

# COMMUNITY HEARTBEAT

THE OFFICIAL NEWSLETTER OF

 *Thayer County  
Health Services*

*Exceptional Health... Close to Home*

EARLY DETECTION IS KEY!

**Genius 3D  
Mammography**  
available at Thayer County  
Health Services.  
Call (402) 768-4645 for an  
appointment today!



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 **Thayer County  
Health Services**

*Exceptional Health... Close to Home*

Pictured: Our Genius 3D Mammography Machine



## TCHS Donates Sunscreen Stations



This past Summer, Thayer County Health Services wanted to do their part in the prevention of skin cancer (Melanoma), and determined the best way to do so would be through donating sunscreen stations. These stations were installed at both the Hebron and Deshler Pools so pool goers would have access to sunscreen at all times. If you or a loved one are concerned that you may have Melanoma call (402) 768-7203 and schedule an appointment with one of your local healthcare providers.

## LATEST NEWS FROM THIS ISSUE:

- TCHS Donates Sunscreen Stations - pg. 1*
- Hope and Healing - pg. 2*
- CEO Corner - pg. 3*
- CT Low Dose Lung Screenings - pg. 3*
- Chemotherapy Care Packages - pg. 4*
- Celebrating Physical Therapy Month - pg. 4*
- Decontamination Training - pg. 5*
- Sleep Study Accreditation - pg. 6*
- Pool & Walking Club - pg. 6*
- Highlighting Women's Health - pg. 7*
- Foundation Variety Show - pg. 8*
- Patriotic Pillow Cases - pg. 8*
- Dangers of Vaping - pg. 9*
- Cardiac Calcium Scoring - pg. 9*
- Employee of the Month Nomination Forms - pg. 10*
- Mass Flu Clinic Save the Date - Back Cover*
- Women's Health Night Save the Date - Back Cover*

# Hope & Healing



Every year, Becky Hulse of Hebron, NE, a teacher at Thayer Central Community Schools, went in to get her mammogram at Thayer County Health Services because of her family history of breast cancer. Since age 40, Becky has been getting mammograms and each year they came back all clear. This past year Becky waited until our 3D mammography machine arrived and her results came back as suspicious. When she found out her results, Shelly Pulliam, Radiology Tech, was the first person Becky broke down in front of, **“Bless her heart, she was so sweet and kind, and open to letting me cry.”**

After Becky was diagnosed with breast cancer, she met with TCHS visiting Oncologist, Dr. Warner, and immediately felt comfortable with him. Dr. Warner always gave Becky time to process and ask questions about her care; she never felt rushed. After a lumpectomy revealed a small tumor, Becky was diagnosed with stage 1 breast cancer. **“From there I had to start chemotherapy and thank goodness I was able to do it here.”** Being in a small town took the burden off Becky’s shoulders because of the empathy she received. **“I have to give a shout out to my classroom from last year. I would not have been able to teach as long as I did without them.”** As for Thayer County Health Services, Becky feels that she is well taken care of, **“I love the nurses, they take great care of me and are so nice! They get me whatever I need and if I have questions I can ask them.”**

Becky feels comfortable at Thayer County Health Services; after experiencing radiation in Lincoln, NE, she felt emotionally drained because, as a teacher, she wanted to care for others, but at



## Becky Hulse Hebron, NE

TCHS she felt she could sit back and be cared for completely. **“I can’t pick out one moment TCHS has gone the extra mile because they do it all the time.”**

When Dr. Heinrichs, Becky’s primary care provider, called her with the news, Becky felt comfortable and cared for in her hands because Dr. Heinrichs had taken the time to get to know Becky as a person and understand what she would want in this type of situation. Dr. Heinrichs walked her through the process, been part of her treatment since day one, and helps Becky battle the side effects as they arise.

**“One of my primary focuses was that I had to be comfortable with the people who were taking care of me. The whole idea of not having to travel because I wanted to work as long as I could, and I worked every day except for those I had treatment and an occasional half day missed because of some symptoms, really meant a lot to me. I wanted to be a part of my life here and not be on the road for hours, because some of my chemo treatments were every week and that is a very long time to be on the road. Being able to receive treatment right here at home relieved a burden and I was able to focus on my family and focus on my kids at school and not having to worry about traveling all the time.”**

Becky really wanted to receive her care somewhere where the people meant a lot to her because the medicine is the same almost anywhere you go, but it is the people behind the treatment - those are the people that help make a bad situation better.

# CEO CORNER

Dave Burd, MHA, FHFMA  
Chief Executive Officer



When you think of Thayer County Health Services (TCHS), what is the first thing that comes to mind? In most cases, the typical first thought would involve the high quality health care services that are available right here in Thayer County. While that is certainly true and very important, I would suggest that it is only part of the story. In addition to health care and wellness services, TCHS is significantly involved in the community through various sponsorships and volunteering activities. TCHS is proud of its role as a leader in Thayer County and continually steps up to support a wide-variety of organizations and initiatives. TCHS is committed to the future success of Thayer County and demonstrates that consistently. We continue to sponsor and volunteer at more and more events. TCHS staff support for volunteering at community functions is extremely impressive and is recognized often within the community.

By employing approximately 150 people, TCHS is a significant contributor of local jobs and serves as one of the leading employers in the county. The local jobs provided by TCHS play a big role in the county's overall economy. In addition, many of TCHS' positions require technical expertise and experience, which brings additional families to the county. Just in the last three years, several families have moved to Thayer County because of employment at TCHS.

TCHS' economic impact on Thayer County is wide-ranging and might include things that you don't necessarily think about on a regular basis. For example, TCHS employees purchase local

goods and services that result in local businesses adding additional jobs that otherwise wouldn't be necessary. The purchases made by TCHS also support local businesses and strengthen the overall Thayer County economy.

As the population in most rural parts of the country steadily declines, the role and level of importance of the local hospital continues to grow. While many people take the availability of health care services in rural areas for granted, the challenges continue to rise for rural hospitals in today's health care environment. In many cases, without the local hospital, life in many counties would be significantly different.

One of the goals included in our strategic plan is to strengthen organizational loyalty by becoming the facility of choice for health care and wellness services and employment in the region. TCHS is blessed to have an enormous amount of support from the community and all of you! Please know that this support is appreciated and not taken for granted. TCHS successes and achievements translate into stability and growth for Thayer County. Without a doubt, the future "health" of the Thayer County economy is directly connected to the success of TCHS.

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 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!

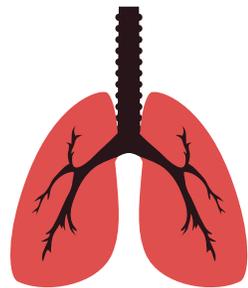
## CT Low Dose Lung Screenings

Lung cancer is the most deadly cancer in the US, killing more than breast, colon and prostate combined. A lack of screening is in direct correlation with these numbers. Now there is a simple, painless test that can detect early onset of lung cancer when it is the most treatable. High-risk lung cancer patients are encouraged to receive this elective procedure that can detect the early onset of lung cancer.

CT Low dose Lung screening is recommended and normally covered for patients within these guidelines: Age 55-77 years old, 30 pack-year history (example: 1 pack/day for 30yrs or 2 packs/day for 15yrs), or Current smoker or quit within the past 15 years.

Patients within the following guidelines should also consult a provider about CT Low dose Lung screening: Age 50+ years old, 20 pack-year history (example: 1 pack/day for 20yrs or 2 packs/day for 10yrs), Current smoker or quit within the past 15 years, Contact with radon, asbestos or other cancer-causing agents, or Family or personal history of lung cancer.

If insurance does not cover the cost of the screening, Thayer County Health Services offers the test with a provider's order, for only \$150.00 payable at the time of service. To schedule a screening, call 402-768-4645.



## Chemotherapy Care Packages

Jolene Beckmann has seen firsthand what it is like to have a loved one be diagnosed and receive treatment for cancer. She understands how hard it can be on someone and their caregiver, which is why she set out to make things a little better for those experiencing similar situations. Jolene gifted a Thrivent grant to Thayer County Health Services for Chemo Care Packages to give to patients that are receiving



chemotherapy treatment close to home at TCHS. Jolene's wish for those receiving the bags is that they help in some way, **"Having a loved one diagnosed with cancer is scary and life changing. My prayer is these bags will somehow make life a little bit easier during this time of change."**

The bags are made up of neutral colors with many pockets to use during and after treatment, and the intent is to make a trip to a chemo appointment as easy and comfortable as possible. However, this is not a one-woman mission, Amanda Hofts of Hebron ties the fleece blankets, Rita Luongo of Hebron sews the bags and neck pillows, and Tami Logsdon of Hebron and her children have been sewing fleece hats and seatbelt covers that protect patient's ports. The bags also include an inspirational journaling book, thermometer, and pill planner box. If you or a loved one has been recently diagnosed with cancer, Thayer County Health Services offers chemotherapy treatments close to home; call (402) 768-4696 for more information. If you are interested in assisting with this project, please contact Rita Luongo, TCHS Development Director, at (402) 768-4636.

## October is Physical Therapy Month!



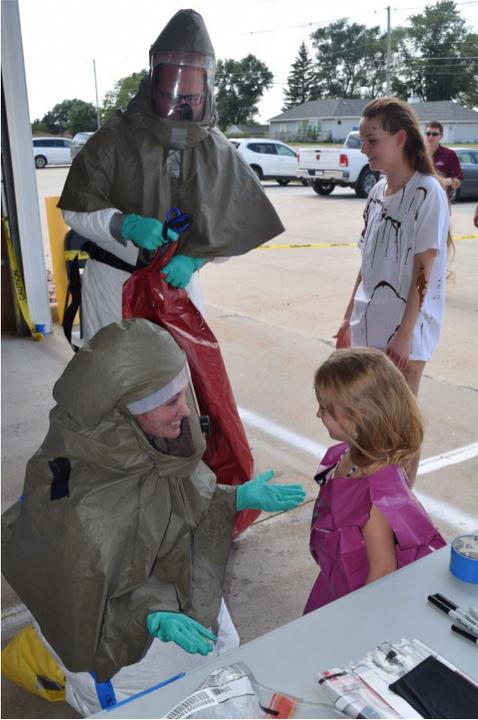
Physical therapists (PTs) and licensed physical therapist assistants (PTAs) are movement experts who optimize quality of life through prescribed exercise, hands-on care, patient education, and provide care across the lifespan to anyone of any ability. Some of the benefits of physical therapy are maximizing your movement - our department can identify, diagnose, and treat movement problems. Pain-free movement is crucial to your quality of life, your ability to earn a living, and your

independence. Personalized care that meets your needs - we design treatment plans for each person's individual needs, challenges, and goals. We help people improve mobility, manage pain and other chronic conditions, recover from injury, and prevent future injury and chronic disease.



Our Physical Therapy Team: Brad Cooper, PT, Tracy Tietjen, Rehab Receptionist/ Office Manager, Traci Zelenka, PTA, Shelby Farnstrom, PTA, and Steve Williams, PT

## Just Add Water for Successful Decontamination Practice



Disaster preparedness in hospitals involves practice, but some disaster situations are harder to practice than others. Washing contaminated people, for example, requires running water and willing mock victims, as well as standard decontamination equipment. Most importantly, it requires specific training. To help Thayer County Health Services prepare for the arrival of patients doused with dangerous chemicals, the Center for Preparedness Education in partnership with Thayer County Health Services, offered a Hospital First Receiver Course September 17 & 18. The purpose of this training and event was to ensure that Decontamination Teams are always prepared to accept patients who may have been involved in a chemical spill or something similar. In addition to Thayer County Health Services staff undergoing the training, there were also participants from Brodstone Memorial Hospital, Jefferson Community Health and Life, and York General.

On the afternoon of September 18, the class engaged in a full-scale decontamination exercise from 1:30-3:30. Course participants set up zones; pre and post decon care areas, donned appropriate gear and responded to a (simulated) group of contaminated patients arriving at their hospital. The

hospital's plans and response activities were evaluated to enable the development of improvement plans. "It's essential that our Decon Team is prepared and up-to-date on training. That's why this event was so important, because it shows the concern Thayer County Health Services has for the safety of Thayer County and the surrounding area," said Lindsey Messman, Facilities Coordinator/Safety Administrator at Thayer County Health Services.

The 2-day course offered training and education to meet the needs of Hospital Decontamination Teams. The course provided hospital staff with an overview of hazardous response issues and the dangers of contaminated patients entering their facility. It provided them with prevention preparedness and response techniques to keep their hospital safe. This course follows OSHA's Best Practices for Hospital-Based First Receivers guidelines for Awareness and Operations level training.

Participants learned about the role of Hospital First Receivers vs First Responders, hazardous materials, routes of entry and signs and symptoms of contaminated patients. Participants also learned the proper way to don and doff PPE, including powered air purifying respirators (PAPRs). They mapped out decon zones, set up tents and equipment, and participated in a wet exercise using mock patients. A debrief of participants and volunteer mock-victims completed the exercise. The mock-victims were covered in chocolate syrup to simulate a chemical contamination and ensure that the mock-victims were effectively cleaned. Individuals participating in the decon training were able to don the proper gear and practice cleaning the victims and the entire decon process from start to finish. Thayer County Health Services staff responded to the mock-event as they would in a real event to ensure that all processes and practices were in place to provide the best care to our patients.

**A REMINDER: IF YOU ARE COMING TO TCHS AFTER YOU HAVE BEEN CONTAMINATED, IMMEDIATELY CALL TCHS AT 402-768-6041 TO LET THE NURSING STAFF KNOW YOU ARE ON YOUR WAY. UPON ARRIVAL - WAIT FOR A HAZMAT TEAM MEMBER TO MEET YOU AT THE EMERGENCY ENTRANCE. DO NOT ENTER HOSPITAL WITHOUT HOSPITAL STAFF PRESENT TO AVOID CONTAMINATING THE INSIDE OF THE HOSPITAL.**





# Sleep Study Accreditation

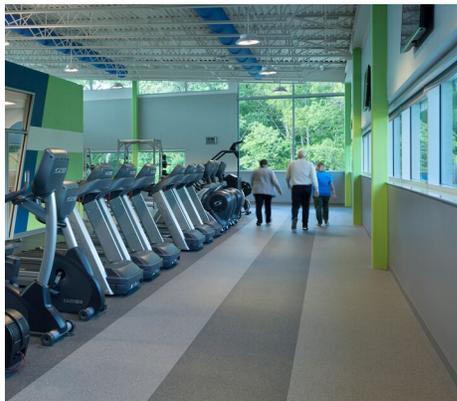
**TCHS is now Accredited by the Accreditation Commission for Health Care (ACHC) for In-Lab Sleep Studies and Home Sleep Studies.**

As TCHS continues to focus on providing high quality care close to home, we seek to expand services to better serve the needs of our patients. Recently, TCHS became accredited through the Accreditation Commission for Health Care (ACHC) for In-Lab Sleep Studies and Home Sleep Studies. By achieving ACHC Accreditation, TCHS has demonstrated its commitment to providing the highest-quality service through compliance with national regulations and industry best practices.

Both In-Lab and Home Sleep Studies must be ordered by a Provider. A provider can determine which type of testing would be the most beneficial contingent on medical history, symptoms, and other factors. The most common reasons for sleep studies to be ordered are due to sleep-related breathing disorders such as sleep apnea. Often times Home Sleep Studies will be ordered initially, as this type will allow the testing to be completed in the ease and comfort of your own home. If a Home Sleep Study is ordered, TCHS staff will provide a take-home device that the patient will wear as they sleep one night and then the patient will return the device the next day. The Home Sleep Study may provide enough information, however there are times that a more in-depth testing is required. If this is the case, an In-Lab Sleep Study could be conducted which involves an overnight, hospital based testing where additional information can be gathered to determine if a sleep-related breathing disorder is present.

Whether a Home Sleep Study or an In-Lab Sleep Study is needed, TCHS is able to provide it. If you have questions about either type of study or if you believe you may need a sleep study, contact TCHS and your provider to learn more about the options we can provide.

## Pool Club & Walking Club - Get fit with your friends!



What is Walking Club? Walking Club is a designated day and time each week for members of the community to come in to the Korff Fitness & Wellness Center and walk on the track, FREE of charge, at the Korff Fitness & Wellness Center or on the Hebron Walking Trail (weather dependent). **Who can participate? All are welcome regardless of membership status but only during designated walking club times. When is it? Walking Club times are Mondays and Wednesdays from 3 p.m. to 4 p.m.** Can I come walk on other days? If club members wish to come in on days and times other than official walking club times, they may purchase a day pass. Day passes are \$5, individual memberships are \$32/month, family memberships are \$49/month. 6 and 12 month purchasing options are available as well as discounts for seniors, corporate members, military and disability. Important information: Walking Club members will be asked to sign a waiver and sign in each time they come to walk.

What is Pool Club? Pool Club is a designated day and time each week for community members to come to the Korff Fitness & Wellness Center and swim. Individuals will be granted one free trial to the pool, after which they must purchase a membership or day pass. **Who can participate? One Free Trial users and all members are welcome but only during designated pool club times. When is it? Pool Club times are Tuesdays and Thursdays from 2 p.m. to 3 p.m.** Can I come swim on other days? If pool club members wish to come in on days and times other than official pool club times, they may purchase a day pass or membership. Day passes are \$5, individual memberships are \$32/month, family memberships are \$49/month. 6 and 12 month purchasing options are available as well as discounts for seniors, corporate members, military and disability. Important information: Pool Club members will be asked to sign a waiver and sign in the first and second time they come in to swim. For more information or questions, please call the Korff Fitness & Wellness Center at 402-768-4320.





## Highlighting Women's Health in October

October is National Breast Cancer Awareness Month. Breast cancer remains the second leading cause of cancer death among women after lung cancer. Thayer County Health Services has been offering 3D mammograms to our patients for over a year and wanted to say thank you to the donors who made this possible. The benefit of 3D technology is it has the capability of producing more detailed images of breast tissue than with a traditional 2D mammography.

Traditional mammography produced just two images of each breast, a side-to-side view and a top-to-bottom view. 3D mammography produces many X-ray images of the breasts from multiple angles to create a digital 3-dimensional rendering of internal breast tissue. This allows radiologists to view the breast in 1-millimeter 'slices' rather than just the full thickness from the top and from the side. The radiologist is then able to review reconstruction, one slide at a time, almost like turning pages in a book.

Research suggests that radiologists are able to more accurately interpret results from 3D mammography in dense breast tissue, which can lead to fewer false-positive and false-negative readings. This means less anxiety induced call backs for patients.

Besides annual mammograms, all women are urged to reduce their breast cancer risk factors. Being a woman

and getting older are the two main, non-modifiable risk factors for breast cancer. Others factors such as family history, personal history, no pregnancies, first pregnancy later in life, beginning menstrual periods before age 12 or menopause after age 55, obesity, heavy alcohol intake and use of some types of hormone therapy, increase a woman's risk.

Breast cancer starts when cells in the breast begin to grow out of control. These cells usually form a tumor that cannot often be seen on an x-ray or felt as a lump. The tumor is malignant (cancerous) if the cells can grow into the surrounding tissues or spread (metastasize) to distant areas of the body. Breast cancer occurs almost entirely in women, but men can get it, too.

It's also important to understand that most breast lumps are not cancer, they are benign. Benign breast tumors are abnormal growths, but they do not spread outside of the breast and they are not life threatening. But some benign breast lumps can increase a woman's risk of getting breast cancer in the future. Any breast lump or change needs to be checked by a health care provider to determine whether it is benign or cancer.

Women need to also take family history into account. Roughly 20 percent of women with breast cancer have close relatives: a sibling, parent, or grandparent who has had the disease. Women with a strong family history should talk to their doctor about other ways to reduce their risk.

The sad fact is that even women, who've done everything right, may still develop breast cancer. That is why having 3D mammography available locally is so important. This state of the art technology will help detect breast cancer even earlier than with the traditional 2D mammography. Early detection is vital in winning the fight against breast cancer.

**To schedule your 3D mammography exam, call Thayer County Health Services' imaging center at 402-768-4645.**



# November 10th

Stastny Community Center  
Hebron, NE



## DOORS OPEN AT 5:00 PM

5:00 - 6:00 Social & Raffle

6:00 - 7:00 Dinner, Program & Auction

7:00 - 9:00 Entertainment

*Sponsored by:*

**The Struve Foundation**

*featuring...*

**Joseph Hall's  
ELVS**

# Rock 'N' Remember CONCERT

### \$500 table sponsor

*Table Sponsorship includes:*

- Reserved round table for eight guests to include meal & entertainment
- Commemorative gift for guests
- Sponsors name on the table
- Sponsors name in the program and on the donor banner

### \$50 individual ticket

*Individual ticket includes:*

- meal/entertainment with open seating

Other sponsorships available upon request.

## Patriotic Pillowcases

Several years ago, Dianne Meyer, Thayer County Health Services Director of Family Services was looking for a way to say “thank you” to veterans. Together with the Creative Clovers 4-H Club, Meyer now presents handmade pillowcases by the 4-H members and their parents on patriotic print fabrics to veterans staying at the hospital, along with thank you cards for their service and dedication. The TCHS hospital guild initially



provided the fabric and employees made them. For this batch of pillowcases, the Thrivent Action Team awarded a \$250 grant. Pictured with their pillowcases are (Front row, left to right) Taryn Degenhardt, Calli Degenhardt and Sonia Heinrichs. (Middle) Aydrian Meyer, Keirsten Heinrichs, Peyton Fangmeier, Olivia Wiedel, Atlie Wiedel and Cambria Kunc. (Back) Katholene Fangmeier, Mason Remmers, Kinzie Remmers, Morgan Fangmeier, Megan Lukert, Chloe Hintz, Adam Lukert, David Burd and Dianne Meyer.

# DANGERS OF VAPING - SEVERE PULMONARY DISEASE ASSOCIATED WITH USING E-CIGARETTES



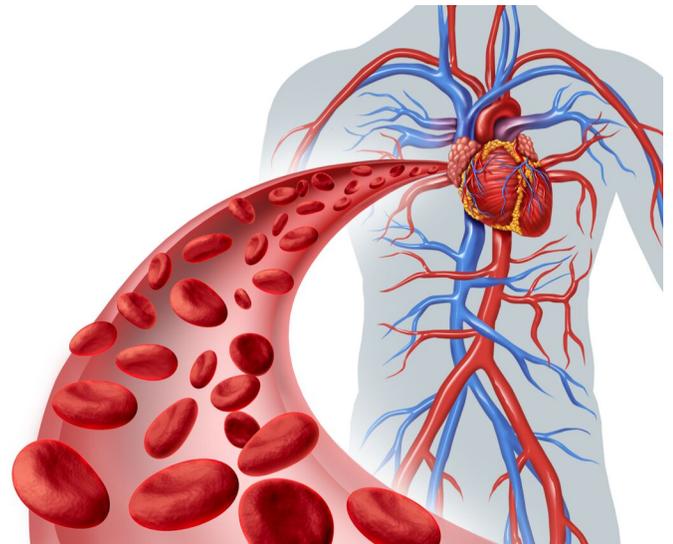
The Nebraska Department of Health and Human Services (NEDHHS) has issued a Health Alert Network Advisory. NEDHHS has been investigating several local cases of severe pulmonary disease associated with using e-cigarette products (vaping). Healthcare providers have been advised to consider vaping-related illness in a patient presenting with respiratory symptoms and a history of vaping.

E-cigarettes typically contain nicotine and can contain harmful or potentially harmful substances including nicotine, heavy metals, volatile organic compounds, and cancer-causing chemicals. Over 380 possible cases have been reported and additional reports of pulmonary illness are under investigation. One patient with a history of recent e-cigarette use was hospitalized with severe pulmonary disease and died within a matter of days. Vaping has been linked to six additional deaths.

Remember that it is illegal for minors to vape. Some states and countries have banned vaping as the severe pulmonary illness appears in more and more patients.

## Cardiac Calcium Scoring

Cardiac calcium scoring is a test performed using a CT scanner to test the level of calcified plaque lining the coronary artery. Plaque build-up can lead to heart disease or even a heart attack without warning. Heart attacks are the leading cause of death of men and women in the United States. This score can be a helpful tool in determining someone's risk level for heart disease or heart attack. After reviewing the calcium score, a patient and their doctor can better determine if there are any behavior changes necessary to prevent future heart conditions.



Typical candidates for this test are people ages 40-75 who have a moderate risk for heart disease. Factors that can increase the risk of heart disease include smoking, diabetes, obesity, poor diet, high blood pressure and high cholesterol.

This potentially life-saving test is quick, pain-free and affordable. The patient lies down while x-ray images are taken from various angles all around the body. The scan itself takes less than a minute. Those images are then read by a radiologist who will determine a calcium score. This score will be sent to the patient's ordering provider. Patient will need to speak with their provider to see if this procedure is for them. A calcium scoring test does require a doctor's referral and is only \$150 (at time of service) at Thayer County Health Services. To schedule your Cardiac calcium score call 402-768-4645.



**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?

**Adult Mass Flu Clinics**



**Hebron Medical Clinic**

Mon. October 14th 8:00 am - 5:00 pm  
Check-in at the front lobby of the hospital  
120 Park Avenue • Hebron, NE  
Uninsured Adult Flu Vaccine (Given in Hebron Only)  
**\$25 REGULAR DOSE     \$50 HIGH DOSE**

**NO APPOINTMENT REQUIRED.**

Medicare and Insurance will be submitted. Flu clinics are for patients 19 years and older. Patients 65 and older will receive the high dose flu vaccine and have the option to receive a pneumonia vaccine.

**Satellite Medical Clinics**

Oct. 15th	Bruning Clinic	9:30 am - 11:30 am
Oct. 16th	Chester Clinic	9:30 am - 11:30 am
Oct. 16th	Davenport Clinic	2:00 pm - 4:00 pm
Oct. 17th	Deshler Clinic	9:30 am - 11:30 am

*\*Note Change\*  
Insurance will be filed.*



**Mark Your Calendar**

**Oct. 23 6:00 pm - 9:00 pm**  
**2019**  
Thayer County Fairgrounds  
Activity Center- Deshler, NE  
Questions? Call 402-768-4320

**Women's Health Night**  
**STRONGER TOGETHER**

- FREE Complimentary Gift • Healthy Snacks and Recipes
- Fit & Fun Vendors • Health Vendors • & much more!

Door Prize Drawings ALL GUESTS IN ATTENDANCE WILL BE ENTERED IN A DRAWING FOR SOME GREAT DOOR PRIZES.



Please consider joining us at our annual Women's Health Night on Oct. 23rd from 6 pm - 9 pm in Deshler, NE. We will have presentations from Dr. Tara Kirkpatrick, Specialty Clinic Urologist, TCHS Provider Panel, and a patient who utilized our 3D mammography services.