

COMMUNITY HEARTBEAT

THE OFFICIAL NEWSLETTER OF

 *Thayer County
Health Services*

Exceptional Health... Close to Home



COMMUNITY HEARTBEAT

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*Pictured right: Thayer County Health Services
Rehabilitation Department Facilities*

TCHS Lab Earns Certificate of Excellence



This certificate of Excellence in Newborn Screening was awarded to TCHS Lab for our participation in the Nebraska Newborn Screening Program's "Quality Improvement Initiative." Only eight hospitals have satisfied all of the requirements for completion. This program provided training from current Clinical Laboratory Standards and encouraged an update to newborn screening procedures which improve our standards of quality. The newborn screen is a panel of tests that is done on all newborns between 24 and 48 hours of age. These tests are meant to catch life threatening conditions before symptoms appear. Establishing a high standard of quality means timely and accurate results. Thayer County Health Services holds a 100% satisfactory newborn dried blood spot specimen rate since the second quarter of 2007.

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Hope & Healing

Jeremy Clift - York, NE

Jeremy Clift, of York, NE and MetalQuest employee, didn't put much stock in the results of his first wellness screening at MetalQuest. He figured it was just a one off, but when the second year's results came back with the same issues, he knew it was a real issue and that he needed to do something to take charge of his health.

MetalQuest, in collaboration with Thayer County Health Services, offers a Corporate Wellness program that consists of an optional annual wellness screening and, if necessary, follow up one-on-one consultation when risk factors are flagged. Employees are eligible to participate, regardless of their insurance plan, as an added perk of being a MetalQuest employee.

Jeremy and Whitney Miller, MPA, Wellness Director at Thayer County Health Services (TCHS), met weekly for health coaching sessions. "She would give me guidance for the week and the following week we would go over the results and add something new for the following week. She would add pieces over the course of the program and throughout the 10 weeks I lost over 30 pounds. We discussed different topics and the one that was the most helpful to me was portion sizes. Whitney utilized visual tools to assist in portion control and that really helped me personally," said Jeremy.

At the conclusion of the program participants underwent a follow-up metabolic screening to gauge their progress. During the initial screening Jeremy's results flagged three factors but over the course of the program he was able to reduce one of the factors, his blood pressure, and take charge of his health.

Jeremy was impressed with the scope and ease of the program saying, "The best part of the program was that she wasn't preaching at me. Whitney was really good about bringing me helpful information and was always willing to give me more when I asked for it. She made the program work for us because she had our individual interests at hand when she was instructing us. The individual treatment I received was wonderful, because she would take the general instruction and really tailor it to us and explain how it applied to us individually. She provided me with an exercise program that built upon itself over time. I could've gone online and found something myself, but Whitney said, 'No; I'll bring you something the next time we meet.' and she gave me one that fit my needs and was manageable. She knew where I was on a physical level and tailored it to me. It was really helpful!" When asked why he



wanted to participate in this program, Jeremy stated that he wanted to be healthier overall. The first time he received his results from the metabolic screening he chalked it up to a bad day and bad test because he felt okay overall, but he now realizes that hindsight is 20/20. This program truly made a difference in his life.

"The test wasn't lying; I failed it two years in a row. They (TCHS) took something that I thought was difficult; things like meal planning, exercise, things that I didn't think I had time for in my day I fit it in easily now. This program helped make healthy living part of a routine. And it's not the type of routine where if I fall off tomorrow and go get some pizza that I can't get back into it. It's not a preachy, strict program, it is more of a lifestyle change," said Jeremy. He has seen fellow coworkers go through the program and now wishes he would have done it the first time around, especially because MetalQuest offers the program to its employees for free. Jeremy wants anyone that is on the fence to give the program a chance and take the time to really invest in it. He said, "It is 10 minutes a week for 10 weeks that is going to change your life. It will only work if you want it to. Whitney motivated me by not pushing me too hard. A lot of times it focused on correcting my actions - you are here and we need to get you here. Instead of a hard turn it is kind of a merge. She made it manageable, the steps weren't too big to take. It was easy to keep up with the program. I just want MetalQuest and Whitney at TCHS to know I'm thankful. The first year when I failed it, I had this mentality that I was healthy, how could I be failing this? But when I failed it the second time, I am glad I had access to the program, and it is available to MetalQuest employees. The ease of the meetings being on site was wonderful and I worked second shift, so I didn't arrive until 3 o'clock but Whitney was there and energized even though I was her last appointment of the day."

Thayer County Health Services offers Corporate Wellness programs at MetalQuest, Norders, and Reinke Manufacturing. If you or your organization is interested in learning more about Corporate Wellness or TCHS's wellness program in general, call (402) 768-4676 or email Whitney Miller, MPA, Wellness Director at wmiller@tchsne.org.

CEO CORNER

Dave Burd, MHA, FHFMA
Chief Executive Officer



As many of you know, my last day at Thayer County Health Services (TCHS) will be April 24th. As I write this article, I find myself reflecting on my time at TCHS and all of the wonderful people that I have had the opportunity to work with over the last three years. As a “Hebron boy,” I have been truly blessed to have the opportunity to return to my hometown and play a role in several significant achievements that ultimately have improved health care in Thayer County.

Working in the health care industry is not always an easy life and often requires sacrifices. People that choose the health care field do so because of their passion, commitment, and dedication to making a difference in other people’s lives. Amazing things are happening at TCHS, and I have been truly privileged to work with such an awesome team. I have often talked about TCHS staff being a “family” and am very proud of what has been accomplished because of their expertise and dedication to providing high quality health care services to all of you.

As the world fights through the COVID-19 pandemic, TCHS staff once again stepped up to ensure that we were prepared for the virus. We proactively prepared for the COVID-19 virus and took many steps to ensure the safety of our staff and patients. I am extremely proud of the TCHS team and how we have responded to a very difficult situation. I can’t reinforce enough that the amount of preparation for COVID-19 was significant. I want to sincerely thank all of our staff for their efforts and for rising to the challenge as they always do.

TCHS has undergone several important changes over the last few years that have put us in a position to be successful in the years ahead. Some of these changes include the following:

- Achieved an organizational culture that emphasizes positivity, empowerment, and accountability;
- Completed a major construction project in early 2018 that resulted in major facility improvements;
- Brought insurance billing back in-house, which is now performed by TCHS staff; and
- Added several additional services including behavioral health, oncology (including chemotherapy), ear, nose, and throat (ENT), pain management, and 3D mammography.

If one thing is for certain, it is that the health care industry is in a state of constant change. While TCHS continues to thrive, many rural hospitals around the state and country are struggling to survive. Access to high quality health care services in today’s

environment is certainly not guaranteed and should not be taken for granted. It is critical that Thayer County residents support TCHS and receive their health care services locally when possible.

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. For Thayer County’s economy to grow, an increased focus needs to be placed on buying goods and services locally, which includes health care services. The decision to go outside of the county for health care and other services hurts the local economy and ultimately could result in health care services no longer being available close to home in the future.

We are very fortunate to have a significant amount of community support, which I assure you 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 quality services that are available close to home.

Personally, I sincerely thank everyone for your support over the last three years. I encourage you to give the same level of support to the next CEO. I am confident that TCHS will continue to accomplish great things in the years ahead with your support. The providers and staff at TCHS are second to none, and I have enjoyed working with them more than they will ever know and consider them my family. Amazing things are happening at TCHS and with your support there is no limit to what can be accomplished.



Your Local Rehabilitation Team

Our department is comprised of Occupational Therapy, Physical Therapy, and Speech Therapy, and has over 109 years of combined experience and multiple certifications to provide you with individual tailored care plans to get you back to doing what you love most! To schedule an appointment with our rehabilitation team, please call (402) 768-4633.

Pictured L2R: Abby Walters, Occupational Therapist, Amanda Carlson, Speech Therapist, Shelly Barton, Occupational Therapy Assistant, Brad Cooper, Physical Therapist and Rehabilitation Department Director, Shelby Farnstrom, Physical Therapy Assistant, Steve Williams, Physical Therapist, Traci Zelenka, Physical Therapy Assistant, and Tracy Tietjen, Rehab Receptionist/Office Manager

Meet Our Newest Addition To Our Medical Staff - Travis Wright, PA-C

Thayer County Health Services is excited to announce that Travis Wright, Physician Assistant, will be joining our Medical Staff and begin practicing May 1, 2020. Travis grew up in Morganville, KS and received his undergraduate degree from Bethany College in Lindsborg, KS. He went on to complete his graduate degree to become a Physician Assistant at Wichita State University in Wichita, KS. Travis specializes in family medicine and is accredited by the National Commission on Certification of Physician Assistants (NCCPA).



“I am excited to return to a rural healthcare setting and join the talented and caring team at TCHS. I grew up in a rural area, and after a life-changing sports injury in high school, I spent a lot of time in a healthcare setting. This set the stage for my interest in becoming a part of the healthcare industry. One of my motivations in becoming a Physician Assistant was to return to a rural setting and take care of a farming community like I grew up in,” said Travis.

Travis will see patients at the Bruning, Davenport, and Hebron Clinics. He is familiar with life in a rural community and has worked in a healthcare setting for over 11 years. Travis and his family recently moved to Thayer County; please join us in welcoming them to the community. When asked about his goals as a provider at TCHS, Travis stated, “My goals include getting to know my patients so that we can work together to provide quality healthcare outcomes. I want each of my patients to know that I care about them as a person and not just a patient.” Travis enjoys photography, especially scenic photography, and since moving to Nebraska really enjoys viewing the Sandhill Cranes and photographing them. He is married to his wife, Jerilyn, of nearly seven years, and they have one son, Rylan, who keeps them on their toes and will be expecting another child in the Fall of 2020. Jerilyn is a meteorologist for the National Weather Service, and as a family, they enjoy traveling across the country and internationally. For more information, please call the Hebron Clinic at 402-768-7203.

NEW CLINIC HOURS

We are excited to announce, beginning May 1st, we are adjusting our clinic hours to be more accessible and convenient for our patients. The new clinic schedule beginning May 1st is as follows:

Mondays:

- Davenport Clinic - 8:30 a.m. - Noon
- Deshler Clinic - 1 p.m. - 4:30 p.m.
- Hebron Clinic - 8:30 a.m. - Noon and 1:30 p.m. - 5 p.m.

Wednesdays:

- Davenport Clinic - 8:30 a.m. - Noon
- Chester Clinic - 2 p.m. - 4:30 p.m.
 - 1st & 3rd Wednesdays of the month
- Hebron Clinic - 8:30 a.m. - Noon and 1:30 p.m. - 5 p.m.

Fridays:

- Hebron Clinic - 8:30 a.m. - Noon and 1:30 p.m. - 5 p.m.

Tuesdays:

- Bruning Clinic - 8:30 a.m. - Noon and 1 p.m. - 4:30 p.m.
- Hebron Clinic - 8:30 a.m. - Noon and 1:30 p.m. - 5 p.m.

Thursdays:

- Deshler Clinic - 8:30 a.m. - Noon
- Bruning Clinic - 8:30 a.m. - Noon and 1 p.m. - 4:30 p.m.
- Hebron Clinic - 8:30 a.m. - Noon and 1:30 p.m. - 5 p.m.

Saturdays:

- Hebron Clinic - 9:00 a.m. - Noon

New! Patient Family Advisory Council New!

Thayer County Health Services is forming a Patient Family Advisory Council with the goal of bringing the perspectives of patients and families directly into the planning, delivery, and evaluation of care as a critical part of improving safety and quality.

The core concepts of patient- and family-centered care are:

- Dignity and respect. Health care practitioners listen to and honor patient and family perspectives and choices. Patient and family knowledge, values, beliefs, and cultural backgrounds are incorporated into the planning and delivery of care.
- Participation. Patients and families are encouraged and supported to participate in care and decision making at the level they choose.
- Information sharing. Patients and families receive timely, complete, and accurate information to effectively participate in care and decision making. Clinicians and hospital staff communicate and share complete and unbiased information with patients and families in ways that are affirming and useful.
- Collaboration. Patients, families, clinicians, hospital staff, and health care leaders collaborate in policy and program development, implementation and evaluation, facility design, professional education, and the delivery of care

Patient Family Advisors are needed to join the council, and Thayer County Health Services is seeking community members to join. Patient family advisors are critical allies for quality and safety. Working with advisors helps build a shared agreement around safety and quality priorities. Patient family advisors help TCHS by sharing stories about their experiences, providing input related to materials and plans for improving health care quality and safety, giving feedback on their hospital stay, and much more. No special qualifications are required; TCHS will provide all the training you will need.

To sign up to be an advisor fill out an application at: thayercountyhealth.com/patient-family-advisory-council. For more information about the Patient Family Advisory Council, please call Stephanie Moody, RN, Quality Improvement Coordinator at 402-768-4629.

What is the Boot Camp Fitness Class?

Boot Camp is a 6-week-long fitness class held at the Korff Fitness and Wellness Center. Classes are taught by Ann Hubl, a certified personal trainer, and are catered to ages 12 + (participants under 16 must attend with a guardian). The classes consist of a high-intensity interval training hour-long workout. The classes feature modifications for beginners or progressions for the highly active participants. You can pay for 2x/week, 1x/week, or per class. Classes are held on Mondays and Wednesdays from 5:30 p.m. - 6:30 p.m. and on Tuesdays and Thursdays from 5:30 a.m. - 6:30 a.m. Get a great workout in with a judgment-free group and make some new fitness friends. Call (402) 768-4320 for more information on our next 6-week session!

Did you know?

- **In 2019 the Hospital Guild took in over \$50,000 in sales in their shop.**
- **The new TCHS Transport Ambulance was purchased with funding provided by the Hospital Guild and Foundation.**
- **In total for 2019, the Hospital Guild and the Foundation provided over \$130,000 in financial support to the hospital and clinics.**
- **2020 marks the 70th Anniversary of the Hospital Guild**

Contact us to find out more about these two organizations and to learn how you can become involved!

402-768-4636

Swing Bed Services

At TCHS, we understand that there are times when a patient no longer needs the acute care they first received in the hospital, yet they may not feel strong enough to return home. For those patients, we offer our Swing Bed Program.

Why Swing Bed?

- Allows family and friends to be more closely involved in recovery process
- Less traumatic and threatening to patients emotionally
- Allows the patient to return to the community, people and support systems to which they are comfortable
- Offers hope for each patients' continued recovery and return to independent and functional living
- Rehabilitation is integrated into inpatient stay

Qualifications?

- Must be related to an acute hospital stay
- Doctor has determined a need for daily skilled care
- Admissions can come from any hospital after a three consecutive night stay as an inpatient in acute care.

Covered Services?

- Nursing care 24 hours a day
- Room and board
- Dietary services
- Rehabilitation services
- Wound care & IV therapy
- Drugs, medical supplies, and lab

For more information, contact Joni Fischer, Patient and Family Services Director at (402) 768-4626

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

Many of you have probably heard about Corporate Wellness or heard people talk about getting their wellness screening through work. But what is corporate wellness? What does a wellness screening look like in the workplace? And what happens after the screening? Let's take a closer look at Corporate Wellness and answer some of these questions.

Corporate Wellness is a program that Thayer County Health Services (TCHS) offers to local businesses in an effort to promote health and wellness among employees, and ultimately to keep health insurance claims at a minimum for preventable conditions such as diabetes and heart disease. The Corporate Wellness process begins with baseline screenings. TCHS goes to the business and performs screenings on-site to make this process simple for the local business. Here we do a blood draw for a lipid panel and glucose measurement, blood pressure measurements are taken, and weight and waist circumference are also taken for each employee. Once complete, results are ran at the TCHS lab and then processed to flag potential risk factors. If an employee has three or more risk factors, they are considered metabolic. Metabolic syndrome is commonly mistaken as a diagnosis. However, it is not a diagnosis, but rather a warning. Being metabolic simply means you are at greater risk for developing a chronic illness such as Type 2 Diabetes or heart disease.

So you've been told you're metabolic after going through baseline screenings. What happens next? TCHS offers one-on-one health coaching from a certified lifestyle coach to help those metabolic employees make lifestyle changes that will prevent or delay the onset of a chronic disease. Throughout the coaching process, individuals will learn how to track food intake, learn about certain nutrients to avoid and others to consume more of, the importance of physical activity, and how to manage stress. Every person is different, and that is why one-on-one coaching is so effective in finding an individual's triggers and move them in the right direction to live a healthier lifestyle.

After completing 10 to 12 weeks of coaching, post-screenings are performed (again on-site at the local business) to see if those employees have made improvements in their health. The idea behind this program is not for individuals to go on a crash diet to lose weight, but rather to make a lifestyle change that they can maintain for years to come.

In addition to the screenings and the one-on-one coaching, TCHS also offers services such as Lunch N Learns and Wellness Challenges throughout the year to keep health and wellness on peoples' minds.

So how do you get started? Contact the TCHS Wellness Director, Whitney Miller, at 402-768-4676, and let her know you are interested in the TCHS Corporate Wellness program. Don't wait until it's too late, start working toward a healthier lifestyle today!



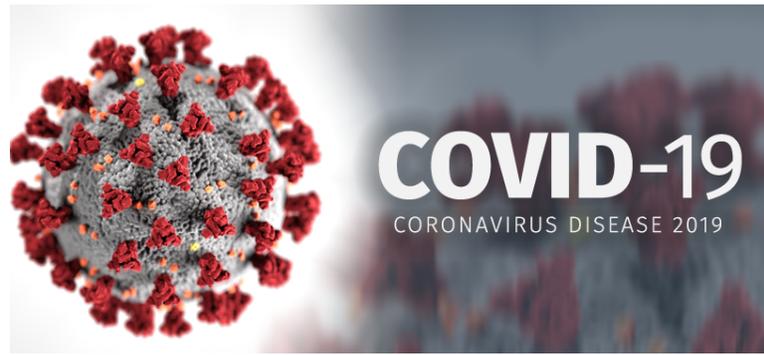
Whitney Miller, MPA, Wellness Director and Nutritional Services Director

COVID-19 & The Need For Personal Protective Equipment (PPE)

Similar to other facilities, Thayer County Health Services is implementing precautionary protective measures to keep our patients, staff, and ultimately our community safe. As with other facilities across the nation, we are experiencing shortages of personal protective equipment (PPE) and are asking for your help. So many of you have already gone above and beyond by sewing masks, caps, and gowns and we are so grateful! However, we still have a need for disposable items and are asking for your help. Our biggest need is for surgical masks, N95 masks, and cone masks, but we are also seeking donations of other items such as disposable gloves, gowns, or face shields. If you would like to donate any of the items mentioned above, please contact McKenna Tietjen, Materials Management, at (402) 768-4319.

We have temporarily closed the Korff Fitness and Wellness Center and the Little Blue Bistro (hospital cafeteria), cancelled events, and implemented screening measures to ensure patients are directed and treated appropriately. The Respiratory Clinic located at the Deshler Medical Clinic is intended to treat patients with upper respiratory issues, such as the flu, allergies, strep throat, etc. ALL potential COVID-19 patients continue to be directed to the Emergency Room entrance and are screened appropriately. Please remember to call ahead to (402) 768-4615 if you are experiencing symptoms of COVID-19. Our medical staff has been putting in countless time and energy to get patients to the correct facility/entrance per their symptoms.

Our patients and the community have taken all of these measures in stride and understand the need for these precautions. Many of you may have heard the term, "Flatten the curve,;" the intention of this is to limit a spike in COVID-19 cases that would ultimately overwhelm the entire healthcare system. You can do your part to flatten the curve by staying home and only making necessary trips, practicing social distancing by staying a minimum of six feet away from others, especially at grocery stores, gas stations, and other highly trafficked areas. Additionally, following the recommendation to limit social gatherings to a maximum of 10 individuals helps to limit the spread of COVID-19. The sooner we implement these



precautions, the sooner we will get past this pandemic.

April is Volunteer Appreciation month and TCHS would like to thank all of those who have stepped up to help us during this time. Community members have sewn masks, caps, and gowns, businesses are donating masks, gloves, cleaning supplies, and much more to help us battle the PPE shortage and we are so very grateful. Your encouragement and assistance does not go unnoticed. We will get through this together. The CDC recommends the following ways to minimize the spread of all respiratory illness, including COVID-19:

- **Staying home if you are sick** and avoiding close contact with those who are sick.
- **Washing hands often with soap and water** for at least 20 seconds. If soap and water aren't available, use an alcohol-based sanitizer.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.
- **Cover your nose and mouth with a tissue when you cough or sneeze** then throw the tissue in the trash.
- **Clean and disinfect frequently touched objects and surfaces.**

For additional questions concerning how TCHS is prepared for COVID-19 please call (402) 768-6041. Additional resources for information on COVID-19 are available at:

- Thayer County Health Service's dedicated webpage: <https://thayercountyhealth.com/coronavirus-disease-2019-covid-19/>
- CDC's dedicated website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Public Health Solutions website: <http://phsneb.org/>



Provider Corner

Dr. Bryan Hubl

The Importance of Colon Cancer Screenings

Cancer is a disease that has had an impact on all of us. Unfortunately, I witnessed the impact of my uncle passing away due to the complications of colon cancer when he was only 43 years old. In light of that, everyone should be aware of several colon cancer facts:

- Among cancers that affect both men and women, colorectal cancer is the second leading cause of cancer deaths in the United States.
- Every year, about 140,000 people in the United States get colorectal cancer, and more than 50,000 people die of it.
- Risk increases with age. More than 90% of colorectal cancers occur in people who are 50 years old or older.
- Precancerous polyps and colorectal cancer don't always cause symptoms, especially at first. If you have symptoms, they may include blood in or on the stool, stomach pain that doesn't go away, or losing weight and you don't know why.
- Only about two-thirds of adults in the United States are up-to-date with colorectal cancer screening.
- The lifetime risk of developing colorectal cancer is: about 1 in 23 (4.4%) for men and 1 in 25 (4.1%) for women.

The death rate (the number of deaths per

100,000 people per year) from colorectal cancer has been dropping in both men and women for several decades. There are a number of likely reasons for this. One is that colorectal polyps are now being found more often by screening and removed before they can develop into cancers or are being found earlier when the disease is easier to treat. In addition, treatment for colorectal cancer has improved over the last few decades. As a result, there are now more than 1 million survivors of colorectal cancer in the United States.

The American Cancer Society recommends that people at average risk of colorectal cancer start regular screening at age 45. This can be done either with a sensitive test that looks for signs of cancer in a person's stool (a stool-based test), or with an exam that looks at the colon (a colonoscopy). The Affordable Care Act requires both private insurers and Medicare to cover the costs of colorectal cancer screening tests, because these tests are recommended by the United States Preventive Services Task Force.

It is important to have an open discussion about cancer risk and screening options for all cancers. The medical team at Thayer County health services remains committed to assisting the community in all of its healthcare needs.



SCHOOL AND ATHLETIC PHYSICALS

Thayer County Health Services is now taking appointments for School and Athletic Physicals for the 2020-2021 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.

2020 Membership for the Foundation for TCHS

| | | | |
|-------------------------------|--------------------------------|------------------------------|-----------------------------------|
| Dennis and Barbara Ahlman | Tobe and Robyn Duensing | Michele Kerns | Roger and Kathy Retzlaff |
| Tregan and Debra Albers | Elite Anesthesia PC | Kurt and Deborah Klover | Greg and Lisa Richardson |
| Arend's Family Foods | Andy and Kendra Else | Jamie Koch | Haley Ridder |
| Ray and Eileen Asche | Audrey Else | Marvin and Lynn Koester | Eleanor Rizek |
| Aurora Cooperative | Tim and Karen Else | Ken and Stephanie Korff | Marla Robinson |
| Dr. Marlin and Kathy Bauhard | Irene Fintel | Joe and Ruth Kripal | Chris and Kim Roth |
| Jolene Beckmann | Louisa Fintel | John and Idonna Kripal | Courtney Salmon |
| Dan and Jan Behn | Gene and Laurie Fischer | Kroll Funeral Homes | Allen and Joyce Schardt |
| John and Gloria Bernadt | Joni Fischer | Carol Krueger | Deb Schardt |
| Don and Brenda Betten | Michael and Shari Fischer | Dean and Linda Krueger | Harlan and Helen Schardt |
| Lonnie and Lindsey Biltoft | Robert and Kathryn Fisher | Eric and Jenny Krupicka | Rob and Carol Schardt |
| Blue Valley Lutheran Homes | Marcia Fouraker | Christopher Kuennen | Fred Schmidt |
| Neil and Monica Bohling | Dr. Carla Frye | Ron and Melissa Kuhlmann | Phyllis Schmitt |
| John and Betty Boitnott | Chris and Ronda Frye | Rosalie Lange | Kathy Schroeder |
| Mark and Stephanie Boldt | Allie Fullmer | Darrell and Connie Lichty | Stanley and Malia Schleifer |
| Byron and Nancy Bond | Keith Gebers | Michael and Tami Logsdon | Darrel and Louise Sebre |
| Leslie and Joetta Brandt | Mary (Kenner) & Bill Glover | Christopher Long | Leona Sell |
| Gerald and Virginia Brase | Larry and Pauline Gross | Michael and Ellen Long | Martin and Holly Seward |
| Jason Brase | Jeff and Lori Grummert | John and Rita Luongo | Kathy Sutton |
| Tamara Brose Littrell | Doug and Naomi Grupe | Herb and Margaret Marsh | Thayer County Bank |
| Bruning Bank | Dustin and Jackie Haller | Lyle McLaughlin | Calvin and Sandy Tietjen |
| David and Joann Bruning | Kassi Hartley | Ralph and Judith McLaughlin | Lyle and Tracy Tietjen |
| Doug and Janelle Bruning | Hebron Area Rotary Club | Duane and Joanne Messman | McKenna Tietjen |
| David and Tamara Burd | Hebron Dental Care | MetalQuest Unlimited | Tires - N- Service for You |
| Lyle and Linda Burd | George and Liz Keilwitz | David and Dianne Meyer | Tom Posey Real Estate & Appraisal |
| Dee Camp | Landon and Dr. Leann Heinrichs | Midwest Bank | Terry and Laura Tuma |
| Debra Carr | Rodney and Nancy Heinrichs | Mark and Kris Miesner | Mark and Wendy VanSkiver |
| Jerry and Jill Catlett | Jeremy and Libby Heitmann | Whitney Miller | Donald and Arlene Vorce |
| Central Market | Stephen and Marla Heitmann | William and Rebecca Mize | Dail and Stella Vorderstrasse |
| Channel Seed | Joe and Audra Hergott | Moeller Electric | Todd and Diane Vorderstrasse |
| James and Coleen Cherney | Vaughn and Vicki Hinrichs | Matthew and Jill Montgomery | Dick and Cheryl Walsh |
| CHI Health | Richard and Sandra Hoins | Joe and Elizabeth Murray | Natalie Waters |
| Thomas and Erica Christianson | Lloyd and Marilyn Holtzen | John Musgrave | Leland and Carol Weber |
| Orville Coady and Arlis Dill | Greg and Jan Hornbostel | Nutrien Ag Solutions | Jack Wehrbein |
| Marjorie Coordsen | Hubbell Lions Club | Patrick and Connie O'Hanlon | Clint and Jodi Werner |
| Cornerstone Bank | Chris and Tara Huber | Annette Ohlrich | Daniel and Sue Werner |
| Don and Betty Crowder | Dr. Bryan and Ann Hubl | Cody and Megan Pachta | Western National Bank |
| D.A. Davidson | Duane and Linda Hume | Lori Pahl | Alan and Susie Wiedel |
| Laverne Dahl | Edna Johnson | Myron and Fairy Peters | Bruce Wiedel |
| Trent and Tamara Deepe | Justin and Margaret Johnson | Berwyn and Betty Petersen | Daniel and Freda Wiedel |
| Dennis and Kathryn Degenhardt | Lance and Julia Johnson | Shawn and Becky Petras | Lisa Wiedel |
| Merlin and June Degner | Lyle and Lynda Johnson | Julia Pohlmann | Loren Wiedel |
| Steve Delay | Phillip and Debra Johnson | Melvin and Doris Porth | Larry and Cassie Wilbeck |
| Ryan and Michelle Dick | Jim and Jan Kenner | Prairie Health Ventures | Shawn and Melany Winans |
| Mike and Cheryl Dougherty | Patrick and Carlece Kenner | Price Funeral Home | WIPFLI |
| Ron and Michelle Dubbert | Alan and Deb Kenning | Priefert Pharmacy | Doug and Christine Wismer |
| | | Reinke Manufacturing Company | Ruth Yoachim |

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 and degree programs. We would like to recognize the following staff for their hard work in 2019 and on the completion of their most recent certificates and degrees:

Certifications:

- Destiny Utter – Phlebotomy Certification
- Nicole Hamik – CT Certification
- Shelly Pulliam – Accreditation for 3D Mammography through the American College of Radiology
- Cody Pachta – Lab Management Certificate
- Tara Huber - Oncology Nursing Society Provider Certification
- Alex Williams – Oncology Nursing Society Provider Certification
- Erica Christianson – Certified Administrative Professional
- Whitney Miller – Smart Moves Certification and Dietary Manager Certification
- Stephanie Boldt – Six Sigma Black Belt Certification
- Dianne Meyer – Clinical Social Worker License Certification

Degrees:

- Rebecca Nickel – Associates Degree in Nursing
- Jamie Houser – Associates Degree in Nursing
- Kassi Hartley – Master's Degree in Public Administration

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?

save the date



Foundation
for Thayer County Health Services



*Date subject to change

**3 Person Scramble
Golf Tournament
Reserve your team
today 402.768.4636
Hebron County Club,
South 1st St., Hebron, NE**

