community, which today hosts a rural hospital. He developed PMC with the sole mission to improve the quality of life of older adults living in rural communities. PMC, which operates the Senior Life Solutions outpatient program, is one of the largest geriatric mental health management companies within rural hospitals across the United States.



Senior Life Solutions®

Guild Gives \$2,500 in Scholarships to Area Students

*Written by: Rita Luongo,
Development Director*

The Hospital Guild for Thayer County Health Services and the Foundation for Thayer County Health Services awards four \$500 healthcare scholarships annually. The scholarships awarded are the Carol Deepe Memorial Healthcare Scholarship and three TCHS Healthcare Scholarships.

Recipients of the scholarships must be either a high school senior graduating from a Thayer County high school or a Thayer County resident working at TCHS or pursuing a degree in healthcare. The scholarships provide financial assistance to eligible students interested in working in healthcare.



Pictured L to R: Dave Burd, TCHS CEO, Carol Krueger, Guild President; McKensi Blau, Carol Deepe Memorial Healthcare Scholarship Recipient; Leah Schmidt, TCHS Healthcare Scholarship Recipient; Kassandra Hartley, TCHS Healthcare Scholarship Recipient; and Kris, Miesner, Foundation President. Not Pictured: Grace Souerdyke, TCHS Healthcare Scholarship Recipient.

The 2019 recipients of the scholarships were invited to the Hospital Guild for Thayer County Health Services meeting held at the hospital on May 29th. This year's recipient of the Carol Deepe Memorial Healthcare Scholarship is McKensi Blau a recent graduate from Deshler High School. McKensi will be attending college at Doane University, majoring in Biology. The three TCHS Healthcare Scholarships were awarded to: Kassandra Hartley, the Marketing Director at TCHS, who is finishing up her Masters in Public Administration – Nonprofit Management from the University of Nebraska at Omaha; Leah Schmidt a 2019 graduate from Deshler High School, who will be attending Hasting College, majoring in Biology and Psychology; and Grace Souerdyke a 2019 graduate from Thayer Central High School, who will be attending the University of Nebraska at Kearney majoring in Physiology.

TCHS Board of Directors

Loren Wiedel- Board Chair
Karen Dahlkoetter- Board Vice Chair
Laura Tuma- Board Treasurer
Elisabeth Heitmann- Board Secretary
Connie Lichty- Board Member At Large

Did you know that when you have your annual wellness check at TCHS you will receive a free day pass to our Korff Fitness & Wellness Center?

CHILDBIRTH CLASS

July 22, 2019
6:00 PM- 9:00 PM

Cafeteria Conference Room
120 Park Avenue, Hebron NE

FREE for
TCHS patients;
\$25 Fee
for all others

THIS WILL BE THE LAST CLASS UNTIL DECEMBER.
To Register contact Kim at kfrancis@tchsne.org or 402-768-6041

**“LATCH & LEARN”
BREASTFEEDING SUPPORT GROUP**

(IF YOU WILL BE ATTENDING, CALL 402-768-7203 TO RSVP)

2ND THURSDAY OF THE MONTH
6:30 PM - 7:30 PM

CAFETERIA CONFERENCE ROOM

Join other moms and their babies as we share successes, challenges, and breastfeeding tips! The group will be facilitated by two Certified Lactation Counselors from TCHS.



In 2018, the Foundation for TCHS set a goal to help fund the purchase of a replacement transport ambulance. With the proceeds of \$58,737 from their last Variety Show and a \$20,000 gift from the TCHS Hospital Guild, Thayer County Health Services was able to purchase a 2010 AEV Chevrolet ambulance from a Fire Department in Glade Springs, Virginia.

This new transport ambulance has since been delivered to Hebron and is in the process of being wrapped with its new design. The next step will be to reinstall the medical equipment from the current ambulance to the new one. The ambulance staff plans to have the new transport ambulance in service by August 1, 2019.

Thayer County Health Services and the Emergency Dept. would like to thank everyone that donated to the Ambulance Fund. With your help, the Foundation exceeded their \$50,000 goal. This increase in funds allowed the hospital to purchase a vehicle with more upgrades than previously planned. The result is a transport ambulance that will provide patients with a safe and smooth ride when being transferred.

