

# COMMUNITY HEARTBEAT

THE OFFICIAL NEWSLETTER OF

 *Thayer County  
Health Services*

*Exceptional Health... Close to Home*

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# COMMUNITY HEARTBEAT

THE OFFICIAL NEWSLETTER OF

 **Thayer County  
Health Services**

*Exceptional Health... Close to Home*

Pictured Right: Our State-Of-The-Art  
Genius 3D Mammography Machine



## New Lab Analyzer at TCHS

Kris Miesner, President of the Foundation for Thayer County Health Services, and Carol Krueger, President of the TCHS Hospital Guild, were given a demonstration by Jackie Haller, Lab Tech, on the new Chemical Analyzer installed in the laboratory earlier this year.



The hospital Foundation and Guild provided \$68,000 in funding to help upgrade this vital piece of Laboratory equipment. The Lab analyzer runs 24/7 and annually performs between 80,000 to 90,000 tests. The 60-70 different tests performed on the analyzer make up over 80% of the tests done by the Lab.

Hospital laboratories are constantly under pressure to produce faster and higher-quality results. The new VITROS 5600 Chemistry analyzer is an integrated system designed to reduce turnaround time and provide more meaningful results. "This new analyzer has been a great addition to our Lab," remarked Haller, "This analyzer has enabled us to add some new tests and improve the lab services we provide locally for patients."

Thayer County Health Services, Foundation and Hospital Guild would like to thank everyone who helped raise funds for this new analyzer. Your support made this improvement possible, whether it was store purchases, event sponsorships, or cash donations.

## LATEST NEWS FROM THIS ISSUE:

- New Lab Analyzer at TCHS - pg. 1*
- Hope and Healing - pg. 2*
- CEO Corner - pg. 3*
- Women's Health Night - pg. 3*
- Provider Corner - pg. 4*
- Compassion in Healthcare Grant Awardee - pg. 5*
- TCHS Caring Kind Awardee - pg. 5*
- TCHS Donates Masks to Local Schools - pg. 6*
- Wellness Tip - Importance of Whole Grains - pg. 7*
- TCHS Foundation Golf Tournament Donors - pg. 8*
- Support TCHS Guild with AmazonSmile - pg. 8*
- Chemo Comfort Care Packages - pg. 9*
- TCHS Guild Quilt Raffle - pg. 9*
- Employee of the Month Nomination Forms - pg. 10*
- Patient Billing Statement Changes - Back Cover*
- THCS Flu Clinic Dates - Back Cover*

**WE WANT TO HEAR FROM YOU! IF YOU ARE INTERESTED IN PROVIDING A TESTIMONIAL, PLEASE CONTACT, KASSI KRUPICKA, MPA, MARKETING DIRECTOR AT (402) 768-4655.**

# Hope & Healing

When Karla Joe, former County Assessor for Thayer County, decided to move to Hebron, she knew her job would require her to live within Thayer County. When determining which community she and her husband would move to, access to healthcare played an important role. **“The hospital and access to good healthcare was a very important decision in where we located within the county. That was one of the reasons we actually moved into Hebron, it was truly because of the hospital,”** said Karla, **“Everyone is so friendly. You sit in the waiting room and when employees walk by, they say ‘Hello.’ Everyone is very courteous and welcoming.”**

Having access to healthcare, especially access to Specialists was important to Karla and her family. The majority of Karla’s care has been wellness-focused and she greatly appreciates having Maggie Johnson, PAC as her primary care provider. **“Maggie has been very good; she not only addresses the issue that you come in for but asks and cares about your total health – I feel comfortable coming here with any issue. I know with the providers, if they can’t take care of it here, they have no problem sending us on to someone who can. Plus, the follow up you receive from your provider at Thayer County Health Services is good too,”** said Karla. When Karla did need a Specialist, she noted that the communication between the specialists and providers has been great, whether it be a continuum of care, setting up appointments, etc.

Within the past year Karla has used not one, but two of our visiting Specialists; Dr. Adam and Dr. Krejci, and has been impressed with the care she received. She had surgery here at Thayer County Health Services with Dr. Adam and didn’t have to travel to have the procedure performed. **“It makes your healthcare so much easier when we can see the Specialists that come to the Specialty Clinic. We are not running to**



## Karla Joe of Hebron, NE

**Lincoln for everything. The fact that we have the Specialists and can perform surgeries here, that we can get our follow-ups here, it has made a difference in our lives as well as a lot of other people’s lives. The convenience of it goes so far,”** Karla stated.

While impressed with Dr. Adam’s care, Karla’s experience with the nursing staff stood out the most. Karla said, **“When I went in for surgery, from the pre-op nurses all the way through (I had to stay overnight) to the hospital nurses, you couldn’t ask for anyone more caring and kind, and they explained everything to me. I just can’t say enough; I thought the care was wonderful!”**

When asked about her overall experience at Thayer County Health Services, Karla had nothing but praise and gratitude, **“I have had a good experience; I feel that everyone is very caring. I think they should feel very comfortable coming here and know that they would get very good healthcare. I think people need to realize how fortunate we are in our rural area to have a hospital that not only serves our basic needs but brings in Specialists, that we are able to have the surgeries here in many cases and get our follow-ups taken care of here. I think the Korff Fitness & Wellness Center is wonderful and is a real asset as well. I just feel very fortunate and sometimes people don’t realize how fortunate we are.”**

# CEO CORNER

## Sticking to the Tried and True Routines

**Paul Edwards, Chief Executive Officer**



One of the common themes that have been heard since the COVID-19 pandemic started is the necessity to adjust to a new normal. Wearing masks, social distancing, and frequent hand washing are some of the things that come to mind for me. One of the other themes that we learned is that we can't put life on hold to wait out the pandemic. Whatever the new normal might be, we all have learned to be agile and adjust as we get back to the day-to-day activities. For instance, you can't put planting and harvesting on hold, our schools have demonstrated that teaching and learning will continue, even Cornhusker Football shows that there is a way if there is a want.

Here at Thayer County Health Services, we confidently knew early on during the pandemic that servicing those who entered our doors was going to occur, no matter what. Our mission at TCHS is "To improve the lives of those we serve by providing exceptional, patient-centered healthcare." Improving lives, serving others, proving exceptional patient-centered healthcare is our purpose; it gives meaning to our actions and efforts. This is true for the magnanimous events performed here in the everyday tried and true routines, including patient safety, high-quality care, and ensuring a top-notch experience.

We have gone to great lengths before and during the

pandemic, and certainly into the future, to ensure safety in all our care and procedures. Quality care means that our focus is on getting the right care, to the right person, at the right time so that what we do achieves the intended outcome. Lastly, the experience of those we serve is always at the forefront of our minds and demonstrated by respectfully greeting each person, being compassionate in all our interactions, and knowing that there is no substitute for excellence. Patient safety, high-quality care, and top-notch experience are at the core of what we do here at Thayer County Health Services.

These are the tried and true routines that we bank on; they make up our character and culture. With these things at our core, we look forward to serving the surrounding communities, patients, employees, providers, and all who enter the doors of TCHS. Here at TCHS, it's not the exception; it's the routine, in the middle of the day or middle of the night, during sunny days in June or stormy days in December, and whether we are in a world-wide pandemic or not, patient-centered care is at the center of every action.

At some point in time, the pandemic will be over. I don't know when that will be, but in the years to come, we will talk about this experience and how we got by and what we did to get through it. Here at Thayer County Health Services, our story will be about how we relied on what is routine for us; patient safety, high-quality care, and ensuring a top-notch experience. On behalf of the many fine employees, committed providers, and loyal volunteers, I thank you for the honor to serve and care for you here at TCHS.

Mark  
your Calendar!



Thayer County  
Health Services

VIRTUAL WOMEN'S HEALTH NIGHT

October 19-22  
LADIES NIGHTS IN!

Grab your friends, masks, and stay in for the fun!

*Please consider joining us at our annual Women's Health Night virtually this year from Oct. 19-22 in the comfort of your own home. Follow our Facebook event, visit [www.thayercountyhealth.com/virtual-womens-health-night-2020](http://www.thayercountyhealth.com/virtual-womens-health-night-2020), or call (402) 768-4655 for more information!*



# Provider Corner

*Wendy VanSkiver,  
Physician Assistant*

## Stroke Prevention

The term “stroke” is one that means a part of the brain dies because it has gone without blood and oxygen for too long. There are two main types of strokes (or cerebrovascular accidents-CVA): ischemic, which is caused by a blockage in a blood vessel in the brain and hemorrhagic, which is caused by bleeding in the brain.

The symptoms of a stroke may be transient, lasting from seconds to minutes and longer. Those symptoms may remain indefinitely if the brain is irreversibly damaged. The symptoms of a stroke usually begin suddenly, but sometimes, they will develop over hours to days, depending on the type of stroke.

In both hemorrhagic and ischemic strokes, more than one area of the brain can be damaged. Depending upon the area that is affected, a person may lose the ability to move one side of their body, the ability to speak, or multiple other functions.

Classic symptoms of a stroke can be remembered with the acronym BE FAST:

- Balance - Loss of balance, headache, or dizziness
- Eyes - Sudden loss of vision in one or both eyes
- Face - Sudden weakness or drooping of the face or problems with vision

- Arm - Sudden weakness or numbness of one or both arms
- Speech - Difficulty speaking, slurred speech, or garbled speech
- Time - Time is very important in stroke treatment. The sooner treatment begins, the better the chances of recovery. CALL 911 RIGHT AWAY!

In the US, approximately 750,000 strokes happen each year. These are most often caused by a blockage in a blood vessel. The damage from a stroke may be temporary or permanent, and much of that depends upon how much of the brain is damaged and how quickly treatment begins, as well as other factors.

It is best to dial 911 rather than attempt to drive yourself or someone else to the hospital for treatment, as evaluation of the symptoms can begin upon the arrival of EMS, and they can notify the hospital of a possible stroke patient so that everyone can be present and ready to treat the person immediately upon arrival.

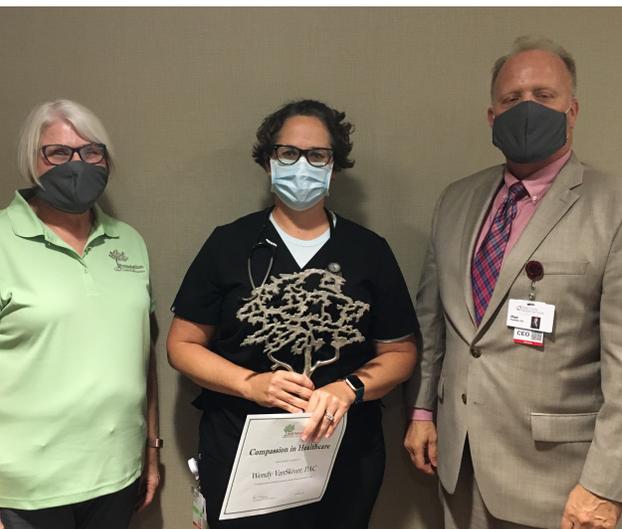
Stroke risk factors may include: age older than 40 years, heart disease, high blood pressure, smoking, diabetes, elevated cholesterol, illegal drug use, previous transient ischemic attack (TIA), inactive lifestyle and lack of exercise, obesity, current or past history of blot clots, family history of heart disease and/or stroke. If you suspect someone is having a stroke, it is important to remember that “time is brain” and call 911 right away.

If you have any questions regarding you or your family’s risk for stroke, make an appointment with your primary care provider to discuss ways to reduce your risk by calling us at (402) 768-7203.

## TCHS Foundation Inaugural Compassion in Healthcare Grant Awarded to Wendy VanSkiver, PA-C

Pictured L2R: Kris Miesner, TCHS Foundation President, Wendy VanSkiver, PA-C, and Paul Edwards, TCHS CEO

This year, the Foundation awarded a \$500 Compassion in Healthcare grant to Wendy VanSkiver, PA-C. This grant will be given annually by the Foundation to an employee at Thayer County Health Services who has been nominated by a patient or their peers. This grant may be used by the recipient to help fund a project or program in the hospital or clinic.



## 2020 "Caring Kind" Recipient for TCHS - Wendy VanSkiver, PA-C



Pictured L2R: Paul Edwards, TCHS CEO and Wendy VanSkiver, PA-C, TCHS Caring Kind Awardee

On August 12, 2020, TCHS recognized Wendy VanSkiver, PA-C, with the NHA's prestigious "Caring Kind" award. Each year the Nebraska Hospital Association (NHA) recognizes hospital workers for their excellence in service. For 41 years, the Caring Kind award has been given to nearly 2,500 of Nebraska's most caring hospital workers. Hospitals across the state each select one Caring Kind recipient from within their respective institutions to be recognized during the NHA Annual Convention.

This year, due to the COVID-19 pandemic, the awards will be presented virtually in October, instead of during the

annual Caring Kind Luncheon during the NHA Annual Convention in La Vista. Therefore, TCHS chose to recognize and celebrate Wendy early. The award honors outstanding health care employees who have demonstrated compassion for patients, cooperation with co-workers and dedication to excellence in their job responsibilities.

Wendy's nomination read: "I would like to nominate Wendy VanSkiver, PA-C. Wendy exemplifies the values of Thayer County Health Services of Respect, Integrity, Compassion, and Excellence. She goes out of her way even when she's not "on the clock" to make all of our patients' lives better and make us all healthier. She doesn't care what she's doing - even if she's spending time with her family on the weekends; she will take the time out of her personal life to make her patients' lives more comfortable for them. She can be seen almost every day talking to patients in the cafeteria - just stopping by while getting her own lunch. It's that personal, caring touch that makes all the difference to patients. Her compassion is evident on her face and in her physical posture; she's just so truly caring. Wendy is wonderful to work with. We are truly lucky to have her here at Thayer County Health Services. I can attest to that both as a co-worker and as a patient!"

Thank you, Wendy, for being such a great employee, a part of our provider team, and for taking such good care of our patients and employees!

# TCHS Donates Masks to Local Schools

To help decrease the spread of COVID-19, Thayer County Health Services purchased masks for everyone in the county as part of the "Wearing is Caring" campaign. The purpose of this campaign is to give back to those who helped protect our staff and patients in a time of need. "We are glad to partner with any organization in the county who might need masks and hand sanitizer for members of their organization or to hand out to others. Safety is a top priority for Thayer County Health Services, and we have been and continue to be committed to keeping our facility a safe and clean place to treat our patients," said Paul Edwards, Thayer County Health Services CEO.

In addition, Thayer County Health Services donated and delivered masks to Bruning Davenport Unified School District, Deshler Lutheran School, Deshler Public Schools, Thayer Central Community Schools, and Meridian Public Schools, to assist the schools in a safe reopening. Paul Edwards, CEO, and Rita Luongo, Development Director, delivered enough masks for each student and staff member to have multiple masks to wear throughout the school year.

The CDC affirms that cloth face coverings are a critical tool in the fight against COVID-19 that could reduce the spread of the disease, particularly when used universally within communities. There is increasing evidence that cloth face coverings help prevent people who have COVID-19 from spreading the virus to others.

COVID-19 spreads mainly among people who are in close contact with one another (within about 6 feet), so the use of cloth face coverings is particularly important in settings where people are close to each other or where social distancing is difficult to maintain.

At Thayer County Health Services, all hospital and clinic operations are open, safe and available to the

public. "All employees are required to wear a mask while on duty," said Edwards, "wearing a mask has become second nature and part of our role in delivering exceptional, patient-centered care."

(Not pictured: Meridian Public Schools)



Deshler Public Schools



Bruning-Davenport Schools



Deshler Lutheran School



Thayer Central Community Schools

# Wellness Tip - The Importance of Whole Grains

Do you get your daily dose of whole grains? It has been found that the average American eats less than one daily serving of whole grains, and almost half of overall Americans never eat any at all. So, what makes a whole grain whole? A grain is whole when three parts of a grain are included; the endosperm, bran, and germ. If a grain is missing even one of those components, the grain is not considered whole and is known as a “refined” grain. Whole grains offer a great source of fiber to your diet along with a wide variety of benefits to your body to make sure it is working at its best. Some of the benefits of consuming whole grains include reducing one’s risk for several health concerns such as heart disease, stroke, cancer, diabetes, and obesity.

How do you know if a product you are purchasing or have at home contains whole grains? One way you can tell is by looking for the whole grain stamp (pictured to the right) on the product package. You can also take a look at the ingredients list to identify if there are any whole grains present by looking for words such as “whole grain (name of the grain)”, “whole wheat”, “brown rice”, “oats”, “oatmeal”, and many others. On the flip side, you can see if a product contains refined grains by looking for words in the ingredients list such as “enriched flour”, “wheat flour” (since the word “whole” is not included this is not a whole grain flour), “bran”, and “wheat germ”.



Ways to include more whole grains into your diet:

1. Buy whole grain pasta instead of plain white pasta.
2. Buy whole grain breads instead of white bread.
3. Look for cereals made with whole grains (such as original Cheerios, Kashi varieties, oatmeal, etc.)
4. Make simple substitutions/additions to recipes:
  - a. Switch half of the white flour to whole wheat flour in recipes for cookies, muffins, quick breads, etc.
  - b. Stir in a handful of rolled oats into your yogurt for added crunch.

**Give this simple whole grain recipe a try to start your day off right!**



## Fluffy Whole Wheat Pancakes

Servings: 3    Total Time: 25 minutes

### Ingredients:

- 1 cup whole wheat flour
- 2 teaspoons sugar
- ½ teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- \*1 cup buttermilk (or 1 cup of milk + 1 tablespoon vinegar)
- 1 egg
- 1 teaspoon vanilla extract
- 2 tablespoons melted butter
- Butter for greasing the pan/griddle

\*Note: If using 1 cup milk + 1 tablespoon vinegar mix the milk and vinegar together and let stand for about 5 minutes before adding to the rest of the wet ingredients.

### Instructions:

1. In a large bowl, whisk to combine the whole wheat flour, sugar, baking powder, baking soda, and salt.
2. In a smaller separate bowl, whisk to combine the buttermilk, egg, vanilla extract, and melted butter.
3. Stir the wet mixture into the dry ingredients, and stir the two together until just barely mixed. You want any visible flour to be stirred in, but there should still be plenty of lumps. If you stir out the lumps, the pancakes will likely be tough.
4. Preheat a pan to medium heat, or a nonstick griddle to 375°F, and grease the surface with butter.
5. Add ¼ cup scoops of pancake batter (batter will be thick) to the preheated pan/griddle.
6. Cook for a few minutes, until you see little bubbles form on the surface.
7. Flip the pancakes and cook for a couple minutes on the other side. If you peek underneath, the bottom should be golden brown.
8. Serve with butter, maple syrup, or sliced fruit and enjoy!

**Curious about our current open positions? Visit [www.thayercountyhealth.com/careers](http://www.thayercountyhealth.com/careers) today!**

# 2020 TCHS Foundation Golf Tournament Donors

Even though the 2020 TCHS Foundation Golf Tournament was cancelled due to the COVID-19 pandemic, these generous donors still chose to support the TCHS Foundation. Thank you to all who donated, your support assisted TCHS in the purchase of a new curved plate for our state-of-the-art 3D mammography machine!

## Diamond Level

Ken and Stephanie Korff  
Cerner Corporation

## Platinum Level

Carla Frye  
Roger and Kathy Retzlaff  
Farm Bureau Financial Services  
Matthew and Jill Montgomery  
Chris and Ronda Frye  
David and Tamara Burd  
Marvin and Lynn Koester  
D.A. Davidson  
Bruning Bank  
CHI Health  
Tim and Karen Else

## Gold Level

Tobe and Robyn Duensing  
Edna Johnson  
Ron and Melissa Kuhlmann  
Michael and Ellen Long  
Hubbell Lion's Club

## Gold Level Continued

Neil and Monica Bohling  
Jerry and Jill Catlett  
John and Rita Luongo  
New Frontier Insurance  
Price Funeral Home

## Silver Level

Reinke Manufacturing Company  
Prairie Health Ventures  
Thayer County Bank  
Don and Betty Crowder  
TCHS Employees  
Mary (Kenner) and Bill Glover  
Dennis and Barbara Ahlman  
Joe and Elizabeth Murray  
Julia Pohlmann  
Dr. Marlin and Kathy Bauhard  
Leona Sell  
Audrey Else  
Jim and Jan Kenner  
WIPFLI  
Michael and Shari Fischer  
William and Rebecca Mize

## Bronze Level

John and Idonna Kripal  
Robert and Kathryn Fisher  
Hebron Dental Care  
Steve Delay  
Midwest Bank  
Kurk and Kris Wiedel  
George and Liz Keilwitz  
Larry and Cassie Wilbeck  
Marjorie Vinkenberg  
Larry and Pauline Gross  
Lillian Lentfer  
Lyle McLaughlin  
Annette Ohlrich  
Ron and Lucinda Lange

## In Kind

Casey's General Store  
TCHS Hospital Guild  
Thayer County Health Services



## Support TCHS Through AmazonSmile

As the holidays approach, the Hospital Guild would like you to consider shopping on the AmazonSmile website or through the app and use your purchase to help a local charity. This website is operated by Amazon with the same products, prices, and shopping features as you would find on Amazon.com. The difference is that when you shop on AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to the Thayer County Health Services Guild if they are selected as your designated charity. This may not seem

like a lot, but when you have a large number of customers selecting the same charity, the donations can really add up. When visiting AmazonSmile for the first time, you will be prompted to select a charitable organization to benefit from your purchases. Selecting Thayer County Health Services Guild Inc. as your charity on AmazonSmile will enable the Hospital Guild to receive the donation funds generated by your purchases.



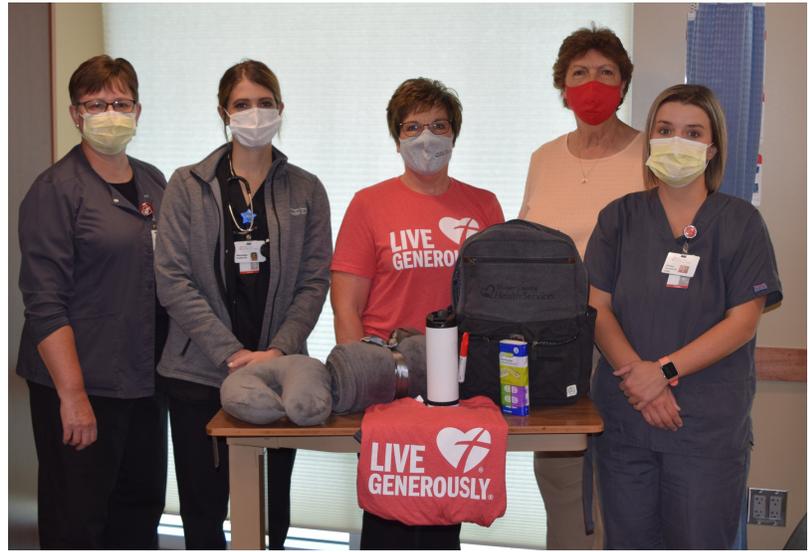
SMILE.AMAZON.COM  
**Support Thayer County Health Services Guild Inc by shopping at AmazonSmile.**  
 When you shop at AmazonSmile, Amazon will donate to Thayer County Health Services Guild Inc. Support us every time you shop.

## Chemo Comfort Care Project Continues with Support of Local Thrivent Donors

Thayer County Health Services would like to thank Shari Fischer for using one of her \$250 Thrivent Action Team grants to help restock the items provided in the Chemo Comfort Bags given to new TCHS Chemo patients. The Thrivent grant, along with funding provided by the TCHS Hospital Guild, purchased enough items to supply 10 more Chemo Comfort Bags given to new TCHS Chemo patients.

These comfort bags are filled with items such as; a fleece blanket, gratitude journal, activity booklets, neck pillow, thermometer, pill organizer, hand sanitizer, cloth mask, travel drink cup, and many other items.

Thayer County Health Services has been providing these Chemo Comfort Bags to new Chemo patients for the past two years. The idea for these bags started with a Thrivent grant from Jolene Beckmann, a TCHS employee who had gone through the cancer journey with her husband. She used her Thrivent Action Team grant to start this program to help patients facing a new cancer diagnosis. Since then, the program has continued with additional funding provided by the TCHS Hospital Guild. Each year the Guild holds a quilt raffle where the proceeds are designated to help fund this project. If you would like to purchase chances on the Guild's 2020 quilt being raffled, contact Rita Luongo at 402-768-4636.



Pictured from R2L: Marla Heitmann, RN, Specialty Clinic Supervisor, Alex Williams, RN, Shari Fischer, Thrivent Donor, Carol Krueger, TCHS Hospital Guild President, and Kendra Else, RN.

## TCHS Hospital Guild Quilt Raffle Underway

This year the Hospital Guild for Thayer County Health Services is raffling off a Hunter Star quilt, size 72" x 72". This quilt was pieced together by employees from TCHS and hand quilted by Janet Voss from Carleton.

Chances for the quilt can be purchased from Guild board members, at the Things and Stuff Shop or by calling (402) 768-4636. Chances are \$2.00 each or three chances for \$5.00. The drawing for the quilt will be at the Guild's November meeting. At the Foundation's Variety Show on November 8th, there will be a larger Hunter Star quilt (100" x 100") up for auction. If you would like more information on bidding on that quilt, give us a call.



Hunter Star quilt, size 72" x 72" pieced together by employees from TCHS and hand quilted by Janet Voss from Carleton.



### **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

## **Be on the Lookout!**



In the upcoming months, TCHS will be changing the look of our billing statements as we will now be generating them at our facility versus utilizing an external vendor. We have heard your feedback, therefore, moving forward, all of your patient billing needs will be taken care of in our facility to improve the overall billing process. Our next newsletter will include further detail of statement changes and our financial assistance program. If you or a family member is in need of financial assistance, would like to take advantage of our payment plans, or has questions about our billing process, please call us at (402) 768-6041.

## **We Want You To Be A Flu Fighter!**



*Insurance will be billed.  
Please bring your  
medical and  
prescription insurance  
card with you. For more  
information please call  
(402) 768-6041.*

**New!**

### **Drive Through Flu Vaccine Clinics**

- No out of pocket cost with most insurance!
- No appointment needed - stay in your vehicle, we will come to you!
- Cash Price (Hebron only) - \$20 Regular Dose, \$50 High Dose
- Please wear a mask and clothing that allows easy access to upper arms.

**New!**

### **Drive Through Flu Vaccine Clinic Dates & Times**

Oct. 12th	Davenport Clinic	9:30 am - 11:30 am
Oct. 13th	Bruning Clinic	9:30 am - 11:30 am
<b>Oct. 14th</b>	<b>Hebron Clinic</b>	<b>8:00 am - 5:00 pm</b>
Oct. 15th	Deshler Clinic	9:30 am - 11:30 am
Oct. 16th	Chester Clinic	9:30 am - 11:30 am