

July 2021

COMMUNITY HEARTBEAT

THE OFFICIAL NEWSLETTER OF



Foundation's Golf Ball Drop

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THE OFFICIAL NEWSLETTER OF



TCHS WELCOMES INTERIM CFO



Peggy Hamilton, CPA

Peggy considers herself to be a healthcare professional who happens to be a CPA, and not a financial expert working in healthcare. She is a global traveler having worked in several countries and returned in May, 2021 after spending 8 months in

New Zealand. Prior to that, Peggy spent four years as CFO of an independent health system, Chambers Health, located 40 miles east of Houston Texas in the small community of Anahuac. Chambers Health is similar in size and services to Thayer County Health Services. It was a small critical access hospital with several clinics and a wellness center on site.



102 Park Ave. Hebron, NE

The Little Blue Bistro is open to the public Monday through Friday for dine-in or carry-out from 11:30 a.m. to 1 p.m.



We are now offering your choice of a chef's special, two entrees, two sides, two vegetables, soup, salads, sandwiches, and dessert.

Please enter through the main doors where you will be screened upon arrival.

thayercountyhealth.com/little-blue-bistro-menu/

LATEST NEWS FROM THIS ISSUE:

TCHS Welcomes Interim CFO- pg. 1

Severe Weather - pg. 2

Backpack safety - pg. 2

Korff Fitness Aquatics Classes - pg. 2

TCHS announces Interim CEO- pg. 3

What is HICS? - pg. 3

Mental Health Matters - pg. 4

School Physicals - pg. 5

TCHS Guild Quilt Raffle - pg. 5

TCHS Golf Tournament - pg. 6

Wellness Summer Tips - pg. 7

COVID - 19 Vaccinations - pg. 8

Child Safety - Check your Backseat - pg. 8

Senior Step Aerobics - pg. 8

Freedom Fun Run Results - 9

Community Employee of the Month Nomination - pg. 10



Severe Weather

It's never too soon to prepare for severe weather. Severe storms strike quickly. Thunderstorms can produce heavy rain, strong winds, lightning, hail and tornadoes. Respond promptly to these threats posed by a storm in your area.

The National Weather Service, in cooperation with the broadcast media and your local spotter system, will provide you with the warnings you need to quickly respond. If you listen to the media, you'll know when a storm is approaching your area and if you need to take protective action.

NOAA Weather Radios are the best warning system for all kinds of emergencies, including severe storms. These inexpensive devices are recommended as the primary warning system for everyone.

Don't wait until an emergency siren sounds to start looking for flashlights and other things. Make sure the entire family knows where to go at home, at work, in school, or anywhere they might be when a storm strikes. Know where you will take shelter.

Develop a family communications plan and create a preparedness kit with supplies to sustain your family should a tornado strike.

For more information on preparing for severe weather go to <https://nema.nebraska.gov/>.

AQUATICS CLASSES ARE HERE!

MONDAYS & WEDNESDAYS FOR
45 MINUTES TWICE A DAY
FROM 11 A.M. - 11:45 A.M.
AND 1 P.M. - 1:45 P.M.



Backpack Safety

Backpacks are a practical way for students to carry school supplies. Their design allows the weight to be distributed across the body's strongest muscles. When used correctly, backpacks can be a great thing.



However, when not worn correctly or are too heavy for the student, they can strain muscles and joints and cause back pain. Most doctors and physical therapists recommend that kids carry no more than 10% to 15% of their body weight in their backpacks.

To prevent injury when using a backpack, do the following:

- Always use both shoulder straps when carrying the backpack. The correct use of both of the wide, well-padded shoulder straps will help distribute the weight.
- Tighten the straps to keep the load closer to the back.
- Organize the items: pack heavier things low and towards the center.
- Pack light, remove items if the backpack is too heavy. Carry only those items that are required for the day, and if possible, leave unnecessary books at home or school.
- Lift properly by bending at the knees when picking up a backpack.

Source: www.kidshealth.org

**THE COST PER CLASS IS
\$8 FOR NON-MEMBERS
AND \$5 FOR MEMBERS.**

**TO SIGN UP, PLEASE CALL
(402) 768-4320 OR STOP IN!**



THAYER COUNTY HEALTH SERVICES
KORFF FITNESS
& WELLNESS CENTER



SCOTT COOK

TCHS Interim CEO



Thayer County Health Services is pleased to announce the appointment of Scott Cook, as the interim President and Chief Executive Officer of TCHS as of June 1, 2021. He previously was with TCHS as the Interim CEO from April to June in 2020.

Cook has had a wide variety of health care and leadership related experience over the past 15 years. He is currently employed with CHI Health as the Network Development Consultant for the Omaha and Critical Access Hospital (CAH) Link Networks.

Prior to his current role, he served the CHI Health system as an administrative fellow working closely with the CHI Health Executive Leadership Team for two years.

Cook obtained his undergraduate and Masters degree in Health Care Administration from the University of Iowa.

He and his wife live in Omaha where she is working toward her medical degree from the University of Nebraska School of Medicine. Cook will commute to Hebron as he serves as Interim President and CEO of TCHS.

REMINDER

ATTENTION: The CDC's updated Interim Public Health Recommendations for Fully Vaccinated People, issued May 13, do not apply to healthcare settings. ALL patients, visitors, vendors, and staff are required to wear a mask while in our facility, pharmacy, and satellite clinics. Healthcare facilities continue to follow all current COVID-19 infection prevention and control recommendations to protect themselves and others from COVID-19, even while the CDC has relaxed recommendations for members of the general public who are fully vaccinated. This community guidance is not meant to be applied in the healthcare setting where extra precautions are necessary to protect vulnerable patient populations. We have masks available for patients to wear during their visit.



What is a HICS?

HICS stands for Hospital Incident Command System. Hospitals across the country put into place plans so they are ready to confront a wide variety of operational and fiscal challenges on a daily basis. HICS was created to help hospitals manage emergencies, whether external (e.g., earthquakes, fires, floods) or internal (e.g., utility failure, child abduction, or workplace violence).

Thayer County Health Services (TCHS) is committed to having a strong response to the healthcare of our local communities during a disaster or other medical emergency. TCHS has a HICS management team that can be quickly activated in response to an external or internal emergency.

Hospitals invest a lot of time and valuable resources to ensure adequate emergency plans are in place and personnel are sufficiently trained to respond to any situation. Even small hospitals need to be ready to deal with the emergency while also continuing to provide medical care to their patients.

This is why the HICS management team plans exercises and conducts drills to educate staff on their specific roles. The purpose of this training is to ensure key functions of the hospital continue in an organized and efficient manner despite an unforeseen emergency situation the hospital is dealing with.

HICS responsibilities are delegated in four main areas: planning, operations, finance, and logistics. Conducting drills and exercises in real time is very important in preparing for a true emergency.

If you are a visitor or patient at Thayer County Health Services, you may be on site during a time when staff are participating in a HICS drill or exercise. It is important to know this training is necessary. HICS exercises allow TCHS to ensure you will receive the exceptional care you are accustom to even during an emergency. Patient care is the #1 priority at TCHS. Our staff continuously is training so they can be ready to take care of you in your time of need.

Because mental health **MATTERS**

Mental and physical health are equally important components of overall health. Mental illness, especially depression, increases the risk for many types of physical health problems, particularly long-lasting conditions like stroke, type 2 diabetes, and heart disease. Similarly, the presence of chronic conditions can increase the risk for mental illness.

When diagnosed with cancer, heart disease, or diabetes, you don't wait years to start treatment. People in the first stage of these diseases start right away looking for ways to reverse their symptoms. They don't ignore them. In fact, they develop a plan of action to try to stop the progression of the disease. So why don't we do the same thing when dealing with our mental health?

When talking about Mental Health, it is so important to remember that mental health conditions are common, treatable, and help is available. There is a wide variety of treatment options ranging from talk therapy, medication, peer support, and it may take time to find the right treatment or combination of treatments that works best. But when they do, the results can be truly amazing.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

One way for someone to see if they are experiencing symptoms of a mental health condition is to take a screening. You can take a quick, confidential screening for a variety of mental health conditions; anxiety, depression, mood disorders or post-traumatic stress disorder by going to www.mhascreening.org. This screen is not a diagnosis, but a guide for you to use to start a conversation with your doctor, a trusted friend or a family member. If necessary, your healthcare provider can refer you to a mental health provider for an evaluation.

Thayer County Health Services wants to help end the stigma surrounding mental health. This is why there are new Behavioral Health services option available through the hospital in Hebron. Through compassion and education, we can all do our part to break through the stigma - because no one deserves to suffer in silence.

To learn more about the services available, contact Thayer County Health Services at 402-768-6041.

Source: www.mentalhealthamerica.net and cdc.gov



Jan Bock, MSN, FNP, PMHNP, BC

Jan Bock, Behavioral Health Provider, is part of the Thayer County Health Services' medical staff. Jan specializes in Brain Health (the new phrase for behavioral or mental health) in the form of: discovery of possible mental disorder diagnoses, offers treatments of possible medication initiation and/or continuation of current meds, talk therapy including brief cognitive behavioral therapy, mindfulness, guided imagery, and monitors the efficacy of treatments with follow-up appointments, and possible pre and post lab evaluations.

402-768-6041

SCHOOL AND ATHLETIC PHYSICALS

Thayer County Health Services is still taking School and Athletic Physicals appointments for the 2021-2022 school year at our clinics. Kindergarten and 7th grade will need a physical and immunizations. Sports physicals are needed for incoming Freshmen or those that did not get one last year. Your insurance wellness benefits may cover the cost. For coverage information contact your insurance provider for details.

For an appointment, call 402-768-7203.

TCHS Hospital Guild Quilt Raffle Underway

This year the Hospital Guild for Thayer County Health Services is raffling off a snowflake throw size quilt, 70" x 70". 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. During the Foundation's Variety Show on November 8th, there will be second snowflake quilt included on the auction. If you would like more information on bidding on that quilt, give us a call.



Snowflake quilt, throw size 70" x 70". Quilt was pieced together by employees from TCHS and hand quilted by Janet Voss from Carleton.

Foundation for Thayer County Health Services Golf Tournament

The Foundation for Thayer County Health Services held their annual Golf Tournament on June 11th at the Hebron Country Club. After 18 holes of play, the participating teams were grouped into three different flights based on scores: Championship Flight, 1st Flight, and 2nd Flight. The winners in each flight at the end of the day were: Hebron Country Club (Championship Flight), VanSkiver/Logsdon Team (1st Flight), and the Luongo Team (2nd Flight).



Championship Flight Winner – Hebron Country Club Team (L-R) Justin Koscicki, Dave Klaumann, Dale Klaumann, and Mike Frary



1st Flight Winner – VanSkiver/Logsdon Team (L-R) Michael Logsdon, Tami Logsdon, Mark VanSkiver and Wendy VanSkiver



2nd Flight Winner – Luongo Team. (L-R) Andy Novotny, Dan Arner, John Luongo and Cody Pachta

The Foundation would like to thank this year's golfers, volunteers, and donors who helped make this year's tournament such a success. The following is a list of donors to this year's Golf Tournament:

Diamond Donor

- Ken & Stephanie Korff
- Cerner Corporation

Gold Donors

- Jerry and Jill Catlett
- D.A. Davidson
- Farm Bureau Financial Services
- Dr. Carla Frye
- Chris and Ronda Frye
- Mike and Ellen Long
- John and Rita Luongo
- Matt and Jill Montgomery
- Roger and Kathy Retzlaff

Silver Donors

- Arend's Family Foods
- Blue Valley Lutheran Homes
- Bruning Bank
- Central Market
- Cornerstone Bank
- Tobe and Robyn Duensing
- Elite Anesthesia PC

Silver Donors Cont.

- Bobby and Kim Faylor
- Mary and Bill Glover
- Hebron Country Club
- J.C. Hinz
- Garrett Hoins
- Home Agency
- Hubbell Lions Club
- Edna Johnson
- Landmark Implement Inc.
- Michael and Tami Logsdon
- Price Funeral Home
- Reinke Manufacturing Co.
- Mark and Wendy VanSkiver

Bronze Donors

- Dennis and Barb Ahlman
- Aurora Cooperative
- Dr. Marlin and Kathy Bauhard
- Don and Benda Betten
- Les and Joetta Brandt
- Lyle and Linda Burd

Bronze Donors Cont.

- Debra Carr
- Don and Betty Crowder
- Audrey Else
- Louisa Fintel
- Mike and Shari Fischer
- Robert and Kathryn Fisher
- Doug and Naoim Grupe
- Deanna Hobelmann
- Carol Krueger
- Dean and Linda Krueger
- Ron and Melissa Kuhlmann
- Lyle McLaughlin
- Ralph and Judy McLaughlin
- Midwest Bank
- Mark and Kris Miesner
- Gary and Susan Miller
- Bill and Becky Mize
- Berwyn and Betty Petersen
- Annette Ohlrich
- Julia Pohlmann

Bronze Donors Cont.

- Julia Pohlmann
- Alan and Sue Porter
- Prairie Health Ventures
- Professional Choice Recovery Inc.
- Eleanor Rizek
- TCHS Hospital Guild
- Thayer County Bank
- Thayer County Health Services
- Dick and Cheryl Walsh
- Lisa Wiedel
- Loren Wiedel
- WIPFLI

In-Kind Donations

- APOLLO MedFlight
- Casey's General Store
- Nebraska Hospital Assoc.
- Pepsi Bottling Co.
- Tom Posey Real Estate

The Foundation is truly humbled by the generous support they receive from individuals, businesses and organizations. Because of the community support received, the Foundation will be able to assist with the renovation projects scheduled for the Thayer County Pharmacy (428 Lincoln Ave.).

Because of your support, the Foundation has a long list of accomplishments they have achieved in the last five years. Besides the \$1 million toward the last building project; the Foundation has provided \$280,000 in new medical equipment and support for hospital programs; \$20,000 in scholarships and employee education/training; \$10,000 for internships; \$12,000 in charity care and \$20,000 toward the Behavioral Health program.

These accomplishments would not be possible without the support received from you and others. To find out what projects the Foundation is currently working on or how you can get involved, contact Rita Luongo, Development Director at 120 Park Avenue Hebron, NE 68370 or by calling 402-768-4636.



Summer Time TIPS

from

Kaylee Amato

TCHS Wellness Coordinator

Summer is in full swing and it's time for outside activities! Now is the perfect opportunity to think about some healthy practices you can use to keep you and your family healthy/safe this time of year (or any time for that matter!).

Hydration Station

Warmer weather means all of us need to make sure we are staying hydrated throughout the day. There are numerous benefits to staying hydrated, such as enabling your body to work at its optimal level, boosting your mood, and increasing your overall productivity. As important as it is to stay hydrated it is also important to be conscious of how you are hydrating. There are countless drink options we can choose from, but not all drinks are created equal. Many popular beverages, such as sodas and even some fruit juices, are filled with high amounts of added sugar.

Let's put things into perspective! A 12-ounce standard soda can contains about 150 calories (depending on the type of soda of course). If you drink two of those sodas a day for 30 days you will have consumed about 5 pounds of sugar and approximately 9,000 calories just from the soda alone. Over time, the regular consumption of soda can lead to weight gain and other health concerns. Water on the other hand has the ability to help curb your appetite and control your weight.

Below are some helpful tips you can use when making your next drink choice:

- If you are a coffee lover, the healthiest way to drink it is black. If you desire sweetener just be mindful of how much sugar/cream you add.
- Flavor/sweeten your water with a liquid water enhancer (such as MiO) or fresh cut fruit.
- Fruit juices often have many added sugars in them. Try to look for juices that are made with 100% fruit juice and contain no added sugars.

Skin Health

Your skin is the largest organ of your body, so it's important to protect it! Sunscreen is imperative to wear when out in the sun, no matter if it is hot outside. Below are a few reasons why wearing sunscreen is so important:

- Decreases your risk of developing skin cancer.
- Keeps skin tone even (prevents facial brown spots and skin discolorations).
- Since the ozone layer is slowly depleting we need extra protection for our skin.
- Even if you don't burn easily it is still important to wear sunscreen (sunburns happen immediately, but sun damage occurs over time).
- Sunscreen protects more than just your skin (it can help prevent heat stroke and heat exhaustion too!).

There are many different types of sunscreen available to purchase, but how do you choose which one is best for you?

- Look for SPF 15 or higher.
- Look for "broad-spectrum" or "full-spectrum", as they protect you from both UVA and UVB rays.
 - o UVB rays produce sunburns, and UVA rays penetrate the skin more deeply (these rays can play a role in premature skin aging and wrinkle formation).

Fact or myth?

You don't need to wear sunscreen on a cloudy day.

Myth!: Clouds can block as little as 20% of UV rays, so even on a cloudy day you are still experiencing the harsh effects of the sun. (It is also important to wear sunscreen no matter your skin tone.)

COVID-19 Vaccine Clinic

Thayer County Health Services is still offering a monthly COVID-19 Vaccination Clinic. If you are in need of a vaccine and wish to schedule an appointment at an upcoming clinic please call

(402) 353-2181



Don't forget to check your backseat.

100% of child vehicular heatstroke deaths are preventable!

In the last 25 years, 882 children across the U.S. have died from heatstroke when left unattended in a vehicle. Did you know that a child's body heats up 3 to 5 times faster than an adult's body?

At 104 degrees - major organs begin to shut down.

At 107 degrees - the child can die.

Cars heat up quickly – 19 degrees in 10 minutes
Symptoms include flushed, dry skin, vomiting, seizures, organ failure, and death.

Remember to ACT:

A: Avoid heat stroke-related injury and death by never leaving a child alone in a car, not even for a minute. Make sure to keep your car locked when you're not inside so kids don't get in on their own.

C: Create reminders. Keep a stuffed animal or another memento in your child's car seat when it's empty and move it to the front seat as a visual reminder when your child is in the back seat. Or place and secure your phone, briefcase, or purse in the back seat when traveling with your child.

T: Take action. If you see a child alone in a car, call 911. Emergency personnel want you to call. They are trained to respond to these situations. One call could save a life.

SENIOR STEP AEROBICS

Instructor: Olivia Bruggemann, Personal Trainer

Tues. and Thurs. at 2:00 p.m. - 2:45 p.m.

**Cost per class: \$5 (members) \$8 (non-members)
(10 people max per class)**

A Low-Intensity Fitness Class customized to all fitness levels. Join Olivia as she guides you through an easily modifiable combination of step aerobics moves (either on the floor or a riser) and light upper body resistance (fine-tuning weights).

TCHS Closes Chester Clinic

Earlier this year, Thayer County Health Services (TCHS) made the hard decision to close the Chester Medical Clinic effective July 1, 2021. "This decision was not made easily, but due to a significant decline in utilization of the clinic in recent years, it became a necessary one," stated Scott Cook, Interim TCHS CEO. "Although TCHS is financially in good shape, continuing to keep the clinic open was not sustainable nor was it the best way we can serve the community of Chester."

TCHS has connected with key community leaders in Chester regarding this decision. The community leaders support and understand that the volume of clinic visits do not support keeping the clinic open. TCHS is dedicated to the Chester Community and will still have a continued presence in Chester through other health care events (i.e. flu vaccinations).

The building that houses the Chester Clinic is currently owned by the Foundation for TCHS. The Foundation Board has made the decision to sell the building and transfer the funds from the sale to TCHS. The hospital will then determine how the proceeds from the sale can best support the Chester community and honor Reuben Schleifer's intent when his family donated the building to the Foundation for TCHS.



For more information call (402) 768-4320.
Pre-registration is required prior to the beginning of class.

2021 FREEDOM FUN RUN

The 9th Annual Freedom Fun Run was manned by staff from Thayer County Health Services as part of the 4th of July celebration in Hebron. This event is sponsored by the Wellness Committee at Thayer County Health Services.

The Wellness Committee is made up of employees committed to improving the overall health of their fellow employees and the residents of Thayer County and the surrounding communities.

The proceeds from the event are used to help cover the costs of future community wellness events such as the Men's and Women's Health Nights and car seat safety checks. The Wellness Committee's goal is to enhance the quality of life for those they serve through prevention and educational programs.

Thank you to the volunteers and this year's participants.



1 Mile - Female Winners (L-R)

Leah Marsh - 1st, Evelyn Rinaker - 2nd, Ema Rinaker - 3rd



1 Mile - Male Winners (L-R)

Adam Lukert - 1st, Justin Alexandria - 2nd, Laik Heinrichs - 3rd



5K - Female Winners (L-R)

Julia Boshart - 2nd, Kylie Pachta - 1st, Katelyn Richardson - 3rd



5K - Male Winners (L-R)

John Fraser - 1st, Elijah Keilwitz - 2nd, Ethan Rinaker - 3rd

Employee Recognition Form

Have you been to our facility lately and received exceptional care by a member of our staff? If so, we want to hear about it! Employee recognition forms will now be available to the public at the TCHS front desk, lab/radiology check-in station and at the Korff Fitness & Wellness Center front desk. Simply take a form, fill in the employee's name and what they did to provide you with outstanding care and customer service. Then return the form to the front desk.

Name of Employee: _____

Please provide an example of how this employee provided outstanding customer service and/or exemplified TCHS values (Respect, Integrity, Compassion, Excellence):

Would you like to nominate this person for employee of the month?

Yes

No



TCHS Board of Directors

Karen Dahlkoetter- Board Chair
Loren Wiedel- Board Vice Chair
Laura Tuma- Board Treasurer
Connie Lichy- Board Secretary
Mike Long- Board Member At Large



WE'RE IN THIS TOGETHER,
NEBRASKA

COVID 19 Vaccination Statistics (July 7, 2021)

36% Thayer County Population Vaccinated
47.5% Nebraska Population Vaccinated
47% US Population Vaccinated
60-70% Herd Immunity

Delta Variant Covid-19

75% more contagious
2.5 times more likely to infect those under age 50
51% of new Covid-19 cases
Is now the dominate variant in Nebraska

Unvaccinated vs. Vaccinated

73% more likely to contract Covid-19
50% more likely to die from Covid-19
50% more likely to be hospitalized
Ages 45 to 64 are 18 times more likely to be hospitalized



TCHS Values: Respect, Integrity, Compassion, Excellence

We're HIRING!

Come join our TEAM! We currently have several job openings. Check out our latest postings.

HOW TO APPLY:

For more information, please call Human Resources at 402-768-4641 or visit www.ThayerCountyHealth.com and select the "Careers" tab.

*Competitive health benefits, company paid life insurance and LTD, retirement with company match, tuition reimbursement, EAP, Wellness Center discounts and much more!
EEO EMPLOYER/VET/DISABLED*