

COMMUNITY HEARTBEAT

THE OFFICIAL NEWSLETTER OF



Exceptional Health... Close to Home

2019 Employees of the Month

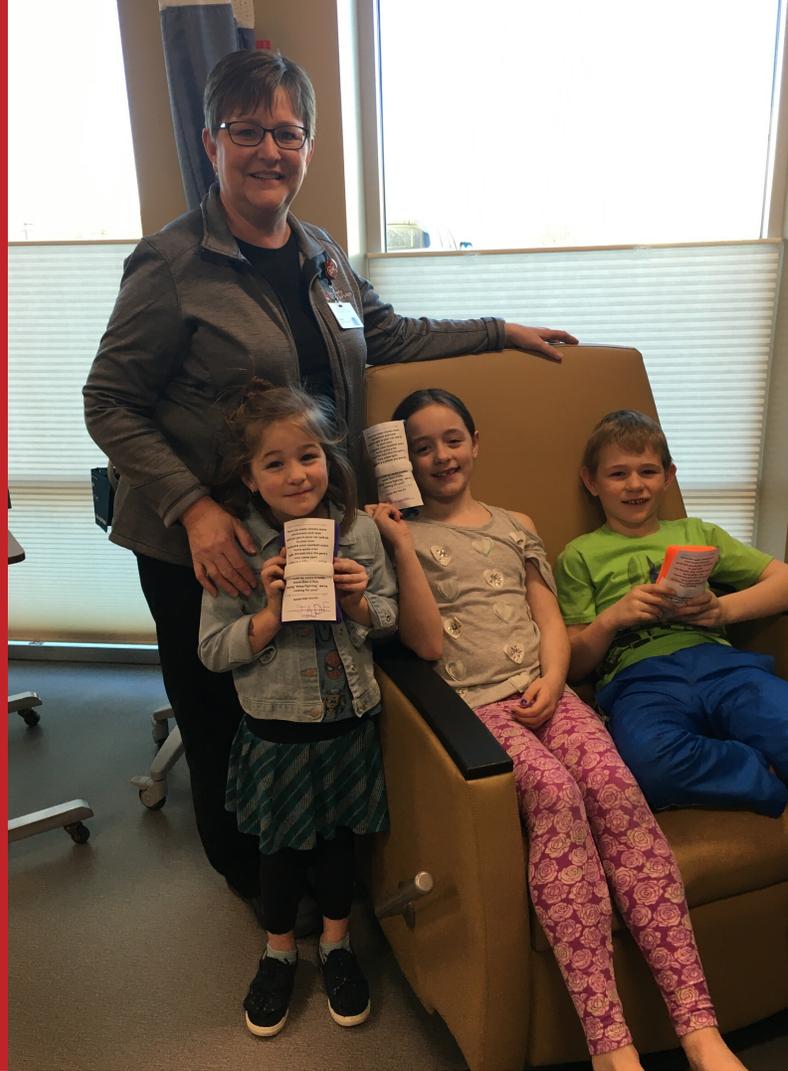


COMMUNITY HEARTBEAT

THE OFFICIAL NEWSLETTER OF

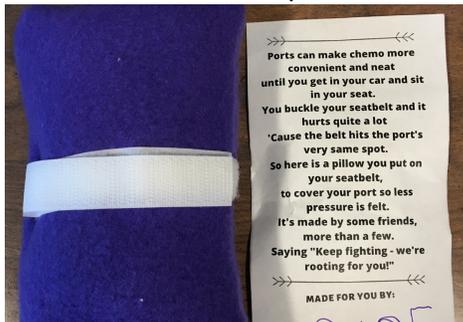
 **Thayer County Health Services**

Exceptional Health... Close to Home



Port Pillows Made With Love

Anyone on the cancer journey has learned that it's the little things that count. Maybe it's an extra hug, a few kind words or a simple item to let you know someone cares. At Thayer County Health Services, our chemo patients have not been forgotten. Recently Marla Heitmann, RN, Specialty Clinic Supervisor, received a visit from Jade, Michaela, & Porter, who have been busy making port pillows for our chemo cancer patients. With the help of their Mom, they sewed up some little pillows that can be attached to a seat belt to provide cushion between it and a patient's port when riding in a vehicle. Patients often complain that a seat belt can be quite irritating when it comes in contact with their port. Attached to each of the port pillows donated is a sweet poem written to provide instructions on how to use the pillow. The poem closes with the words, "Keep fighting - we're rooting for you." and the name of the special child that created this special gift.



Pictured Left: Port Pillows provided to TCHS chemo patients. Pictured Above L to R: Marla Heitmann, RN, Specialty Clinic Supervisor, Jade, Michaela, & Porter Logsdon of Hebron, NE

LATEST NEWS FROM THIS ISSUE:

- Port Pillows Made With Love - pg. 1*
- Hope and Healing - pg. 2*
- CEO Corner - pg. 3*
- Updated Clinic Schedule - pg. 3*
- 2019 Employees of the Month - pg. 4*
- Provider Corner - pg. 5*
- New Patient Education - Joint Camp - pg. 6*
- Wellness Tips - pg. 6*
- New Policy - Quiet Time - pg. 7*
- CBD Oil - pg. 7*
- 2019 Quilt Winner - pg. 8*
- Guild Annual Meeting - pg. 8*
- New Program - Senior Life Solutions - pg. 8*
- Employee Giving Campaign - pg. 8*
- Variety Show - pg. 9*
- 2019 Foundation Memorial Gifts - pg. 10*
- 2019 TCHS Guild - Lights of Love - pg. 10*
- TCHS Foundation Membership - Back Cover*

Hope & Healing

Jimmie Davis - Hebron, NE

Jimmie Davis of Hebron, NE was plagued by knee pain stemming from various health issues. Walking became difficult and the pain increased with time, but thankfully he had access to healthcare close to home. Jimmie was able to have his knee surgery and complete his rehabilitation all at Thayer County Health Services. "I didn't have to worry about family trying to transport and visit me because I could receive care right here at home," said Jimmie. The convenience of not having to travel made it easier on his wife, family, and Jimmie himself. One less worry was eased and Jimmie was able to focus on healing and getting back to doing the things he loves. "The staff at Thayer County Health Services have been above excellent! They made sure I was comfortable, received all the care that I needed, and followed up with me after my services were completed to make sure I was still doing okay. I highly recommend Thayer County Health Services and the excellence of the doctors, nurses, and support staff they have."



Do you have a story like Jimmie's that you would like to share with us? We love to hear about our patients' experiences and how having access to healthcare close to home has improved their lives.

If you are interested in providing a testimonial or learning more about the process, contact Thayer County Health Services Marketing Director, Kassi Hartley, MPA at 402-768-4655 or at khartley@tchsne.org

CEO CORNER

Dave Burd, MHA, FHFMA
Chief Executive Officer



During the holiday season and as we ring in the new year, it is a great time to reflect on the many blessings in our lives. Thayer County Health Services (TCHS) is extremely blessed to have a passionate, dedicated, and talented staff that are inspiring and truly make a difference in the lives of those we serve. With our tremendous team of providers and specialists, TCHS has transformed into your comprehensive source for health care and wellness services. TCHS is very fortunate to have a huge amount of community support, which plays a significant role in our success.

I continue to be amazed at what has been achieved by the TCHS Foundation and Guild. From experience, I know that many rural hospitals do not have the same level of support that we receive from both the Foundation and Guild. The commitment demonstrated by both the Foundation and Guild are awesome and have positively impacted health care in Thayer County. As reimbursement from government and commercial payers continues to decline, funding from other sources will play a larger role in maintaining high quality health care services in rural areas. TCHS sincerely appreciates everything that the Foundation and Guild do on our behalf.

Please be assured that all of the community support is not taken for granted! After all, TCHS is YOUR hospital and clinics, and our success is due to your support. The support from the Foundation, Guild, and the community has allowed TCHS to expand services and utilize state of the art equipment. TCHS' continued success depends on your loyalty and utilization of the extensive high

Clinic Schedule

Five Clinic Locations to Serve You

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

CHESTER CLINIC
116 Huron St. • 402.324.7101
1st and 3rd Wednesday
Mornings of the Month

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

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

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

MAIN LINE • 402.768.6041
SPECIALTY CLINIC • 402.768.6041
BILLING • 402.768.2220

.....www.ThayerCountyHealth.com.....

quality services that are available close to home.

TCHS continues to be innovative and progressive and serves as a health care leader in our region. Over the next couple of months, we will be revisiting our current strategic plan, which was established in January 2018. Our strategic plan currently includes the following five goals along with several objectives and tactics:

- Provide outstanding customer service;
- Strengthen organizational loyalty;
- Promote organizational strengths;
- Improve billing processes; and
- Enhance services available close to home.

A lot of progress has been made over the last couple of years toward achieving these goals. Revisiting the strategic plan will allow us to determine whether adjustments and changes are warranted and to ensure that TCHS continues to grow and thrive in the years ahead.

TCHS sincerely appreciates the trust that you put in us and the opportunity to take care of your health care needs. 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!

Thayer County Health Services 2019 Employees of the Month



Amelia Stone, RN & Dave Burd, CEO



Dave Burd, CEO & Jayda Edgar, RN



Jolene Beckmann & Dave Burd, CEO



Shari Bergt & Dave Burd, CEO



Kathy Retzlaff & Dave Burd, CEO



Dave Burd, CEO & Carol Weber



Dave Burd, CEO & Amy Gregory



Ashley Calabro & Dave Burd, CEO



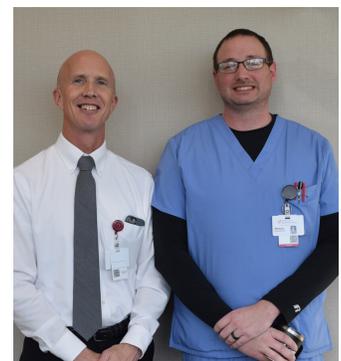
Wendy VanSkiver, PA & Dave Burd, CEO



Dave Burd, CEO & Brittany Kyncl



Dave Burd, CEO & Lindsay Glass



Dave Burd, CEO & Michael White, RN



Provider Corner

*Dr. Leann
Heinrichs, FAAFP*

Understanding Osteoporosis

Osteoporosis is a chronic, progressive bone disease that affects both men and women. Osteoporosis is the weakening of the structure of bone, consequently increasing fracture risk.

Bones are constantly being renewed. Your body makes new bone and old bone is broken down. As people age, the process of new bone formation slows and bone mass loss occurs more rapidly than new bone can be formed. Most people reach peak bone mass by age 30.

There are several factors that increase the likelihood of developing osteoporosis besides increasing age including Caucasian race, female sex, low estrogen levels (which occurs post menopause), personal history of fracture, small body frame, family history, thyroid issues, low calcium or vitamin D intake, eating disorders, gastrointestinal weight loss surgeries, long-term steroid use, sedentary lifestyles, excessive alcohol intake, tobacco use and certain chronic medical conditions.

Unfortunately, some factors are not modifiable but a healthy diet, weight-bearing exercise and medications can help prevent bone loss or strengthen weakened bones. This is important because osteoporosis can lead to significant complications specifically compression fractures of the spine or hip fractures. These fractures are associated with an increased risk of disability, nursing home placement, total health care costs, and mortality.

If you are at risk of developing osteoporosis, talk with your healthcare provider at Thayer County Health Services about utilizing a fall prevention program and daily intake of vitamin D and calcium. Regular weight-bearing exercise, as simple as walking 30 minutes three times per week, can also assist in bone turnover and healthy bone formation. A DEXA scan might also be recommended to assess your bone density. This is an insurance benefit for women after age 65 or earlier for those at higher risk. Depending on your risk factors and DEXA scan results, certain medications might be recommended that help with healthy bone formation. It is important to make these discussions with your healthcare provider a priority to determine the right action plan for your bone health. Call 402-768-7203 to schedule an appointment with your provider and learn more about the benefits of receiving a DEXA scan at Thayer County Health Services.

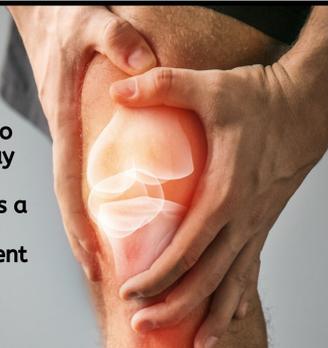
NEW! Introducing Joint Camp at TCHS!

Thinking about getting your knee replaced? TCHS is here to help you every step of the way through our NEW Joint Camp education class! Joint Camp is a tailored class for individuals scheduled for knee replacement surgery at TCHS.

Joint camp will be held the 2nd and 4th Thursday of the month.

120 PARK AVE. HEBRON, NE 68370

402-768-6041



Are you ready to replace your worn-out knee and are thinking about scheduling a joint replacement surgery at Thayer County Health Services? We are here to provide you with the education and care to get you back to doing the things you enjoy most, as well as give you insights into having surgery at our hospital. As of January 9th, anyone undergoing a total knee replacement at Thayer County Health Services will attend a FREE educational session called Joint Camp prior to surgery. This free session is taught by nurses, rehabilitation staff, and social services, and gives patients time to ask questions and better understand the process - from pre-surgery through recovery. Joint Camp is designed to educate patients undergoing a total knee replacement about what to expect before, during and after the procedure. Our Joint Camp serves as your essential guide in the joint replacement surgical process – providing you and your caregivers with instructions to prepare for your upcoming procedure. At Thayer County Health Services, we want you involved in each step of the process to help ease fears and lessen anxiety for a smooth recovery.



**“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.



Where your family is our priority.

We offer prenatal care, labor and delivery care, postpartum care, recently renovated state-of-the-art labor and delivery suites, 4D ultrasounds, C-Sections, childbirth education classes, and much more.



Dr. Heinrichs



Dr. Karbowski



Dr. Hubl

Our Family/OB physicians, Dr. Heinrichs, Dr. Hubl, and Dr. Karbowski are here for you throughout your entire healthcare journey. Come see why people are choosing us for their childbirth care!

Diabetes Prevention

Written by: Whitney Miller, Wellness Director

Diabetes is a drastically rising concern across the United States. More than 30 million Americans are living with Diabetes, and 7.2 million of those people don't even realize it. Additionally, more than 84 million adults in the United States are pre-diabetic, which means they are at risk for developing Type 2 Diabetes. There are two types of Diabetes: Type 1 and Type 2. 95% of Americans who are diagnosed with Diabetes have Type 2 Diabetes. The onset of Type 2 Diabetes is typically attributed to unhealthy lifestyle habits such as poor eating habits and lack of physical activity.

To prevent the onset of Type 2 Diabetes, the Center for Disease Control and Prevention (CDC) recommends at least 150 minutes of physical activity each week as well as following the MyPlate recommendations for healthy eating. Just a few of those recommendations include 5 total servings of fruits and vegetables, 3 cups of dairy, 6 ounces of protein, and 6 ounces of grains each day. To put this into perspective, 3 ounces of protein is a piece of meat that is the size of a deck of cards and one serving of grains is one slice of bread or a half cup of rice. Notice

that sugary foods and drinks such as soda and desserts are not on the list of recommendations, and are a large contributor to developing Type 2 Diabetes.

So how do you know if you have Diabetes or if you are at risk for developing Type 2 Diabetes? Glad you asked! The first step is to consult with your healthcare provider. A simple discussion and lab test at your annual checkup can detect certain risk factors that put you at risk. If you are at risk, or think you may be at risk, there are programs available to you to help delay or prevent the onset of Type 2 Diabetes, Luckily for you, TCHS has the resources you may need! TCHS provides Diabetic Education for those who are diagnosed with Diabetes, as well as Smart Moves for those who do not have Diabetes, but who are at risk for developing Type 2 Diabetes. To get more information on how to access those resources, feel free to stop by the Korff Fitness & Wellness center or email us at wellness@tchsne.org.



Whitney Miller, Wellness Director

NEW QUIET TIME HOURS

As of November 1, 2019, Thayer County Health Services is implementing quiet time between 2 p.m. - 3 p.m. to provide our patients with the best care, rest and relaxation.

Family members and friends are encouraged to visit outside of quiet time. Thank you for your cooperation and for helping us provide our patients with Exceptional Care, Close to Home.

Thayer County Health Services



Sleep and rest are essential for good health and healing. Hospitals aren't known for promoting relaxation. The irony of hospitals has always been that, while uninterrupted sleep is essential for healing, no one gets any rest in a hospital. By their very nature, hospitals are bustling, fast-paced places. Phones ring, nurses and doctors are in and out of patients' rooms, blood pressure and temperature are checked, meals get delivered, and all of it happens quickly. But having hours set aside for peace and quiet is a practice that's been gaining momentum in recent years.

Quiet Time was devised to promote adequate rest for our inpatients, which is why we have designated every day from 2 p.m. – 3 p.m. as a time where we dim the lights, noise reduction strategies are implemented, and procedures are minimized. The main goal is to lower the noise level, promote rest and healing, and to provide our inpatients with a satisfactory stay. Additionally, research suggests that hospital noise can interfere with the healing process, disturbs sleep, and increases stress levels. A quiet environment is a healing environment. Noise is a stressor and sleep is a vital component in the recovery process.

Quiet Time hour from 2 p.m. – 3 p.m. looks very much like what it would from 2 a.m. – 3 a.m. in the morning. Lights are turned down and overhead paging is used only in an emergency situation. Talking in the hallway is hushed, phone conversations are held away from inpatients, and all efforts are made to give the inpatients 60 minutes of uninterrupted rest. Patient care will not be compromised during this hour if the patient's condition warrants.

As of November 1, things have been calmer and quieter in the inpatient area of the hospital. Unless there is a critical need, inpatient interruptions are halted. Prior to Quiet Time, our nursing staff checks on the inpatients to ensure all their needs are met, so rest time can actually be restful. We appreciate your support and thank you for helping us to provide exceptional care, close to home.

ABC..CBD..THC..LMNOP...oh my!

Written by: Michael Logsdon, PharmD, BCGP, Pharmacy Director

Products derived from cannabis have been a frequent topic in the news, and as a result, information available to the public is conflicting at best. Cannabidiol, or CBD, is a chemical derived directly from the hemp plant (a cousin to the marijuana plant). CBD doesn't contain tetrahydrocannabinol (THC), the psychoactive ingredient found in marijuana that produces a high. CBD, in particular, is being hailed as a cure-all elixir available in numerous products, including dog treats, bath bombs, food, and pharmaceuticals. It's obvious that these products are popular and the "next big thing" but the question remains...Are they safe? Here are the facts:



- There is only one FDA approved CBD product available. It is a prescription product called Epidiolex and is used to treat two rare and severe types of epilepsy.
- It is possible that CBD can harm you, and you may not be aware of it. It can cause several health problems, including liver injury. The occurrence of liver injury was identified through blood tests and not necessarily noticed by the patients (which is often the case with liver injury). This is why the FDA is concerned that harm could occur to the public unless a healthcare provider monitors CBD use.
- CBD interacts with other drugs. The literature currently available indicates that there is a risk of CBD affecting other medications you may take (or other medications you take may impact the dose of CBD that can be safely used).
- There is not enough safety information. The effects of CBD include nausea, fatigue, and irritability. Studies in laboratory animals showed male reproductive toxicity, decreased testosterone, growth inhibition, and other concerning changes. In particular, CBD is not well understood as to the effect it may have on the elderly, children, adolescents, pregnant women, and lactating women.
- CBD and THC products are being marketed and sold with unsafe manufacturing practices. Have you heard of EVALI and the deaths that have occurred due to acute lung injury in the news? EVALI is the name given to vaping related lung illness (E-cigarette, or Vaping, Associated Lung Injury). The CDC and FDA currently recommend that people should not use THC-containing e-cigarette, or vaping, products, particularly from informal sources like friends, family, or in-person or online sellers. Additionally, some products have been tested by the FDA and are found to have differing levels of active ingredients than what is stated on the label and contain contaminants like heavy metals and pesticides.

While CBD products are popular and marketed with many beneficial claims, there are also risks. More research is needed, but CBD may prove to be a good option for managing anxiety, insomnia, and chronic pain. Unfortunately, without evidence in human studies, effective doses are largely unknown, and because supplements are mostly unregulated, it's hard to know exactly what you are getting.

If you decide to try CBD, talk to your doctor or pharmacist first to determine if it will affect other medications you are taking.

TCHS Hospital Guild's Quilt Winner 2019



Pictured L-R: Carol Weber - TCHS quilter, Carol Krueger - Guild President, Kathy Kuashicka – quilt winner, Kathy Retzlaff - TCHS quilter.

Kathy Kuashicka from Narka, KS is the winner of the TCHS Hospital Guild's annual quilt raffle for 2019. Her name was drawn at the meeting of the Hospital Guild on December 4th. This year's quilt was a equinox pattern with Kansas Troubles fabric. The quilt pieced together by a group of TCHS employees and hand quilted by Janet Voss from Carleton. Proceeds from this year's raffle will go toward items for the comfort bags given to new cancer patients in the Specialty Clinic.

ANNUAL MEETING!



WHEN: January 29, 2020 | 12:00 PM

WHERE: Hebron Activity Center

HOW MUCH: \$8 per person

RSVP TO: Rita Luongo
(by Jan. 24th) 402-768-4636

EVERYONE IS INVITED TO ATTEND

Thayer County Health Services Announces Partnership With



Thayer County Health Services is pleased to announce a partnership with Senior Life Solutions. Senior Life Solutions is located in the hospital located at 120 Park Avenue, Hebron, NE.

Thayer County Health Services' Senior Life Solutions is an intensive outpatient group therapy program designed to meet the unique needs of older adults typically over the age of 65 struggling with symptoms of depression and anxiety, stress from age-related health concerns, or difficult life transitions such as the loss of a loved one. Individuals may benefit from the Senior Life Solutions program if they are experiencing any of the following common indicators or triggers of depression and anxiety:

- Recently experienced a traumatic event
- Lost a spouse or close family member
- Loss of interest in previously enjoyed activities
- Changes in appetite
- Difficulty sleeping
- Loss of energy
- Feelings of sadness or grief lasting more than two weeks
- Feelings of worthlessness or hopelessness

Following an individual assessment, participants meet three times per week in a supportive, encouraging group setting. The program staff includes a board-certified psychiatrist, licensed social workers, a registered nurse, and other professionals dedicated to the emotional well-being of the seniors in our community.

Referrals to the program can be made by anyone, including a patient's physician, family member, the patient themselves, or another healthcare professional.

For more information, call the Thayer County Health Services' Senior Life Solutions program at (402) 353-2175.

Foundation for TCHS Completes 1st Employee Giving Campaign

In October, the Foundation for Thayer County Health Services completed their first employee giving campaign. This campaign gave staff in the hospital and clinics an opportunity to start a payroll deduction for as little as \$1 dollar per pay period in 2020. This campaign surpassed its goal of \$10,000 and raised over \$16,000 in support for the Foundation's general endowment fund.

The Foundation's general endowment works like a savings account. The principal is never touched but the income it produces provides funding for future healthcare needs. As a thank-you to the employees for the successful campaign, the Foundation provided all staff with a catered Thanksgiving meal on November 21st.



Foundation Memorial Gifts

Julia Albers-Rhoades

Mr. and Mrs. Tregan Albers
Ms. Allie Fullmer
Mr. and Mrs. John Luongo

Marlene Butler

Mr. and Mrs. John Luongo
Ms. Eleanor Rizek

Jim Cunningham

Mr. and Mrs. John Luongo

Deloris Dougherty

TCHS Fun Club

Harriet Easton

Mr. and Mrs. Michael Dougherty
Mr. and Mrs. John Luongo

Debra Fangmeier

Mr. and Mrs. John Luongo

Verla Heitmann

Mr. and Mrs. John Luongo

Donna Hergott

Mr. and Mrs. John Luongo
Ms. Mary Swanson

Pat Hergott

Mr. and Mrs. Byron Bond
Ms. Abigail Dougherty
Mr. and Mrs. Michael Dougherty
Mr. and Mrs. John Fangmeier
Mr. and Mrs. Rick Fink
Mr. and Mrs. Larry Gross
Mr. and Mrs. Brian Hergott
Mr. and Mrs. Herb Hergott
Ms. Margaret Kobel
Ms. Richelle Luongo
Mr. and Mrs. John Luongo
Mr. and Mrs. Rick Navarro

Pat Lentfer

Mr. and Mrs. John Luongo

John Levendofsky

Mr. and Mrs. Randy Levendofsky
Mr. and Mrs. John Luongo

Cody Lowery

Carol and Wendell Lowery

Raymond Mieth

Mr. and Mrs. John Luongo

Pat Pumphrey

Mr. and Mrs. John Luongo

Reuben Schleifer

Mr. and Mrs. John Luongo
Mr. Stan Schleifer

Joseph Shahan, Sr.

TCHS Fun Club

Lights of Love 2019

Julia Alberts-Rhoades

John and Rita Luongo

Lawrence Ahlman

Dennis and Barbara Ahlman

Pauline Ahlman

Dennis and Barbara Ahlman

Roy Beckmann

Jolene Beckmann

Charles Behring

Dennis and Barbara Ahlman

Elmer Braun

Lyle McLaughlin

Geneise Braun

Lyle McLaughlin

Dr. Louis Bunting

John and Rita Luongo

Marjorie Bunting

John and Rita Luongo

Connie Coady

John and Rita Luongo

George Coordsen

Janice Coordsen

Grace Day

Dennis and Barbara Ahlman

William J. Day

Dennis and Barbara Ahlman

Carol Deepe

John and Rita Luongo

Loved ones and Friends of

Ralph and Judy McLaughlin

Ali DeKonig

Myron and Fairy Peters

Ferne DeWald

John and Rita Luongo

Ralph DeWald

Rita Luongo

Debra Fangmeier

Janice Coordsen

Vernon Gebers

Myron and Fairy Peters

Dixie Hartley

Kassi Hartley

Donna Hergott

Rose Rauner

Ed Hergott

Rose Rauner

Joseph Hergott

John and Rita Luongo

Matilda Hergott

John and Rita Luongo

Patricia Hergott

John and Rita Luongo

Paul Hergott

John and Rita Luongo

Suzanne Hergott

John and Rita Luongo

Harlan Higel

Myron and Fairy Peters

Irvin Higel

Bill and Becky Mize

Leila Higel

Myron and Fairy Peters

Loveda Higel

Bill and Becky Mize

Phyllis Higel

Myron and Fairy Peters

Karl Hundtoft

John and Rita Luongo

Barbara Koesterl

Bill and Becky Mize

Elsie Koester

Bill and Becky Mize

Paul Koester

Bill and Becky Mize

Glenn Korff

John and Rita Luongo

Lila Lichty

Mary Lee Miller

Gene Lichty

Mary Lee Miller

Jack McLaughlin

Lyle McLaughlin

Linda K McLaughlin

Lyle McLaughlin

DeRoy Miller

Mary Lee Miller

Annabelle Nacke

John and Rita Luongo

Phyllis Ohlrich

Annette Ohlrich

Sandy Ohlrich

Annette Ohlrich

Vernal "Bob" Ohlrich

Annette Ohlrich

Matthew Peters

Myron and Fairy Peters

Kathy Peters

Myron and Fairy Peters

Hal Pumphrey

John and Rita Luongo

Patricia Pumphrey

John and Rita Luongo

Lou and Dorothy Rauner

Rose Rauner

Francis Rauner Sr.

Rose Rauner

Mabel Richardson

Dennis and Barbara Ahlman

Gladys Schleifer

John and Rita Luongo

Reuben Schleifer

John and Rita Luongo

Donnel and Mary Stelling

John and Rita Luongo

Harold Struve

John and Rita Luongo

David Swanson

Myron and Fairy Peters

Charles Votipka

Roger and Kathy Retzlaff

Dan Votipka

Roger and Kathy Retzlaff

Fern Votipka

Roger and Kathy Retzlaff

John Votipka

Roger and Kathy Retzlaff

Mary Jane Votipka

Roger and Kathy Retzlaff

Tommy Votipka

Roger and Kathy Retzlaff

Jencina Walls

Jolene Beckmann

Organizations for Lights of Love

Deceased members of Deshler American Legion Aux.

Deceased members Avalon Club

Deceased members of the Belvidere Women's Club

Deceased members Gilead Variety Club

Deceased members Hebron Bible Club

Deceased members St. Ann's Altar Society

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?



The Foundation for Thayer County Health Services is once again conducting their annual membership drive. This year, the Foundation membership and end of year donations will go toward the purchase of a new analyzer for the hospital laboratory. A free meal to all 2020 members will be provided at the Foundation's annual meeting on January 26th at 12:30 pm at the Acreage Steakhouse in Hubbell, NE. Reservations can be made for the meeting by calling 402-768-4636.

Yes, I want to help the Foundation in their effort to provide funding for the purchase a new laboratory analyzer.

_____ \$50.00 for Husband and Wife

\$_____ Other

_____ \$25.00 for one membership

Name Phone Number

Address Town Zip

Please make your check payable to the Foundation for TCHS and send to 120 Park Avenue, Hebron NE 68370. Thank You for your support!

Please reserve _____ places for me at the Annual Meeting on January 26th