

COMMUNITY HEARTBEAT

THE OFFICIAL NEWSLETTER OF



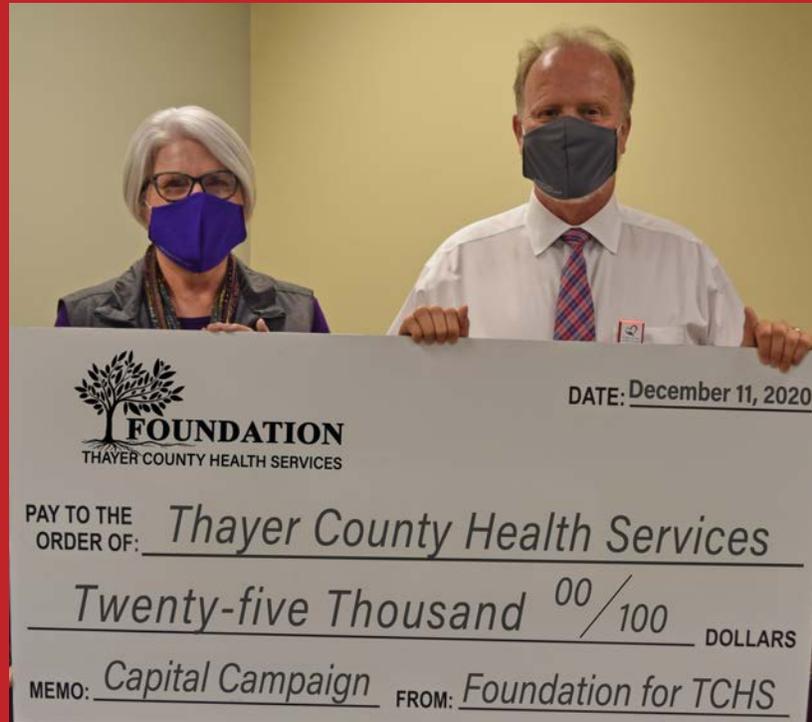
Exceptional Health... Close to Home

2020 Employees of the Month



COMMUNITY HEARTBEAT

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Pictured Above: Kris Miesner, Foundation for Thayer County Health Services President gives Paul Edwards, Thayer County Health Services CEO the final payment on \$1,000,000 pledge for the Investing in Healthier tomorrows capital campaign.

Foundation makes final Campaign Payment on \$1 million Pledge



As 2020 comes to a close, the Foundation marked the official completion of their “Investing in Healthier Tomorrows” capital campaign conducted between 2015 - 2016. This campaign raised \$1 million in support to help fund Phase II, of the hospital building project completed in 2018.

At a total cost of over \$15 Million, the hospital building project included a total of five phases. Phase I was the addition of the new Korff Fitness and Wellness Center on the north side of the facility. This addition was made possible by a gift of \$6.9 million from the estate of Glenn Korff, a Hebron alumni.

To help fund Phase II of the project, the foundation conducted a capital campaign with a goal of \$1 million in support from individuals, businesses, and organizations. Some of the donations made were pledged gifts made over a 3-5 year period.

As of December, all pledged gifts to the Foundation have been received. The Foundation made a final payment to TCHS of \$25,000 on their \$1 million dollar commitment. Other phases in the building project included renovations of the hospital ER, Specialty Clinic, Labor & Delivery, and updates to the facility’s mechanical system.

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Hope & Healing

Melody Lindsey - Chester, NE

Melody Lindsey of Chester was experiencing severe knee pain, and after an appointment with Dr. Bryan Hubl, he recommended that she see a specialist. After an MRI, Melody began physical therapy at Thayer County Health Services. When the pain didn't subside, Melody made an appointment with Dr. Bohlen, a visiting orthopedic specialist, and he determined that a knee scope would reduce the pain. "Unfortunately, after the scope, Dr. Bohlen informed me that he had to take all the cartilage out of my knee because it was just shredded, so I was left with bone on bone, and eventually, I would end up having to have my knee replaced. He said he didn't want to do it quite yet because I was way too young," said Melody.

After the scope, Melody began receiving cortisone shots to help manage the pain. After a year and a half, the cortisone stopped helping, and the pain was getting worse, so Dr. Bohlen determined it was finally time to replace her knee. "So, we scheduled the surgery and had it scheduled for October 2019, but my insurance company balked and said I needed to go back to physical therapy. I went to physical therapy for another six weeks, and the pain was unreal trying to complete the exercises," explained Melody. After the rehabilitation staff sent the report back to Dr. Bohlen, it was sent on to the insurance company, and it was finally approved and scheduled for March 26, 2020.

Then COVID-19 reached Nebraska, and it was unclear if Melody would be able to have her surgery due to elective surgeries being put on hold. Dr. Hubl, the rehabilitation team, and Dr. Bohlen conferred with Melody, and she decided that she



was comfortable having the surgery at TCHS, and on March 26, she had her knee replaced and, in her exact words, "It was the best decision I made!"

Prior to her surgery, Melody participated in the Joint Camp program. The program is designed to help patients feel more comfortable with the entire process and provides them with education and an opportunity to ask our staff questions. "They went over everything, the pharmacy, nursing staff, rehab, and others came and talked to you, so you knew what to expect after you had your surgery. I would recommend that to anyone that's getting ready to have any kind of replacement surgery," said Melody.

When asked about her overall experience, Melody stated, "I really like the staff at Thayer County Health Services, and everyone is so friendly. The convenience is unparalleled, I live in Chester, and they bring specialists on-site, so it makes things a lot easier than having to go to Lincoln or Hastings. This is a place that you can come to that they will actually take the time to sit down with you and listen and try to figure out the problem. They don't rush you; they make you feel welcome, they make you feel comfortable, and they're great!"

If you or a loved one is thinking about replacing a joint or having an elective surgery, please call us at (402) 768-6041. We are here for all of your healthcare needs and look forward to providing you with exceptional patient-centered care close to home.

CEO CORNER

Paul Edwards, President &
Chief Executive Officer

Thankful for 2020 Full Steam Ahead for 2021



It's not uncommon that as we start a new year, we find ourselves reflecting on the past year and making resolutions for the coming year. 2020 was unprecedented in many ways. In passing, I've heard and seen comments about being glad that 2020 is behind us and happy to see 2020 over. The past year presented some unique challenges. It made me recall some advice that a mentor of mine gave me some years back, "Adversity is a normal part of life. Instead of hoping that adversity does not come your way, it is better to seek the readiness to deal with the adversity that comes to you. That way, what does adversity matter? You'll be prepared for anything that comes your way."

From my perspective, 2020 produced some of the finest hours in the people that I encountered. Here at Thayer County Health Services, there were countless episodes where our providers, nurses, and staff rose to the occasion to serve and care for those they encountered. One of the core values here at TCHS is compassion. Our staff response in 2020, like many across our country, was incredible. One of the honors of being the President and CEO at Thayer County Health Services is hearing from or talking to those who come to our facility. One particular story was shared with me, and I asked if I could share with others, involved care given to an individual. The family shared that the care given by our providers had helped them as they struggled with worries and anxiety about the future. They were especially grateful for the time our providers had taken to explain things and answer all of their questions. The family went on to tell the names of the nurses and staff that provided the care for them.

They recalled acts of basic human kindness such as

holding their hands during moments of despair and sadness. Also, giving hugs during episodes of joy and hope. In the end, the things that matter the most to this family was not any medicine or healthcare technology but basic human kindness. It is inspiring to know that when things get tough for our patients or our staff faces adversity, our core value is compassion.

Another core value at Thayer County Hospital is excellence. One of our sayings here at TCHS is, "It is easy to be excellent when things are going well, but the true test is can we be excellent when things are not going well?" This past fall, we had to rethink how we conducted our flu shot campaign. The traditional walk-in clinic approach was not going to be safe due to the potential for Covid-19 exposure. So the TCHS team went to work devising a drive-through clinic held on different days throughout our locations in Thayer County. Not only did we deliver flu shots across Thayer County, but we saw a 40% increase in the number of people participating. Subsequently, we modified our women's health night and our foundation variety show as virtual events, and again we saw an incredible increase in participation and contributions. Being excellent at what we do here at Thayer County Health Services means being ready and prepared each day to meet the needs of those we serve, no matter what circumstances might come our way each day.

I'm looking forward to what is on the horizon as we start 2021 and am reminded of a quote by Eleanor Roosevelt, "With the new day comes new strength and new thoughts." The character of people here in Thayer County, across Nebraska, and throughout the country has made it possible for us over the many challenges of 2020. My observation is that this involved acts of compassion and excellence here at Thayer County Health Services. I'll be glad to put some of the sobering memories of 2020 behind me. Still, I will always be grateful for how we face our adversities while using our core values of respect, integrity, compassion, and excellence.

Thayer County Health Services 2020 Employees of the Month



Jamie Koch, CNO & Diane Vorderstrasse, LPN



Traci Zelenka, CPTA & Dave Burd, Past CEO



Whitney Miller, MPA & Dave Burd, Past CEO



Dave Burd, Past CEO & Whitney Watson, RT



Jamie Koch, CNO & Jordan Wagner



Paul Edwards, CEO,
Erica Christianson, CAP & Jamie Koch, CNO



Lavonna Sloane, LPN & Paul Edwards, CEO



Kinzie Remmers & Jamie Koch, CNO



Derek Kunc & Paul Edwards, CEO



Holly Seward, PharmD & Paul Edwards, CEO



Kathy Bauhard, MT & Paul Edwards, CEO



Megan Janousek, RN & Paul Edwards, CEO



Provider Corner

*Travis Wright,
Physician Assistant*

Screening for Atrial Fibrillation and other Cardiovascular Conditions

At least 2.7 million Americans live with atrial fibrillation (a-fib); it is the most common heart rhythm problem in the United States. When atrial fibrillation occurs the top two chambers of the heart (the atria) will quiver, or beat out of rhythm with the bottom two chambers of the heart (the ventricles). When this occurs, the blood in the heart does not flow normally and blood clots can develop. These blood clots can go to the brain causing a stroke. Approximately 15-20% of strokes occur in people that have atrial fibrillation.

Who is at risk for atrial fibrillation?

- **Age:** The risk for atrial fibrillation increases with age. Women tend to experience atrial fibrillation more often than men since women tend to live longer.
- **High Blood Pressure:** High blood pressure is a disease that also increases in frequency with age. High blood pressure accounts for 1 in 5 cases of atrial fibrillation.
- **Family History:** A person's chance of developing atrial fibrillation also increases if they have a familial history of the disease.
- **Other Risk Factors:** Risks also increase with obesity, diabetes, heart failure, ischemic heart disease, chronic kidney disease, smoking, and moderate/heavy alcohol use.

Symptoms: A person may feel heart palpitations (rapid, fluttering, or pounding) or feel an irregular heartbeat when atrial fibrillation occurs. A person may also feel lightheaded, fatigued, short of breath, have chest pain, or a number of other symptoms. At times people will not have any symptoms when they have atrial fibrillation. A healthcare professional is able to

tell if a person's heart is in atrial fibrillation by checking their pulse or listening to their heart. An EKG will also show an irregular heart rhythm.

Treatment: The initial goal of treating atrial fibrillation is to make sure the person's heart rate is not going too fast. This can be done with a number of different medications that are prescribed by a healthcare provider. The second goal is to keep the heart in a normal rhythm. Medications that do this are typically managed by a "heart" doctor called a cardiologist.

Additional Treatment: In addition to treating the rate and rhythm of the heart, people with atrial fibrillation are also treated with medications to reduce their chances of having a stroke. These medicines are known commonly as "blood thinners" or more accurately anticoagulation medications. Coumadin (warfarin) is the best known of these medications. People on Coumadin need regular blood checks to make sure the blood is at an acceptable level. Newer FDA approved "blood thinners" include Pradaxa (dabigtran), Xarelto (rivaroxaban), Savaysa (edoxaban), and Eliquis (apixaban). None of these newer medications require routine blood testing. Before starting an anticoagulation medication, a healthcare provider will discuss a person's bleeding risk.

Prevention: What can you do to decrease your risk of developing atrial fibrillation?

1. Schedule routine checkups with your healthcare provider to manage your blood pressure, blood sugars, and cholesterol as necessary.
2. At home, you can get regular physical exercise and eat a heart-healthy diet. Additionally, if you smoke, stop, and avoid excessive amounts of alcohol and caffeine. Finally, take some time to do activities that reduce your stress.

Questions? If you have any questions about atrial fibrillation or your risk for it contact your primary care provider. The Thayer County Health Services Clinic number is (402) 768-7203. Bryan Health will have their Mobile Screening Service at Thayer County Health Services on Tuesday, January 12, 2021, from 8:30 AM to Noon. At that time, you can be screened for atrial fibrillation and three other cardiovascular conditions. Contact Marla Heitmann, RN at (402) 768-4696 for more information including cost or to schedule an appointment.

New Year Opportunities

Written by: Kaylee Amato, Wellness Coordinator

A new year is often looked at as the perfect time to set resolutions. Lose this many pounds, start this healthy habit, stop that unhealthy one... Though the New Year can be looked at as the perfect opportunity and the “right time” to make a change it is good to look at every day we are given as the “right time” as well. With that being said, if you find yourself setting a resolution and then losing focus on that certain goal you had in mind don’t lose hope! Look at that next new day as another opportunity to start again, or pick up right where you left off.

Setting goals is a fantastic way to help you make positive changes. If we do not have anything to work toward it can be very difficult to stay focused, or even know what path we need to take in order to achieve what we want to. Goal setting goes beyond just identifying what you want to achieve. It can be easy to pinpoint what you want to change and then hit the ground running, but if we do that we become susceptible to ultimately not achieving that goal since a clear plan was not set and our “why” was not established. Many of us often attribute our inability to reach a goal(s) to our loss of motivation, but it is important to realize that motivation can unfortunately only take us so far. It is truly the plan we set for ourselves and the way we adapt to subtle changes that enable us to reach our goals.

Here are some helpful questions to ask yourself when setting out to make a positive change. The following questions can apply to any goal big or can apply to any goal, big or small, health-related or not!

- What is the change I am wanting to make?
 - It is important to identify exactly what you are wanting to change.

- How much time do I think it will take me to reach this goal?
 - Having a certain time frame in mind can help you stay motivated. Even if that change takes longer for you to achieve than expected that is okay! Keep moving forward towards reaching that goal.
- When will I work on achieving this goal?
 - Setting aside time each day, each week, or even each month can help you stay accountable when working towards a goal.
- Why do I want to make this change?
 - I feel this is the most important question we can ask ourselves. Many of us get stuck when we are trying to make changes, but if a reason as to why we want to achieve a goal is established we can always come back to our “why” when we are needing a push in the right direction.



Kaylee Amato,
Wellness Coordinator

Happy goal setting!



THAYER COUNTY HEALTH SERVICES
KORFF FITNESS
& WELLNESS CENTER

SIGN UP FOR A MEMBERSHIP AND TAKE ADVANTAGE OF **20% OFF** 6 MONTH AND 12 MONTH MEMBERSHIPS DURING OUR NEW YEAR, NEW YOU SALE! SALE BEGINS JANUARY 2 AND ENDS JANUARY 15. FIRST 20 TO SIGN UP GET A FREE DRAWSTRING GYM BAG!

*THIS DISCOUNT CANNOT BE USED IN CONJUNCTION WITH OTHER DISCOUNTS SUCH AS SENIOR, CORPORATE, MILITARY, ETC.

CALL 402.768.4320
OR DROP BY TO GET YOURS TODAY!

Take Advantage of Annual Wellness Visits!

At TCHS, we want to keep you healthy, out of the hospital, and doing what you love. One great way to stay healthy is to take advantage of the preventive visits covered by Medicare. The Welcome to Medicare Visit and the Annual Wellness Visit are not the same as a traditional physical exam and have specific benefits and coverage defined by Medicare. The Welcome to Medicare visit is a preventive visit covered by Original Medicare. As the name suggests, you are eligible for the Welcome to Medicare visit within the first 12 months of enrolling in Medicare Part B. Medicare Advantage plans cover the same preventive services as Original Medicare, provided you see in-network providers.

The AWV is different from a “head-to-toe” physical. The traditional annual physical is an examination to check your vital signs, heart, lungs, head, neck, abdomen, reflexes, and skin. A wellness visit is considered a ‘hands-off’ visit focused on health history, risk factors, review of age-appropriate screenings, and education on disease management and self-care. For questions or to schedule your Welcome to Medicare or Annual Wellness Visit please call (402) 768-7203.



*Thayer County
Health Services*

Welcomes

*Jan Bock, MSN, FNP, PMHNP, BC
to our Medical Staff*

Thayer County Health Services is excited to have Jan Bock, MSN, FNP, PMHNP, BC, Behavioral Health Provider join our medical staff Nov. 30. Jan will provide behavioral health services and will see patients at Thayer County Health Services.

Accepting NEW patients - Children to Seniors!

402-768-7203 | 120 Park Avenue | Hebron NE 68370

Thayer County Health Services is excited to announce that Jan Bock, MSN, FNP, PMHNP, BC, has joined our team as a Behavioral Health Provider. She grew up in rural Pawnee County near Liberty, Nebraska. After finishing high school in Barneston, Nebraska, she started her nursing career as a graduate of Bryan School of Nursing and earned a Master of Science in Nursing from UNMC Omaha in Psychiatric Mental Health Nursing. She comes to us with experience in working with clients across the lifespan from age six to geriatrics in various facilities and clinics over the past thirty plus years. She also has experience working with behavioral diagnoses such as depression, anxiety, bipolar disorder, schizophrenia, PTSD, ADHD, and other brain health diagnoses.

Jan is credentialed to see patients at Thayer County Health Services and provide Brain Health (previously known as behavioral or mental health). The following is a summarized listing of the behavioral services she will be offering at Thayer County Health Services:

- discovery of possible DSM5 Brain Health diagnoses
- offers treatments of possible medication initiation and/or continuation of current meds
- talk therapy including brief CBT (cognitive behavioral therapy)
- mindfulness
- guided imagery
- monitors efficacy of treatments with follow-up appointments
- pre and post lab evaluations

If you would like more information concerning the Behavioral Health services offered at Thayer County Health Services, call 402-768-7203.

NEW ORTHOPEDIC SPECIALIST AT THAYER COUNTY HEALTH SERVICES



We are excited to announce that Dr. Robert Vande Guchte will see patients at the Specialty Clinic on a monthly basis starting Jan. 8. He specializes in treating disorders and injuries of the spine as well as sports medicine.

Dr. Robert Vande Guchte is originally from Edmonton, Alberta, Canada and he earned his medical degree at the University of Alberta. Upon graduation, he completed his orthopaedic residency at the University of Alberta and a fellowship in sports medicine at the University of Calgary Sports Medicine Centre. He also completed a second fellowship in spine surgery at the University of British Columbia Spine Trauma and Disease Center.

As a board-certified orthopaedic surgeon, his practice is primarily focused on treating disorders and injuries of the spine as well as sports medicine. Dr. Vande Guchte's commitment to spine and sports medicine is represented through being a part of a team of orthopaedic surgeons for the Lincoln Stars hockey team, Lincoln Saltdogs baseball team, and Lincoln Orthopaedic Center's diverse affiliated teams. His mission is to provide his patients with excellent service with compassionate care. He always strives to provide patients with the same high quality of orthopaedic care that he would offer to a member of his family.

In addition to his extensive medical commitments, he enjoys traveling with his wife, playing golf and ice hockey, and skiing. Dr. Vande Guchte especially enjoys heli-skiing, along with spending time with family and friends. He is a member of the Nebraska Medical Association, Lancaster County Medical Society, Nebraska Orthopaedic Society, American Academy of Orthopaedic Surgeons, Canadian Academy of Sports Medicine, Canadian Medical Association, Canadian Orthopaedic Association, and the Royal College of Physicians and Surgeons of Canada.

Thayer County Health Services hopes you will join them in welcoming Dr. Vande Guchte. For more information please call the Thayer County Health Services Specialty Clinic at 402-768-4696.

TCHS Hospital Guild's Quilt Winner 2020



Pictures L-R: Rita Luongo - TCHS quilter, Father Steven Major – quilt winner, Kathy Retzlaff - TCHS quilter, not pictured is Carol Weber – TCHS quilter.

Father Steven Major with Sacred Heart Catholic Church in Hebron is the winner of the TCHS Hospital Guild's annual quilt raffle for 2020. His name was drawn at the meeting of the Hospital Guild on December 2nd. This year's quilt was a Hunter Star pattern in a four color design. The quilt was 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 purchasing items for the comfort bags given to new chemo patients at Thayer County Health Services.



Thayer County Health Services and Priefert Pharmacy have begun a new chapter in providing healthcare excellence to the residents and visitors of Thayer County on Dec. 8, 2020. The business name recently transitioned to Thayer County Pharmacy and operates in the existing Priefert Pharmacy location at 428 Lincoln Avenue. Pharmacy hours will remain the same from 8:30 am to 5:30 pm weekdays and 8:30 a.m. to 1:00 p.m. Saturdays and closed on Sundays.

The Priefert Pharmacy staff were welcomed as new employees of Thayer County Health Services. TCHS would like to recognize Jack Priefert and his staff for their dedication and hard work over the years. Priefert Pharmacy, a downtown Hebron business since 1992, has been a fundamental asset to the community in providing expert pharmacy care with kindness and respect for all who walk through their doors.

We look forward to continuing the community pharmacy legacy for our patients and visitors. Thayer County Pharmacy will remain a contracted pharmacy for all existing Priefert Pharmacy insurance plans for the 2021 plan year. Thayer County Health Services, and now Thayer County Pharmacy, will continue to provide comprehensive healthcare and wellness close to home for years to come. For questions, please call (402) 768-6319.

Foundation for TCHS Completes 2nd Employee Giving Campaign



In October, the Foundation for Thayer County Health Services completed their 2nd Annual TCHS 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 2021. This campaign surpassed its goal of \$10,000, by raising over \$16,000 in support from staff. In total, 68% of staff contributed to the campaign. On average, most Nebraska

hospitals have a participation rate of closer to 20%. The large amount of support received from staff shows their commitment to caring for their local communities.

For 2021, TCHS employees were given the option of designating their gift to one or more of four areas; the patient emergency fund, endowment fund, capital improvements or most need. The majority of the employees indicated they wanted their gift to go toward the patient emergency fund or wherever the most need was.

As a thank-you to the employees for the success of this year's campaign, the Foundation provided all staff with a catered Thanksgiving meal on November 18th.

Foundation Virtual Variety Show A Success

Written by: Rita Luongo, Development Director

The Foundation for Thayer County Health Services held this year's Variety Show as a virtual event on November 8th. The public was able to watch the event online in the comfort of their home. Michael Logsdon, TCHS Pharmacist was MC for the evening and Josh Hoyer, a contestant on The Voice in 2017, provided musical entertainment. The foundation is excited to announce Josh will be the live entertainment at their 2021 Variety Show.

Brad Elting Auction in Hebron helped the foundation host their online auction for the event during the week leading up to the Variety Show with all bidding ending on Monday, November 9th at 7:00 pm. Over 30 items were up for auction. The online auction helped raise over \$9,600 in support for the event. The foundation's annual Variety Show is their primary fundraising activity. In 2019, this event raised over \$22,000. These funds were combined with a gift from the TCHS Hospital Guild and other fundraisers held by the foundation. In total, \$68,000 was given to Thayer County Health Services to help purchase the new analyzer for the hospital laboratory.

This year's Virtual Variety Show raised over \$33,000. This along with grants received, allowed the foundation to provide the funds necessary to purchase the Cystoscope for the Surgery Department and a chair for the Radiology Department for Barium Swallow procedures. The Foundation for Thayer County Health Services would like to thank everyone who gave a donation, donated an auction item or bid on items in support of this year's Variety Show. Even hosting the event virtually, many of you still gave generously to help support this great cause.

If you would like to give an end of year gift to the foundation, you can send your donation to: Foundation for TCHS, 120 Park Avenue, Hebron, NE 68370. The hospital foundation is a 501(C)3 and all contributions are tax-deductible.

Donations to the



Audrey Else
Brad Elting Real Estate & Auction
Dr. Carla Frye
Marvin and Lynn Koester
Ken and Stephanie Korff

Roots Level

Long Crop Service
John and Rita Luongo
Norder Supply Inc.
Nutrien Ag Solutions – Deshler
Struve Foundation
Sudbeck Agronomic - Hebron
Thayer County Bank
Thayer County Health Services
Mark and Wendy VanSkiver
Alan and Susie Wiedel
Jim and Denise Wiedel

Seed Level

Dennis and Barb Ahlman
Aurora Cooperative
Jolene Beckmann
Bruning Bank
Central Market
Citizens State Bank
Cornerstone Bank
D.A. Davidson
Dennis and Kathy Degenhardt
Todd and Crystal Fangmeier
Feathered Nest
Hebron Dental Care
Tony and Wendy Helfrich
Joe and Audra Hergott
Hubbell Lions Club
Hubbell Women's Club
Korff Fitness and Wellness Center

Joe and Ruth Kripal
Ron and Melissa Kuhlmann
Darrel and Connie Lichty
Lyle McLaughlin
Dave and Dianne Meyer
Bill and Becky Mize
Julia Pohlmann
Price Funeral Home
Cal and Sandy Tietjen
Tires - N- Service for You
Victory Too
Dick and Cheryl Walsh
Weaver Pharmacy
Western National Bank
Lisa Wiedel
Larry and Cassie Wilbeck

Acreage Steakhouse
Amanda's Cottage
Arend's Family Foods
Bruning Grocery
Deshler Chamber of Commerce
Deshler Electric
Ryan and Michelle Dick
Doug and Naomi Grupe
Hair Hut
Hebron Country Club
Rod and Nancy Heinrichs
Stephen and Marla Heitmann
Chris and Tara Huber
Laurie Koester

Leaf Level

Dan and Jan Behn
Don and Brenda Betten
Dave and Joann Bruning
C & M Supply
Don and Betty Crowder
Ken and Pam Degenhardt
Dean and Michelle Dirks
Paul and Mindy Edwards
Richard and Joann Fink
Chris and Ronda Frye

Lloyd and Marilyn Holtzen
Edna Johnson
Kinder Academy - Bruning
Midwest Bank - Deshler
Mark and Kris Miesner
Reinke Manufacturing
Roger and Kathy Retzlaff
Allen and Joyce Schardt
TCHS Hospital Guild
WIPFLI

Branch Level

Neil and Monica Bohling
Jerry and Jill Catlett
D.A. Davidson

Dr. Leann and Landon Heinrichs
Patrick and Carlece Kenner
Dan and Freda Wiedel

Other Donations

Kohmetscher Feed – Carleton
Collin and Kassi Krupicka
Scott and Roberta Laaker
Lazy Horse Winery
Lillian Lentfer
Michael and Tami Logsdon
Majestic Theatre
McDonalds
Mylah Rose Boutique
Nutrien Ag Solutions – Chester
Pat and Connie O'Hanlon
Orschelns Farm and Home
Melvin and Doris Porth
Priefert Pharmacy
Sean and Richelle Rock
Runza Restaurant
Shell/Bruning Food Mart
Gary and Cyndi Shinn
Spring Creek Model Trains
Spring Creek Veterinary Clinic
Tom Posey Real Estate
True Value Hardware
Dail and Stella Vorderstrasse
WalMart
Ryan and Natalie Waters
Watson Auto Supply

2020 Drive-Thru Flu Clinic a Huge Success

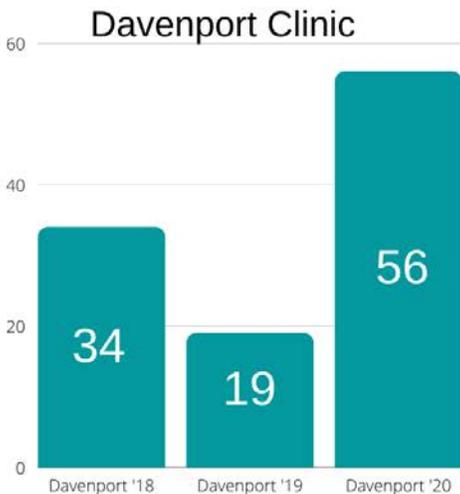
While it has been an unusual and challenging year, Thayer County Health Services did have a record year in terms of annual flu vaccines. Seeing a 40% jump in overall vaccines administered over last year's annual flu clinic, a variety of reasons can be attributed to the success. "First of all, it was the main priority this year to vaccinate as many patients as safely as possible due to the COVID-19 pandemic. We determined that the best way was to hold a drive-thru clinic, something we have never done before," said Michael Logsdon, Pharmacy Director. The purpose of the drive-thru clinic was to vaccinate our patients with minimal interaction. It was an all-staff effort, and the project touched every department within the organization.

"We could not have pulled off an event like this without the community's support. We did not anticipate such a drastic increase in patients, and the public was very patient and understanding," stated Logsdon, "Vaccines have never been more important than they are now. Next year, after some tweaks to our process, we hope to assist in vaccinating all Thayer County residents against the flu."

Thayer County Health Services would like to thank all of you for your patience, understanding, and support as we navigated one of the toughest years in health care. Your willingness to adapt to change and ever-evolving protocols didn't go unnoticed, and we are so appreciative and lucky to call Thayer County home.



FLU CLINIC COMPARISON 2018-2020



TCHS Board of Directors

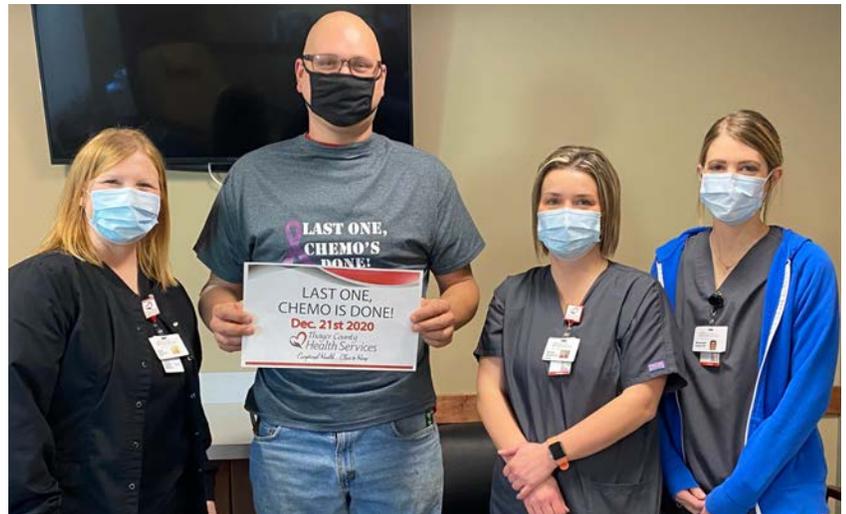
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Karen Dahlkoetter- Board Vice Chair
Laura Tuma- Board Treasurer
Elisabeth Heitmann- Board Secretary
Connie Lichty- Board Member At Large



Due to the rapidly evolving situation surrounding COVID-19, TCHS did not include COVID-19 updates in this issue of the Community Heartbeat; for up-to-date information on COVID-19 please visit www.thayercountyhealth.com/coronavirus-disease-2019-covid-19/ or cdc.gov

Thayer County Health Services Adds 3rd Chemotherapy Station

At Thayer County Health Services in Hebron, we offer state-of-the-art services with a hometown touch, such as Oncology and Hematology through our Specialty Clinic. Chemotherapy is a services we are proud to provide to ensure our patients have access to what they need right here at home. When you receive your chemotherapy with us you get back valuable time that would otherwise be spent traveling.



Chemotherapy services continue to grow at Thayer County Health Services, so much so that we recently added a third station to offer even more options for our patients. Pictured above are Tara Huber, RN, Stephen Specht, TCHS Patient, Kendra Else, RN, and Alex Williams, RN on Stephen's last day of chemotherapy treatment at TCHS. For more information please call (402) 768-6041 or visit us at thayercountyhealth.org.