



TRI VALLEY HEALTH SYSTEM THE PULSE

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Dedicated to Tri Valley Health System

Barb Baca celebrates 50 years of employment



CAMBRIDGE - Nearly as long as Tri Valley Health System has been serving the area's medical needs, Barb Baca has been a part of it. Tri Valley Health System began in 1958 and not long after its formation, Barb Baca joined the staff.

Cambridge has always been Barb's home, growing up in Cambridge and graduating from Cambridge Public Schools. Barb went off for one year of college. Barb then returned home and shortly after started working at Tri Valley Health System in 1970, which was Cambridge Memorial Hospital at the time. Barb said, "I was actually working at John Drug and Pauline Walburn recommended to the Hospital Administrator, Merle Harpst, that I be hired at Cambridge Memorial Hospital." Barb laughed and said "I left my application with Merle because there wasn't a human resources department at the time. There

wasn't any pre-employment either." Barb just started working and the rest is history.

Over the last 50 years Barb has worked as a business office manager, in human resources doing payroll, and for the last 20 years has served as a patient accounting representative, dealing primarily with insurance billing. Barb has seen many improvements and changes in medical care through the years. When Barb first started, Tri Valley Health System didn't exist; it was only Cambridge Memorial Hospital at the time and the clinic was Progressive Family Medical Specialties. Barb has seen Tri Valley Health System become a critical access hospital and a new building built. Medicare Part B premium was \$44 and now it's approximately \$150. Prices have changed over the years in all areas. Spreadsheets were all done by hand and claims were keyed manually, which are all automated now. Barb said there was only one

Medicaid patient back then.

Barb said, "I just really love my job. Every day is a challenge. I enjoy the people, especially working with the older generations because I appreciate their dedication to paying their bills. I also enjoy my co-workers."

Barb has dedicated her heart and soul to Tri Valley Health System and puts in lots of extra time. Barb can always be found working at the big wheel races at Medicine Creek Days, helping with health fairs, and volunteering wherever she is needed. Barb said "I just firmly believe in the values at Tri Valley Health System."

Barb said, "It's hard to believe it's been 50 years. It's gone so fast." Barb has no plans of calling it quits and is working on the next 50 years.

Tri Valley Health System is very grateful for Barb's years of service to Tri Valley Health System and will be recognizing her at a celebration in December.

Administrator's Letter

Jessica Fisher, CEO



Greetings from Tri Valley Health System and welcome to the fourth edition of the Pulse. It is with great pleasure that on behalf of Tri Valley Health System we dedicate this edition of "The Pulse" to Barb Baca. Barb recently celebrated 50 years of employment with Tri Valley Health System. A few words I would describe Barb to our readers include dedicated, compassionate, delivers quality care, attention to detail, takes pride in great customer service, loyal, always willing to help, and she always has a smile on her face. We send a special "thank you" to Barb Baca for her 50 years of employment at Tri Valley Health System. It's because of dedicated staff like Barb Baca that Tri Valley Health System continues to excel in providing great customer service and healthcare to our area.

We have an amazing team at Tri Valley Health System. I'm continually amazed at the dedication that is always displayed. Tri Valley Health System employees have proven to be flexible and adaptive to all of the changes required of them during this time, and to that I say "thank you." The Tri Valley Health System team also works with a positive spirit, providing great customer service with a smile on their face. We all continue to work together for one goal - taking care of you!

We continue to press on during this pandemic that is still present with us. All of our services are open and available at Tri Valley Health System, and we want to emphasize that we have taken every safety measure and precaution to ensure that it is safe for you to resume care at Tri Valley Health System. We implore that you get back in to see your providers for preventative care and any tests or treatments that need done. We still must continue to be proactive in our health needs. Tri Valley Health System has made several investments and changes to our processes to ensure your safe return. We have purchased several UV cleaning devices, along with a Xenex robot that was partially funded by the Foundation. The north clinic remains open as a separate, dedicated entrance to care for those not feeling well. We have made virtual clinic visits possible through the patient portal on the website to ensure that we are bringing care safely and conveniently to you. We continue to have available the needed supplies of personal protective equipment to keep patients and employees safe. We purchased an additional ventilator with funding assistance from the Nebraska Plains Healthcare Coalition. We purchased additional PAPR units to protect our staff from any potential viruses. We purchased interactive TVs to be used by patients and Assisted Living Residents to communicate with providers and loved ones.

It's time for the Annual Meeting and I look forward to reviewing with you all the progress that Tri Valley Health System has realized through 2020. I would ask that you please plan on joining us on Wednesday, October 14 at 9:00 a.m. at the Heritage Plaza. Membership is open to everyone. Dues are \$10 and can be paid at the door or in advance in the Administration Office, mailed to PO Box 488, Cambridge, NE 69022, or paid online at <http://bit.ly/TVHSDues>. We value your input and support to continue being a strong healthcare system in Southwest Nebraska.

As we begin to wrap up 2020 I am so excited for all of the potential that 2021 holds for Tri Valley Health System. We have many plans for new service lines and innovative new practices that will transform healthcare in this area. The future is bright for Tri Valley Health System and we ask that you join us on this journey.

Logan Baker named new board member



The Tri Valley Health System Board of Trustees approved Logan Baker as a new board member at their August meeting to fill a vacant seat.

Baker was born and raised in Cambridge and graduated from Cambridge High School in 2011. He joined the National Guard in 2012 and is currently a staff sergeant in the military. Baker received his business degree from Columbia Southern University and moved back to Cambridge in 2014 and started working as a HVAC tech at River Valley. Baker is married to his wife Erin.

Baker currently serves on the Cambridge Economic Development Board, Cross Creek Golf Board, and the Cambridge School Foundation Board. Baker is also a member of the Cambridge Lions Club, Cambridge American Legion, and Cambridge Fire & Rescue.

Baker is excited to join the Tri Valley Health System Board of Trustees and says, "The town of Cambridge means the world to me. We have everything we need in our community and my goal is to do whatever I possibly can to keep Cambridge strong in all aspects."

Board of Trustee's Letter

Joan Koch



*Tri Valley Health System
- A Legacy of Love and Generosity*

I confess, I don't live in Cambridge. I haven't lived there for close to 40 years...oh wait, it has been 40 years! UGH! I have lived several different places during my adulthood, but always within easy traveling distance of Tri Valley Health System.

I grew up across the street from the hospital, watching the ambulances come in and deliver patients or transport them to larger hospitals. I grew up watching my father get up

from the dinner table to go care for a patient or leave in his vehicle to make a house call. I grew up hearing the doorbell ring when someone stopped by to ask "doc" a question or to express a concern about their health. I later watched my mother go from stay-at-home mom to reutilizing her RN education as a Home Health Nurse. I learned what it was to care for people and their health...to

give your all for others.

We are so very fortunate to have a state-of-the-art facility and a team of awesome healthcare providers. That same fortune extends beyond facilities and providers to every single employee that calls or has called Tri Valley Health System their home. This group of people has the capability and expertise, bar none, than any other small town in America, and it all stems from a legacy of love and generosity passed down from generation to generation.

My challenge to all of you reading this is to figure out what your part is in continuing the legacy of TVHS. Are you a financial contributor? Are you a volunteer? Are you a prayer warrior? (Yes, I believe in the power of prayer!) Are you a healthcare worker? Are you a Cambridge Memorial Hospital Association Member?

It doesn't take much to become an association member. The dues are \$10/year and it affords you the ability to vote for your by-laws and your board members. It also gives you a chance to hear first-hand what is happening with your local healthcare system. If you are not a member and it's something that interests you, you can go online at <http://bit.ly/TVHSDues>, mail in your dues to TVHS, or drop them off to Jolene Miller at TVHS.

We can all contribute to the future and well-being of our local healthcare system. Each of us has a part to play and no part is too small! The future of Tri Valley Health System depends on all of us. Let's do our part!

TRI VALLEY HEALTH SYSTEM PROVIDERS

**Accepting New Patients
at All Clinic Locations
Call 308-697-3317 for an
Appointment**



**Lennie Deaver,
MD
Family Practice
Obstetrics**



**Rachelle
Kaspar-Cope, MD
Family Practice
Obstetrics**



**Shiuvaun Jaeger,
MD
Family Practice
Obstetrics**



**Michael Powell,
MD
Family Practice**

**Arapahoe Medical Clinic
Open Monday-Friday**
TVHS Providers at Arapahoe Medical Clinic include Dr. Kaspar-Cope, Dr. Powell, Karinne Kulwicki, PA-C, and Cheryl Mues, APRN

**Cambridge Medical Clinic
Open Monday-Friday
Saturday Walk-in Clinic available
10 a.m. - Noon**
TVHS Providers at Cambridge Medical Clinic include: Dr. Deaver, Dr. Kaspar-Cope, Dr. Jaeger, Dr. Powell, Kyleen Klinkebiel, PA-C, Karinne Kulwicki, PA-C, Sarah Norton, PA-C, Candice Haddon, APRN, Cheryl Mues, APRN, and Angie Howard, APRN.



**Josh Hill
CRNA**



**Holly Lashmet
CRNA**



**Kyleen Klinkebiel,
PA-C
Family Practice**



**Karinne Kulwicki,
PA-C
Family Practice**



**Sarah Norton,
PA-C
Family Practice**

**Indianola Medical Clinic
Open Monday-Friday**
TVHS Providers at Indianola Medical Clinic include: Dr. Deaver, Dr. Jaeger, Kyleen Klinkebiel, PA-C, and Candice Haddon, APRN.



**Candice Haddon,
APRN
Family Practice**



**Cheryl Mues,
APRN
Family Practice**



**Angie Howard,
APRN
Family Practice**



**Sally Farquhar,
APRN
Wound Care**

Tri Valley Health System Specialty Care Clinics

Advanced Wound Care: Sally Farquhar, APRN/Restorix.-Every Thursday

General Surgery: W. Thomas Sorrell, M.D. Kearney Clinic, PC- Every Tuesday

Oncology: Cynthia Lewis, M.D., Heartland Hematology & Oncology P.C. -2nd Wednesdays

Podiatry: Russell Carlston, DPM, RuralMED Health Cooperative- 2nd & 4th Tuesdays

Robert Hinze, DPM, High Plains Podiatry -3rd Fridays

Dusty Christensen, DPM, Great Plains Foot & Ankle Specialists- 2nd & 4th Fridays

Mental Health: Katherine Andrews, MA, LIMHP, Ambience Counseling Center

Trisha Jobman, APRN, Bryan Medical Center (Telemedicine)

Richard Young Counseling Center (Telemedicine)

Bryan Telehealth -3rd Tuesdays (counseling)

Ophthalmology: T.J. Clinch, M.D., Kearney Eye Institute-3rd

Monday of every other month (October, December)

Pain Specialist: J. Paul Meyer, M.D., Heartland Pain Clinic-Every Thursday, 1st Friday

Cardiology: Sean Denney, M.D., Platte Valley Medical Group- Mondays

Joseph Kummer, M.D., Bryan Heart (Telemedicine)-3rd Fridays

Matthew Johnson, M.D., Bryan Heart Telemedicine -4th Mondays

Obstetrics & Gynecology: Todd A. Pankratz, M.D. Obstetricians & Gynecologists -1st, 2nd, 4th, 5th Wednesdays

Orthopedic Surgery: Eric Verploeg, M.D., Rural Partners in Medicine-1st, 3rd, 5th Mondays

Chris Wilkinson, M.D., Platte Valley Medical Group-1st,3rd, 5th Tuesdays

Pulmonary: Kelpesh Ganatra, M.D. Hastings Pulmonary & Sleep Clinic (Telemedicine)-1st Wednesdays

Urology: Kenneth McCalla, M.D., Rural Partners in Medicine- Every other Friday

MRI Services: Sundays

Anesthesia: Josh Hill, CRNA; Holly Lashmet, CRNA

Sleep Studies: Evenings by Appointment

Nutritional Counseling: Tonya Koeppen, RD, LMNT

To make an appointment call 308-697-1172 · www.trivalleyhealth.com



TRI VALLEY
MEDICAL
FOUNDATION

Tri Valley Medical Foundation News

TVMF Board of Trustees

Jackie Shoemaker-President

Marcus Vontz-Vice-President/Treasurer

Barb Langley-Secretary

Cathy Kubik

Judy Jackson

Betty Jorgensen

Kristy Witte

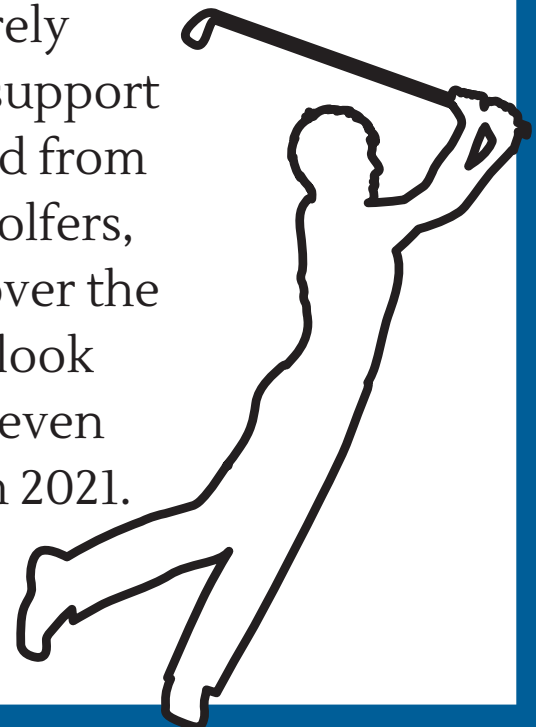
Ginger tenBensel-TVHS Board Rep.

Brad Nelson-TVHS Employee Rep.

Jamie Vontz-Director

Upon recommendation from our legal counsel and administration, The Tri Valley Medical Foundation Board has voted to cancel the 27th Annual Pro Am Golf Tournament that was scheduled for Monday, September 14th. Although this was a difficult decision, the health and safety of the communities we serve is of utmost importance to the Tri Valley Medical Foundation Board.

TVMF sincerely appreciates the support we have received from our sponsors, golfers, and volunteers over the years and we look forward to an even greater event in 2021.



TVMF RAISES OVER \$31,000 FOR COVID-19 RELIEF FUND

The Tri Valley Medical Foundation recently presented a check to Tri Valley Health System CEO Jessica Fisher for donations received from the COVID-19 Relief Fundraiser. In all, \$31,500 was raised.

The COVID-19 Relief Fund was established by the Tri Valley Medical Foundation to help support Tri Valley Health System's greatest need during a time of economic strain. Tri Valley Health System chose to use the funds to purchase a Xenex Machine (Germ-Zapping Robot).

The Xenex Germ Zapping Robot is the first disinfection system of its kind. The machine uses UV lights to disinfect and kill pathogens in patients rooms. A patient room can be disinfected in as little as 20 minutes using the Xenex machine.

"We are very grateful for all the donations received to help purchase the Xenex machine (germ-zapping robot) at Tri Valley Health System. This machine will ensure the safest environment possible to our patients, visitors, employees and community as this machine focuses on reducing hospital acquired infections and eliminates bacteria and viruses. The Xenex machine allows us to set high standards for infection control measures, which is of utmost importance at Tri Valley Health System," said Tri Valley Health System CEO Jessica Fisher.

The Tri Valley Medical Foundation would like to thank all of our generous donors for their support during a time of such uncertainty and for allowing us to purchase the Xenex Robot for Tri Valley Health System. If you are interested in learning more about the Tri Valley Medical Foundation, please contact Jamie Vontz at (308) 697-1176.



Tri Valley Medical Foundation Director Jamie Vontz (left) presents a check for \$31,500 to Tri Valley Health System CEO Jessica Fisher.

TVMF AWARDS SCHOLARSHIPS TO AREA MEDICAL STUDENTS

Tri Valley Medical Foundation recently awarded scholarships totaling \$12,800 to 21 area students who are pursuing careers in nursing and other medical fields. Tri Valley Medical Foundation applicants had wonderful career goals, outstanding scholastic records, and favorable recommendations from medical professionals and instructors. The Foundation is fortunate to be able to support these students in our service area to assist them in achieving their future career goals.

Due to COVID-19 restrictions, the Tri Valley Medical Foundation was unable to hold a scholarship presentation in honor of the recipients as has been done in the past.

Since the inception of this program, over \$1,024,000 has been awarded.

The Tri Valley Medical Foundation Scholarship recipients are Abigail Andrews of Holbrook, Jady Brooks of Bartley, Hannah Kohl of Kearney, Eric Langan of Omaha, Ryann Lewis of Cambridge, Peyton Luedders of Cambridge, Kati Moore of Bartley, Joshua Paisley of Cambridge, Amelia Sayer of Cambridge, Johanna Sughroue of Indianola, Holli Thomas of McCook, Bria Tomlin of Kearney, and Aubree Warner of Edison.

In addition to the Tri Valley Medical Foundation Scholarships, recipients of the Bernard Haag Memorial Nursing Scholarship and the Tri Valley Health System Auxiliary Maxine Price Memorial Scholarship were recognized.

The Bernard Haag Memorial Nursing Scholarship is presented in memory of Bernard, a previous patient of Tri Valley Health System. He and his wife Nelda have provided scholarships for our nursing students for 15 years. Recipients of the Bernard Haag Memorial Nursing Scholarship are Johnette Hawke of Cambridge, Karinne Jurey of Lincoln, Lexie Sines of Cambridge, Shelby Stevens of Omaha, Kori Uerling of Indianola, Brielle Weverka of Lincoln, and Madison Woodring of Beaver City.

The Tri Valley Health System Auxiliary Maxine Price Memorial Scholarship is given by the Auxiliary which earns its funds mainly through the operation of the Thrift Shop in downtown Cambridge. The scholarship is named in honor of long-time nurse and active Thrift Shop volunteer, Maxine Price. The Auxiliary scholarship is awarded to Tri Valley Health System employees who are pursuing nursing careers. The recipient of the Tri Valley Health System Auxiliary Maxine Price Memorial Scholarship is Amanda Bennett of McCook.

TVHS Auxiliary Maxine Price Memorial Recipient:

Amanda Bennett, of McCook, plans to attend Hutchinson Community College where she will be in their LPN to RN Bridge Program. Amanda is currently employed by Tri Valley Health System as an LPN for Cambridge Memorial Hospital.

Bernard Haag Memorial Nursing Recipients:

Jhonnette Hawke, of Cambridge, will be a freshman at the University of Nebraska at Lincoln where she plans to obtain a Bachelor of Science degree in nursing.

Karinne Jurey, of Cambridge, is a sophomore at Bryan College of Health Sciences where she plans to obtain her Bachelor of Science degree in nursing.

Lexie Sines, of Cambridge, will be a freshman at the University of Nebraska at Lincoln where she plans to obtain a Bachelor of Science degree in nursing.

Shelby Stevens, of Omaha, is a junior at Clarkson College where she is working to obtain her Bachelor of Science degree in nursing.

Kori Uerling, of Indianola, will be a freshman at Bryan College of Health Sciences where she plans to obtain her Bachelor of Science degree in nursing.

Brielle Weverka, of Lincoln, is a junior at Bryan College of Health Sciences where she plans to obtain her Bachelor of Science degree in nursing.

Madison Woodring, of Beaver City, will be a freshman at the University of Nebraska at Kearney where she plans to obtain her Bachelor of Science degree in nursing.

Tri Valley Medical Foundation Recipients:

Abigail Andrews, from Holbrook, is an incoming freshman at the University of Nebraska at Kearney where she plans to study biology and pre-med.

Jadyn Brooks, of Bartley, will be a freshman at the University of Nebraska at Lincoln where she will major in Athletic Training on the Pre-Physical Therapy tract.

Hannah Kohl, of Kearney, is a senior at the University of Nebraska Medical Center where she is obtaining her Bachelor of Science degree in Medical Imaging and Therapeutic Sciences.

Eric Langan, of Omaha, is a junior at Clarkson College where he is working to obtain his Bachelor of Science degree in Nursing.

Ryann Lewis, of Cambridge, is a sophomore at the University of Nebraska at Kearney majoring in Chemistry with a minor in Special Education. Ryann would eventually like to obtain her Doctor of Pharmacy degree.

Peyton Luedders, of Cambridge, is a freshman at the University of Nebraska at Kearney studying pre-med.

Kati Moore, of Bartley, is a junior at Nebraska Wesleyan University where she is majoring in Biology with Chemistry and Psychology as minors.

Joshua Paisley, of Cambridge, will be a freshman at Mid Plains Community College where he plans to obtain his Associate degree in Biology.

Amelia Sayer, of Cambridge, is a sophomore at Wayne State College studying Biology and Pre-Physical Therapy with plans to obtain her doctorate degree in Physical Therapy.

Johanna Sughrue, of Indianola, will be a freshman at Chadron State College where she will be a Pre-Pharmacy major.

Holli Thomas, of McCook, is a junior at the University of Nebraska at Kearney. She is a health sciences major with a chemistry minor focusing on Pre-Pharmacy. Holli plans to obtain a Doctor of Pharmacy degree.

Bria Tomlin, of Kearney, is a junior at the University of Nebraska at Kearney. Bria is a Health Science Major and Chemistry Minor leading her into Pre-Pharmacy. She plans to obtain her doctorate degree in Pharmacy.

Aubree Warner, of Edison, is an incoming freshman at Fort Hays State University where she plans to obtain a degree in Speech Language Pathology.

To learn more about Tri Valley Medical Foundation, visit trivalleyhealth.com/foundation.



Amanda Bennett



Johnette Hawke



Karinne Jurey



Lexie Sines



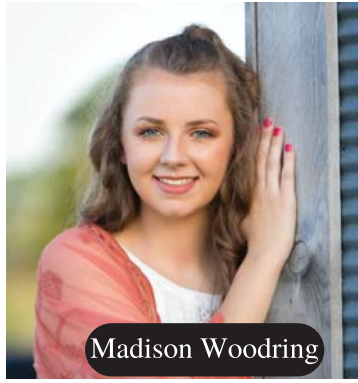
Shelby Stevens



Kori Uerling



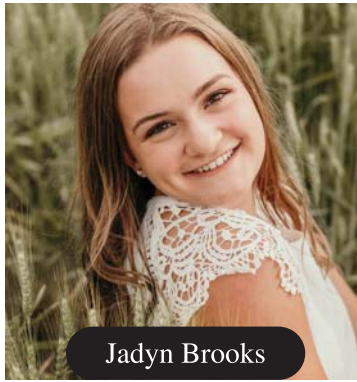
Brielle Weverka



Madison Woodring



Abigail Andrews



Jadyn Brooks



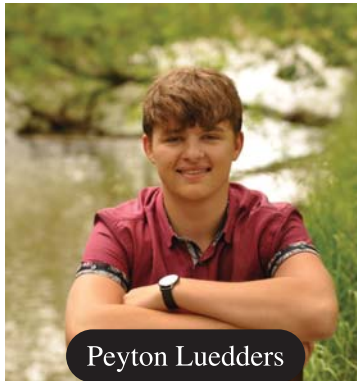
Hannah Kohl



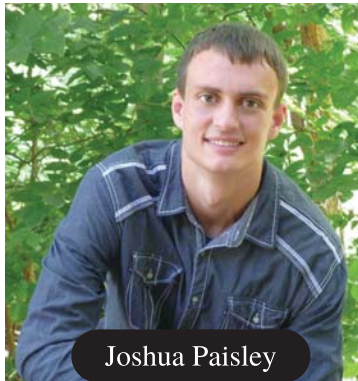
Eric Langan



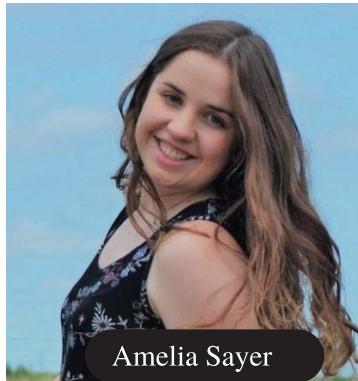
Ryann Lewis



Peyton Luedders



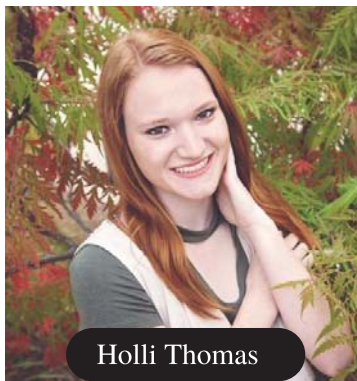
Joshua Paisley



Amelia Sayer



Johanna Sughrone



Holli Thomas



Bria Tomlin



Aubree Warner

Not Pictured:
Kati Moore

Auxiliary Thrift Shop offers variety of items for sale

The Tri Valley Health System Auxiliary Thrift Shop is the community shopping center as the spring/summer season winds down and soon fall/winter seasonal merchandise will be gracing the store. Volunteers and shoppers continue to wear masks and use sanitizer for the health and safety of everyone; no one under the age of 15 is allowed in the store until COVID-19 restrictions are lifted. Please note that as of August 3rd the Thrift Shop will be closed Mondays but will continue shopping days Tuesday through Saturday 1:00-5:00 p.m.

Shoppers are often amazed at the variety of items for sale in the Thrift Shop and appreciate the reasonable, low prices and frequent sales. The main floor clothing racks offer casual to classy styles for all ages from infant to seniors. There is always a great selection of shoes for all ages. Looking for Trojan or Nebraska shirts, hoodies, jackets, shorts? We have them at the Thrift Shop. Visit the houseware/small appliance department, bedding/linens area, books/movies/music department, crafts/fabric nook and toys/games area. There are beautiful purses, clutch purses, bags and backpacks available. We sell boxes of rags for hubby's work projects in the garage too. The basement seasonal area is popular year round, with items to decorate for every holiday. The basement boutique features wedding gowns, fancy formals, pretty adult and youth dresses, men's and boy's dress jackets and vests along with decorative items for weddings and anniversary celebrations.

Thanks to all who have donated items to the Thrift Shop and the many faithful shoppers, the Auxiliary has been able to bless the

hospital with two important items. A gift of \$40,000 was given toward the purchase of a new Mindray telemetry monitoring system including portable patient transmitters, portable monitors for the trauma bays and monitors in the two ER rooms and observation rooms. Most recently a gift of \$14,000 was given to the TVHS lab department for a lab analyzer.

The TVHS Auxiliary granted the DAISY Award Committee of TVHS funding for the DAISY Award recipient recognition board. This program honors nurses who are nominated by patients who felt a nurse demonstrated extraordinary and compassionate care while they were hospitalized. Nurses winning the DAISY award will have their picture and year awarded displayed on the board. The TVHS Auxiliary is happy to fund such a wonderful recognition board honoring our nurses.

The annual TVHS Hospital Auxiliary Maxine Price Memorial Scholarship of \$1,000 was awarded to Amanda Bennett from McCook. Amanda is currently an LPN at TVHS and has applied to be a part of the Hutchinson Community College LPN to RN Bridge Program. We wish her well in her college classes as she reaches her goal as an RN.

The Hospital Auxiliary Thrift Shop is a blessing for the community thanks to the donors and shoppers. We are needing to add names to our volunteer listing...if you would like to assist at the Thrift Shop, even for one afternoon a month, contact us at 308-697-3329 or e-mail info@trivalleyhealth.com. We would love to have you join us.

Auxiliary funds purchase of lab analyzer, DAISY recognition sign, and new windows



The Tri Valley Health System Auxiliary approved \$14,000 for a new lab analyzer, \$6,000 for new windows in the Assisted Living Facility, and approximately \$1,000 for a DAISY nurse recognition sign.

The new lab analyzer is a VIDAS 3 that tests for procalcitonin, which is a biomarker that can help assess initial risk of sepsis, monitor patient progress and mortality risk during treatment for sepsis, determine whether to start antibiotics for lower respiratory tract infections, and determine when to discontinue antibiotics.

The DAISY recognition sign will be installed in the hallway



outside the hospital doors and will recognize Tri Valley Health System nurses who receive the DAISY Award. The DAISY Award was established to recognize nurses for the extraordinary compassionate care they exhibit to their patients. All winners will be displayed on this sign.

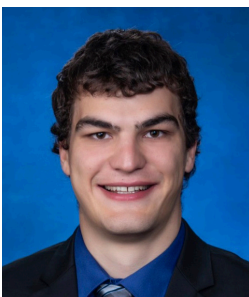
New windows will be installed in the Assisted Living Library and the TV room to help improve efficiency in the facility.

Tri Valley Health System CEO Jessica Fisher said, "Tri Valley Health System is very grateful to receive the donations from the Auxiliary and would like to properly recognize all of their time and work that makes these purchases possible. We would not be able to purchase these items without donations from the Auxiliary and these purchases allow us to be a system continually focused on innovation and quality patient care."

New director leads rehab, new therapist hired



Tri Valley Health System Rehabilitation is excited to announce Kyle Broadfoot, PTA as the Rehabilitation Director. Kyle graduated from Colby Community College in 2013 earning his Physical Therapy Assistant license. Kyle has worked at TVHS Rehab as a PTA since 2013 and, as of July 13th, he began his new role as the director of rehab and will continue to see patients daily. He specializes in manual therapy, orthopedic treatments and balance dysfunction. Kyle and his wife, Deidra, live in Cambridge and have three children. In his free time Kyle enjoys being outdoors with activities such as hunting, fishing and hiking.



Tri Valley Health System Rehabilitation would also like to introduce and welcome new PT Jacob Lunz. Jacob graduated from the University of Nebraska Medical Center with a doctorate in physical therapy. He specializes in low back pain, SI pain, and vertigo. Jacob will see patients Monday through Friday primarily in the Cambridge location. Jacob and his wife, Karlie, recently moved to the area and he enjoys playing and watching sports, being outdoors, reading, and spending time with friends and family.

Offering pre-employment assessments



Tri Valley Health System Occupational Therapists Lauren Enochs and Katie Brooks can determine whether a potential employee can do the essential and/or high-risk tasks before job placement. Our therapists tailor the assessment and provide education to correct potential problems. Therapists also provide a work risk assessment and evaluate individuals on more than 30 research-based tactics to determine capacity to perform various job tasks.

Call us at 308-697-4178 to learn more about this service.

TRI VALLEY HEALTH SYSTEM REHAB TEAM



Kyle Broadfoot, PTA



Jacob Lunz, PT



Allison Johnson, PT



Timothy Wegner, PTA



Amy Strand, PT



Deidra Broadfoot, PTA



Tosha Mowry, PTA



Alison Hoeke, SLP



Katie Brooks, OT



Lauren Enochs, OT

Physical Therapy Services

- Orthopedics
- Sports
- Spine
- Neurological
- Geriatrics
- Dry Needling
- LSVT BIG for Parkinson's

Speech Therapy Services

- Speech
- Voice
- Language
- Cognitive-Linguistic
- Swallowing
- LSVT LOUD for Parkinson's
- VitalStim
- McNeill Dysphagia Method

Occupational Therapy Services

- Orthopedics
- Neurological
- Geriatrics
- Home Safety Evaluations
- Lifting Techniques
- LSVT BIG for Parkinson's
- Pre-Employment Assessments

GENERAL CLINIC INFORMATION

Arapahoe Location - Physical, Occupational, and Speech Therapy
 658 Pine St., Arapahoe, NE 68922 308-962-5402
 Cambridge Location - Physical, Occupational, and Speech Therapy
 1305 HWY 6&34, Cambridge, NE 69022 308-697-4178



Assisted Living residents stay active and connected



Residents are continuing to stay active with Nu-step and exercises. Staff are doing a great job with keeping residents positive and healthy. Some of the activities that the residents are doing are puzzles in their rooms, drawing, coloring pictures, playing solitaire with their own cards, zooming/facetime with loved ones with the big screen and I pads keeping connected.

Assisted Living Week is September 13-19

educate members of the public about this distinctive aspect of long term care. "Caring is Es-

sentiAL" is this year's theme for National Assisted Living Week, which highlights the incredible

care provided by essential caregivers in assisted living facilities across the country.



Leave your worries behind and let us provide peace of mind



Come for a tour of the Assisted Living Facility
Call to arrange your visit or simply stop by anytime for more information about carefree senior living at Tri Valley Assisted Living.

As a resident, you'll enjoy a host of benefits for one monthly fee with none of the unpredictable expenses that come with owning a home.

Enjoy the convenience and plentiful amenities at Tri Valley Health System Assisted Living.

- Your own private apartment with private bath
- Full meals, served restaurant-style
- Fully certified medication aides
- 24/7 staffing by medication aide
- Game room, library, office center, and beauty salon
- Transportation
- Easy access to a continuum of care services
- Planned activities and excursions



Tri Valley Health System Assisted Living

711 Mousel Avenue
Cambridge, NE 69022
308-697-4422

Established by the National Center for Assisted Living (NCAL) in 1995, National Assisted Living Week® provides a unique opportunity for residents, their loved ones, staff, volunteers, and the surrounding communities to recognize the role of assisted living in caring for America's seniors and individuals with disabilities. The annual observance encourages assisted living communities around the country to offer a variety of events and activities to celebrate the individuals they serve, as well as to help

Healthier Me Program begins in October 2020



Class Dates

New sessions will start in October. Contact Tonya Koeppen at 308-697-1153 for more details. Class meets 16 weeks on Wednesdays and six monthly sessions during the year. Classes will be offered on Zoom as well.

What's Included

- Free Wellness Center Membership
- Center for Disease Control Approved Curriculum
- A Lifestyle Coach
- A Support Group

How People Have Benefitted

- "I have learned to think about what I am doing – why am I eating that?"
- "I found that written goals for both food and exercise were helpful."
- "The class setting, sharing and support of the group was very valuable."
- "I am now drinking more water, eating more fruits and vegetables and doing more exercise."

Healthier Me is a year-long group class where you will work with trained certified lifestyle coaches to learn the skills you need to make lasting lifestyle changes and become a healthier you.

Group classes focus on: healthy eating, weight loss, stress reduction and coping skills, lifestyle change, and increase physical activity. The program includes 16 weekly sessions that will meet on Wednesdays from 5:00-6:00 p.m. and six monthly sessions.

To be eligible for this program, participants must be 18 years of age or older, have a body mass index of greater than 24, and score 9 or more points on the Center for Disease Control and Prevention (CDC) Screening Test. Talk to your doctor to find out if you qualify or email questions to dietitian@trivalleyhealth.com. You can also determine your risk by taking a blood test to measure your blood sugar or take the CDC screening test online at www.cdc.gov/diabetes/risktest/index.html



Tonya Koeppen, RD, LMNT

Tri Valley Health System offers monthly diabetic support group







Tri Valley Health System invites those with the diagnosis of diabetes as well as a support person to join the free diabetes support group.

The group meets once a month from October through May to learn about important topics and tips in managing and living with diabetes. The support group environment is one of acceptance and openness. Our group provides a venue to meet others who share similar medical concerns and can understand your experience firsthand.

There's no need to pre-register for the diabetes support group. For more information call Tonya Koeppen, RD, LMNT at 308-697-3329.

Diabetes Support Group offered through Tri Valley Health System

The meetings will be the first Monday of every month (October 2020-May 2021) from 5:00-6:00 pm at Tri Valley Health System. Participants will enter through the wellness center entrance and be screened for COVID-19, masks will be required, if you don't have one a sanitized one will be provided.

Date	Location at TVHS	Topic
October 5, 2020	Meadowlark Room	 Different Types of Sweeteners and their Role in Diabetes Management Tonya Koeppen, RD, LMNT.
November 2, 2020	Check in at the front desk of the hospital for the HgbA1C check. BINGO in the Meadowlark Room.	 HgbA1C for \$25 from 4:30-6pm, check in at the front desk (greeter's desk) at TVHS. BINGO with prizes from 5-6pm in the Meadowlark room.
December 7, 2020	Meadowlark Room	Managing Sick Days and Acute Complications by Joan Magorian, RN 
January 4, 2021	Meadowlark Room	SMART goal setting for Diabetes Management by Tonya Koeppen, RD, LMNT
February 1, 2021	Meadowlark Room	 Diabetes Awareness Month, HgbA1C test for \$25 from 3:30-5:00pm, check in at front, greeter's desk at TVHS  More on Healthy Eating with Tonya Koeppen, RD, LMNT, 5:00-6:00pm
March 1, 2021	Meadowlark Room	TVHS Provider
April 5, 2021	Meadowlark Room	Diabetes and Foot Care by Joan Magorian, RN 
May 3, 2021	Republican River Room	Live Cooking Demo by Tonya Koeppen, RD, LMNT Will be on video via Facebook if not able to have live.

TVHS Public Transportation develops partnership with area entities to continue providing valuable service

Tri Valley Public Transportation is happy to announce we have developed new partnerships with City of Cambridge, City of Arapahoe, and Furnas County to provide funding for the public transportation program that services the entire area. Nebraska Department of Transportation and Federal Transit Administration pay for 75% of Tri Valley's public transportation expenses through a grant. Currently Tri Valley Health System pays the remaining 25% of all expenses. TVHS Public Transportation has grown tremendously in the past two years and has identified the number of rides in each of the surrounding communities and counties. The City of Cambridge, City of Arapahoe, and Furnas County approved assisting with Tri Valley Health System's yearly local match based on the number of riders in their area. Joyce Deaver, Director of Public Transportation said, "We are excited to work with these entities to provide the needed transportation to their community members and are very appreciative of the support they have shown to this valuable service."

Tri Valley Health System added two more additional minivans to their fleet to keep up with the demand for transportation service. These new vehicles are purchased through a grant from the Nebraska Department of Transportation and Federal Transportation Administration (FTA).

Tri Valley Health System also recently obtained a Department of Transportation number that allows us to transport in and out of



state. Since we are public transportation, we provide transportation to the public in our service area of Furnas and Red Willow County, but we are able to transport riders anywhere upon request.

End of Life Preparation

Accidents, natural disasters or health crises can happen at any time. We never expect these things to happen and we are rarely prepared to handle our own end of life situations. Tri Valley Health System would like to educate the community regarding the importance of advance care planning and has started an initiative to encourage everyone to be prepared for their end of life decisions and complete an advanced directive.

An advance directive is a written statement of your wishes regarding medical treatment, to ensure those wishes are carried out should you be unable to communicate and gives you control over your healthcare and quality of life.

To promote patient empowerment, Tri Valley Health System is training all employees and volunteers to be able to provide free, one-on-one support to patients and families who wish to create an advance directive.

"We are encouraging everyone to complete an advance directive, regardless of your current health conditions, age, or need. It's not just older people that are being encouraged to take action. An advance directive is for students heading off to college for the first time, and all people in each decade of their life; following the death of a loved one or after a divorce. Creating an advance directive enables all of us to

maintain our voice and live our best lives, exactly as we choose," said Charity Gonzales, Tri Valley Health System Care Transitions Coordinator.

Tri Valley Health System will assist with advance care planning and ensure a patient's plans or instructions are clear. Tri Valley Health System will also maintain these documents as part of a patient's electronic medical record and ensure a patient's instructions are appropriately followed.

A few common myths surrounding the advance directive:

1. True or False - Health care surrogate is another name for Medical Power of Attorney. TRUE – Although, Power of Attorney is often used when discussing an advance directive, other names include Healthcare surrogate and Healthcare Proxy.
2. True or False - An advance directive is not valid unless you have an attorney sets it up for you. FALSE -You do not need an attorney to complete an advance directive. If you live in Nebraska you can use Five Wishes and have the peace of mind that it substantially meets your state's requirements. If you live in one of the 6 states that does not view the Five Wishes as a legal document, you may just need to take an extra step when filling it out.
3. True or False - Once it is in writing you can't change your Advance Directive. FALSE – You can change or cancel your advance directive at any time. Just fill out new forms and get rid of the existing forms.
4. An example of end of life decisions listing on an Advance Directive include: A. DNR B. Palliative care C. Tube feeding or D. all of the above. D. - All of the above – Other decisions could include Hospice care, life support, donation of organs, and many more.
5. True or False - A living will is a type of Advance Directive. TRUE– An Advance directive is a generic term for various documents that could include but not limited to a living will, instruction directive, or health care power of attorney.

For more information about creating an advance directive contact Tri Valley Health System Social Services Case Manager at 308-697-3329 or email info@trivalleyhealth.com



Advanced Wound Care Team committed to healing



With life-threatening chronic wounds on the rise, there is a greater need for an integrated approach to healing in a timely, cost-effective manner. Wound healing centers often collaborate across multiple specialties in an effort to reduce the risk of complications and amputations. Tri Valley Health System Advanced Wound Care staff includes clinicians with advanced training who are the cornerstones in the treatment of patients with problem wounds.

At Tri Valley Health System Advanced Wound Care Clinic, the staff focuses on “continuity of care,” meaning that patients will be seen and treated by the same team at each visit, making the healing process less stressful on the patient and encouraging better out-

Senior Life Solutions raising suicide awareness and prevention

September is National Suicide Prevention and Awareness month and Tri Valley Health System Senior Life Solutions program is working to raise awareness. According to the American Foundation for Suicide Prevention, an average of 129 deaths by suicide occur per day and there are an estimated 1,400,000 suicide attempts per year. Talk of suicide should never be dismissed. If you or someone you know is thinking of suicide, call the National Suicide Prevention Lifeline at 1-800-273-8255.

Tri Valley Health System Senior Life Solutions is an intensive outpatient group therapy program designed to meet the unique needs of older adults suffering from symptoms of anxiety and depression often related to aging. The Senior Life Solutions program staff is trained in the use of standardized, evidence-based tools for screening patients at risk of suicide. In addition, the staff assists the patient to create a plan to prevent future suicide attempts or suicidal thoughts.

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

Patients may benefit from the Senior Life Solutions program if they recently experienced a traumatic event, are grieving the loss of a loved one, have experienced changes in sleep, appetite, or mood, or have lost interest in previously enjoyed activities. Referrals to the program can be made by anyone, including a patient’s physician, family member, self-referral, or another healthcare professional.

For more information, call the Tri Valley Health System Senior Life Solutions program at 308-697-1299.

comes. They are dedicated to creating a cohesive plan for treatment and maintaining consistent communication to best meet the patient’s needs.

“Our team at Tri Valley is the most important element in the successful healing of the patient,” said Sally Farquhar, APRN. Each of us has the required knowledge, skills and experience to provide compassionate and comprehensive care for complex wounds.” Tri Valley Health System Advanced Wound Care is staffed by: Sally Farquhar, APRN and Conchita Einspahr, RN.

Tri Valley Health System Advanced Wound Care Clinic treats all wounds. The approach to wound care is aggressive and comprehensive, yet caring and comforting. The clinic coordinates traditional and advanced therapies that aid and accelerate the healing process. For patients that means faster healing times, longer-lasting results, decreased amputation rates and increased mobility – all leading to a better quality of life.

The types of wounds treated include:

- diabetic foot ulcers
- venous ulcers
- pressure ulcers
- surgical wounds
- traumatic wounds
- arterial ulcers
- radiation wounds
- compromised skin grafts and flaps
- crush injuries

The Tri Valley Health System Advanced Wound Care Clinic is open every Thursday. For more information about wound care or to schedule an appointment, call 308-697-1172. No referral is required.

Suicide Awareness and Prevention Month



Senior Life Solutions is dedicated to addressing the emotional and behavioral health of adults typically over the age of 65. The program’s services are designed to provide assistance to individuals suffering from symptoms of anxiety and depression often related to aging.

Talk of suicide should never be dismissed.

If you or someone you love is experiencing suicidal thoughts or behaviors call the **National Suicide Prevention Lifeline: 1-800-273-TALK (8255)**.

For our older loves, our caring and dedicated **Senior Life Solutions** staff is here to help: **(308) 697-1299**





Tri Valley Health System Surgical Services

When in need of a surgical procedure, Tri Valley Health System offers advanced equipment operated by skilled staff within a superior facility. Tri Valley Surgical Services state-of-the-art equipment including minimally-invasive equipment. The area housing this department is highly advanced and provides our surgeons and patients with an ideal environment for various inpatient and outpatient procedures. We also provide a highly trained staff including skilled CRNAs, Registered Nurses and Surgical Technologists.

Surgical procedures available at Tri Valley Health System

Orthopedic Surgery



Dr. Chris Wilkinson



Dr. Eric Verploeg

Total Joint Replacement · Arthroscopic Procedures · Carpal Tunnel Release

Podiatry



Dr. Russell Carlston



Dr. Dusty Christensen

Foot and Ankle Procedures

Endoscopy



Dr. Michael Powell



Dr. Lennie Deaver

Colonoscopy

Surgery



Dr. Thomas Sorrell

Gallbladder · Hernia · Infusion Ports · Central Line Placement · Lesion Removal

Urology



Dr. Kenneth McCalla

Bladder, Kidney, Prostate Procedures

Pain



Dr. J. Paul Meyer

Pain Procedures

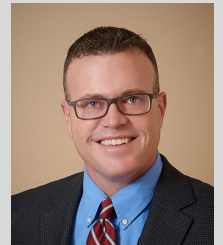
Gynecology



Dr. Todd Pankratz

Obstetric/Gynecology Procedures

Ophthalmology



Dr. Thomas Clinch

Yag laser procedure · Cataract procedure

Cesarean Sections



Dr. Lennie Deaver



Dr. Rachelle Kaspar-Cope



Dr. Shiuvaun Jaeger

Anesthesia



Josh Hill, CRNA



Holly Lashmet CRNA

Anesthesia, PICC Lines

COVID-19 Implementations at Tri Valley Health System

Tri Valley Health System has been aggressively preparing and responding to COVID-19. We received funding and made purchases to ensure that Tri Valley Health System is in position to not only care for our patients but to also ensure that our facility is safe and clean to the highest standards. Following are several of the measures that Tri Valley Health System has implemented in our war against COVID-19.

CleanSlate UV Stations

Tri Valley Health System purchased 2 UV CleanSlate Sanitation Stations that are located at the main entrance at Tri Valley Health System and in one of the meeting rooms. These stations will sanitize any item that will fit inside with UV light that kills 99% of germs. Everyone is welcome to use these stations.



UV Sanitation Stations

Tri Valley Health System purchased 22 UV Sanitation Stations that are placed around Tri Valley Health System facilities to be used by the public. These stations will sanitize any item that will fit inside with UV light that kills 99% of germs.



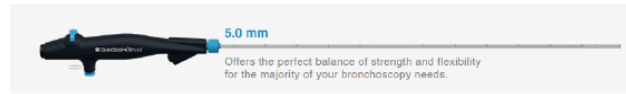
Xenex UV Disinfecting Robot

The Tri Valley Medical Foundation helped purchase a Xenex UV Disinfecting Robot with their COVID relief fund. Disinfection of the hospital environment especially in areas such as surgery and patient rooms is critical. The Xenex will provide advanced disinfection of our entire facility, helping eliminate viruses and germs to protect patients and employees.



Glidescope and attachments

Tri Valley Health System purchased a new glidescope with attachments to assist during intubations of patients who are having difficulty breathing.



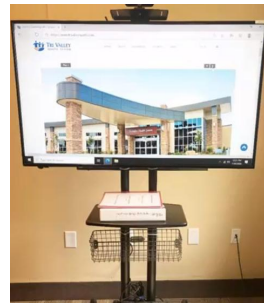
Ventilator

Tri Valley Health System purchased a new ventilator that will allow us to ventilate patients and keep them at Tri Valley Health System. This Puritan Bennett 980 ventilator helps enable patients to breathe more naturally through some of the most innovative breath delivery technology available. The innovative user interface makes it easy for staff to set the ventilator for each patients' unique needs. Funding from the Nebraska Plains Healthcare Coalition helped purchase the ventilator.



Interactive 50-inch TV on carts

Tri Valley Health System also purchased 50 inch TVs on carts can be utilized by patients and Assisted Living Residents to teleconference with providers or family members. They are enabled with the latest wifi technology to provide a clear, consistent connection.



Isolation Carts

Tri Valley Health System purchased eight new isolation carts that stores all the necessary personal protective equipment for staff and can be easily accessible in the areas that are needed. The isolation carts will keep supplies outside of the patient area and rooms to avoid contamination.



Other COVID-19 Purchases

- Tri Valley Health System purchased software, laptops and high definition cameras to provide virtual clinic visits. The virtual clinic allows patients to see their provider from their own home.
- Tri Valley Health System installed plexiglass shield barriers at high traffic areas to protect employees and patients.
- Tri Valley Health System converted the former Manor facility into a north clinic. This clinic is open to treat those who are not feeling well or have COVID symptoms.
- Personal Protective Equipment including substantial amounts of gowns, gloves, masks, and shields have been purchased for employees, patients, and the public.

Powered Air Purifying Respirator

Tri Valley Health System purchased nine powered air purifying respirators to protect employees from breathing in any viruses or contaminants.



Innovative cleaning measures utilized for surgical instruments



Tri Valley Health System has purchased a Reliance Endoscope Drying and Storage Cabinet and a Clean-Trace ATP Monitoring System for surgical instruments. Tri Valley Health System is continually focused on positive patient outcomes and providing a safe and clean environment for all patients.

It is critically important to maintain high levels of sterilization on endoscopes and surgical instruments. Microbes are carried in organic matter, all of which contains Adenosine Triphosphate, or ATP. The Clean-Trace ATP Monitoring System uses ATP bioluminescence technology to “see” contaminants. When ATP is combined with the reactants in the Clean-Trace test, light is produced that is easily read by the Clean-Trace Luminometer.

The Reliance Endoscope Drying and Storage Cabinet is designed to efficiently protect and manage scopes in a clean environment that promotes drying.

Tri Valley Health System CEO Jessica Fisher said, “We continue to demonstrate our commitment to ensure the safety of our patients when they receive care at Tri Valley Health System. We are very fortunate to be able to utilize these items in our operating room and take our quality measures to the highest level.”

Low Dose CT scans screen for lung cancer

Lung cancer is the leading cause of cancer related death among both men and women. Each year, more people die from lung cancer than from colon, breast, and prostate cancers combined. The most common cause of lung cancer is due to a history of smoking.

Annual lung cancer screening using Low Dose CT (LDCT) scans can be used to screen for lung cancer in people at high risk of the disease. CT has the ability to help find some of these cancers early, which can lower the risk of death due to the disease. The American College of Radiology and the American Medical Association recommend that screenings should be done annually until the patient no longer needs to be screened or no longer meets the screening criteria. Medicare does require an initial evaluation visit with a primary care provider to determine eligibility. Subsequent lung screening CTs may not require a follow-up evaluation, but will still require an order from your provider.

Because people with a long history of smoking are at such a higher risk, Medicare and most insurances will pay for a LDCT for patients that meet the following eligibility requirements:

- Age 55-77 years
- No current signs or symptoms of lung cancer
- Cigarette smoking history of at least 30 pack years. A “pack year” means that an individual has smoked an average of 1 pack (=20 cigarettes) per day for 1 year. Ex. A person who has smoked 1 pack a day for 30 years has a 30 pack-year history of smoking, as does a person who smoked 2 packs a day for 15 years.
- Be a current smoker or have quit smoking within the last 15 years

If you think you or someone you love may be eligible for a lung screen, contact your health care provider today about having your screening done at Tri Valley Health System with our 64 slice low dose scanner.

Tri Valley Health System is now scheduling patients for Dr. J. Paul Meyer



Dr. Meyer specializes in the treatment of chronic pain and is board certified in anesthesiology and pain medicine. Dr. Meyer is at Tri Valley Health System every Thursday and third Wednesday. Dr. Meyer treats cancer-related pain, arthritis, reflex-sympathetic injuries, spinal conditions and injuries, degenerative diseases, fibromyalgia, traumatic injuries, lumbar pain, spinal stenosis, neuropathic pain, headaches, and herniated discs.

Call 308-697-1172

or fax requests to 308-697-3212

For medication refills please contact your pharmacy



Fitness Reaching Older Gen's
outhwest Nebraska Public Health Department

Tuesday & Friday
9:30am-10:30am
HERITAGE PLAZA
1205 Nelson Street
Cambridge, NE 69022

Low impact exercise...
HIGH IMPACT FUN!

Improve your mobility and strength

FREE CLASS. NO SIGN-UP NEEDED.

Offering You Top Notch Care

Three Medical Clinics Open to Serve You

**SAME DAY APPOINTMENTS
AVAILABLE.
CALL TO SCHEDULE YOUR
APPOINTMENT!
308-697-3317**



ACCEPTING
NEW PATIENTS
AT ALL
LOCATIONS



Arapahoe Medical Clinic

305 Nebraska Avenue, Arapahoe, NE

Open Monday-Friday

Full-Service Clinic Includes: X-ray Suite, EKG Machine, Lab, DOTs, treatment for injuries and illnesses, health screenings pre-employment physicals



Cambridge Medical Clinic

1305 HWY 6&34, Cambridge, NE

Open Monday-Friday, Saturday morning

Full-Service Clinic Includes: Imaging, EKG Machine, Lab, DOTs, treatment for injuries and illnesses, health screenings, pre-employment physicals



Indianola Medical Clinic

119 S. 4th St. Indianola, NE

Open Monday-Friday

Full-Service Clinic Includes: EKG Machine, Lab, DOTs, treatment for injuries and illnesses, health screenings, pre-employment physicals

Tri Valley Health System Flu Shot Clinics

Thursday, October 15th at the Indianola Community Building from 4-6 p.m.
Tuesday, October 20th at the Cambridge Community Building from 4-6 p.m.
Thursday, October 22nd at the Arapahoe Ella Missing Center from 4-6 p.m.
Tuesday, October 27th at the Beaver City Community Building from 4-6 p.m.

Cost is \$30. Cash or check
We will bill Medicare/Medicaid/insurance
if proof of coverage is presented

You can bring this form with you to the clinic or forms will be available at the clinics.

FLULAVAL QUADRIVALENT/FLUZONE HIGH_DOSE date of vaccination: _____

FLU VACCINE CLINIC PATIENT DEMOGRAPHIC INFORMATION



Name: _____ AGE: _____

Address: _____

City: _____ State: _____ Zip: _____ SS#: _____

Birthdate: _____ Telephone #: _____ Medicare #: _____

Influenza Vaccination Consent

1. The Disease: Influenza (the flu) is caused by viruses. When people get the flu, they may have fever, chills, headache, dry cough or muscle aches. Illness may last several days or a week or more before complete recovery. For the elderly and people with diabetes or heart, lung or kidney diseases, the flu may be especially serious.
2. The Vaccine: The vaccine contains the types of influenza virus predicted to be present during the coming influenza season. Today's flu vaccines cause fewer side effects than those in the past. In contrast with some other vaccines, the flu vaccine should be administered to pregnant women. One shot will protect **most** people from influenza during the upcoming flu season.
3. Possible Vaccine Side Effects: Most people will have no side effects from the vaccine. However, tenderness at the site of the shot may occur and last for several days. Some people may experience fever, chills, headache or muscle aches within the first 48 hours. **These are side effects, not influenza.**
4. Special Precautions: As with any vaccine or medication, the possibility of a severe or potentially fatal reaction exists. However, flu vaccine has rarely been associated with severe or fatal reactions.

PLEASE ANSWER THE FOLLOWING QUESTIONS TO THE BEST OF YOUR ABILITY:

Are you currently ill or have a fever (100.4+)?..... Yes No

Have you ever had a 'bad' reaction to the flu vaccine?..... Yes No

Have you ever had Guillain-Barre Syndrome (GBS)?..... Yes No

Are you **severely** allergic to eggs?..... Yes No

I have read the above information about influenza and the vaccine. I have had the opportunity to ask questions and understand the benefits and risks of receiving the flu vaccine. I request the flu vaccine be administered to me. I have received the Influenza Vaccine Vaccination Information Statement.

Signature of person receiving vaccine or Parent/guardian

Date of Vaccination

Dose / Route: Influenza Virus Vaccine 0.5 ml IM patients: Right / Left Deltoid /thigh

Place sticker here or: circle appropriate: dose, route and location

Lot # / exp date: _____

Administered by: _____

Tri Valley Health System offers vascular ultrasounds



Breanna Witte, Registered Vascular Technologist

Tri Valley Health System is pleased to be able to now offer vascular ultrasound, with the addition of Registered Vascular Technologist Breanna Witte.

Vascular ultrasound uses sound waves to evaluate the body's circulatory system and help identify blockages in the arteries and veins and detect blood clots. Blood flow is evaluated in the blood vessel.

Tri Valley Health System can now perform upper and lower extremity venous doppler, upper and lower extremity arterial doppler, carotid doppler, and ankle brachial index tests. Abnormalities that will be diagnosed with vascular ultrasounds include: deep vein

thrombosis, reflux, stenosis, and calcifications and plaque build up.

Director of Imaging and Cardiopulmonary Ross Ebbers said, "Having the vascular ultrasound service at Tri Valley Health System will improve our quality of care by having this service readily available and accessible for emergent cases. It will also help with the availability of scheduling for this service."

Tri Valley Health System's Diagnostic Sleep Lab

**State-of-the-art diagnostic equipment*

**Rooms designed with the patient's comfort in mind*



Sleep Disorder Risk Factors

- Obesity: 20% or greater than ideal weight
- Large neck girth: 17 inches or greater in males and 16 inches or greater in females
- Being male
- Anatomic abnormalities such as: large tonsils, adenoids, small or recessed chin, jaw-line, etc.
- Family history
- Alcohol or sedative use
- Lung disease
- Age greater than 65

A sleep study, known as a polysomnogram, is required to establish the presence of any sleep disorders.

Most sleep problems are easily diagnosed and treated. The testing process can usually be completed in one night with the ability to go to work the morning after the study.

Tri Valley Health System can help you get better sleep. Call 308-697-3329 to schedule an appointment.

Digital Mammography Improves Early Detection



BETTER, EARLIER BREAST CANCER DETECTION

Than 2D mammography alone¹⁻⁷



GREATER PEACE OF MIND

Reduces unnecessary callbacks by up to 40%^{1-7*}



MORE ACCURATE

Finds 20-65% more invasive breast cancers compared to 2D alone, an average increase of 41%²

The statistics are alarming: 1 in 8 women will develop breast cancer in her lifetime; and, 8 out of 9 women diagnosed with breast cancer have no family history; but, with early detection, the five-year survival rate is almost 100 percent. Tri Valley Health System proudly offers Genius™ 3D Mammography™

exams which provide better, earlier breast cancer detection compared to 2D alone. The Genius™ 3D Mammography™ exam finds 20 to 65 percent more invasive breast cancers than 2D mammography alone.

How does it work? The Genius™ 3D Mammography™ exam allows doctors to examine your breast tissue layer by layer. So instead of viewing all of the complexities of your breast tissue in a flat image, as with conventional 2D mammography, fine details are more visible and no longer hidden by the tissue above or below. More than 200 clinical studies have shown that by using this technology, doctors are able to screen for breast cancer with great accuracy – which means better breast cancer detection and a reduced chance of being called back for additional screenings.

What can you expect during the exam? The process is virtually the same as your conventional 2D exam. The technologist will position you, compress your breast, and take images from different angles. And it only takes a few extra seconds for an exam, with no additional compression required, that is proven to be more accurate.

The technologist will view the images of your breasts at the computer workstation to ensure quality images have been captured for review. A radiologist will then examine the images and report results to either your physician or directly to you.

Early detection is key. Call Tri Valley Health System at 308-697-1172 to schedule your Genius™ 3D Mammography™ exam today!

Tri Valley Health System delivers expert OB Care

Planning on the arrival of your new bundle of joy? Tri Valley Health System delivers expectant parents expert OB care and several choices to create a birth plan that best fits their needs.

The expert, caring team of specialists at Tri Valley Health System is always ready to offer guidance and support during the pregnancy and labor.

Tri Valley Health System offers two large labor/delivery/recovery suites where patients will be able to stay throughout the whole entire process. These rooms provide upgraded finishes, flat screen televisions, convertible sofas, and free WiFi. The suites also offer in-room water jetted tubs for use during early labor. Partial water-submersion has been shown to help relax women during labor.

Tri Valley Health System also offers laboring mothers nitrous oxide to be used for pain relief. Nitrous oxide is a very safe, effective pain option for mother and baby. Pain-managed birth is available as well, with two certified registered nurse anesthetists on staff to provide epidurals.

Tri Valley Health System can also deliver by cesarean section with an advanced surgery center on site.

Tri Valley Health System has lactation specialists on staff to help assist with breastfeeding.

Call 308-697-3329 to schedule an appointment or take a tour of our facility. Take a virtual tour online at www.trivalleyhealth.com/maternity-services. We look forward to welcoming your new little one into the world.



Tri Valley Health System provides PICC line placements

Tri Valley Health System is now providing peripherally inserted central catheter (PICC) lines. PICC lines can help avoid the pain of frequent needle sticks and reduce the risk of irritation to the smaller veins in your arms. A PICC line is a good option if your treatment is expected to last up to several weeks. PICC lines are used for cancer treatments, liquid nutrition, infection treatments, other medications, blood draws, blood transfusions and receiving contrast material before an imaging test.

The PICC line is inserted by a professionally trained certified registered nurse anesthetist as an outpatient procedure. Ask your provider if you would be a good candidate for a PICC line.

Referral orders can be made by calling Tri Valley Health System Central Scheduling at 308-697-1172 or faxing an order to 308-697-3602.

Over 45? Family History? Get Screened!



Dr. Lennie Deaver



Dr. Mike Powell

Colorectal cancer is the third most common cancer diagnosed in both men and women in the United States, causing about 53,200 deaths during 2020.

A Colonoscopy —

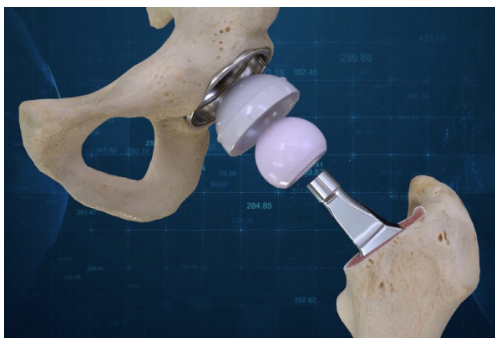
Could **SAVE** your life.

Schedule your appointment today!

308-697-3329

www.trivalleyhealth.com

Tired of Living with Joint Pain?



Hip and Knee Replacements Made Just For You



Dr. Chris Wilkinson performs hip and knee replacements at Tri Valley Health System using Conformis patient-specific implants.

Conformis implants are individually designed to fit each patient's unique anatomy, for great fit, rotation, and alignment.

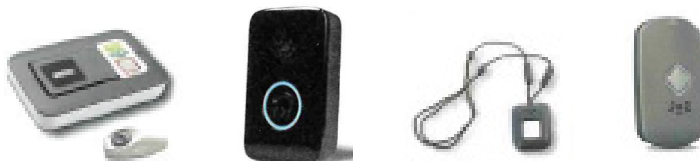
Call 308-697-1172 to schedule your appointment to discuss joint replacement with Conformis technology.

Providing Help When You Need It Most

Tri Valley Health System offers Call Care to help provide you and your loved ones peace of mind all the time.

Call Care provides support through 24/7/365 U.S. Emergency Response Centers and notifies emergency responders, caregivers and loved ones.

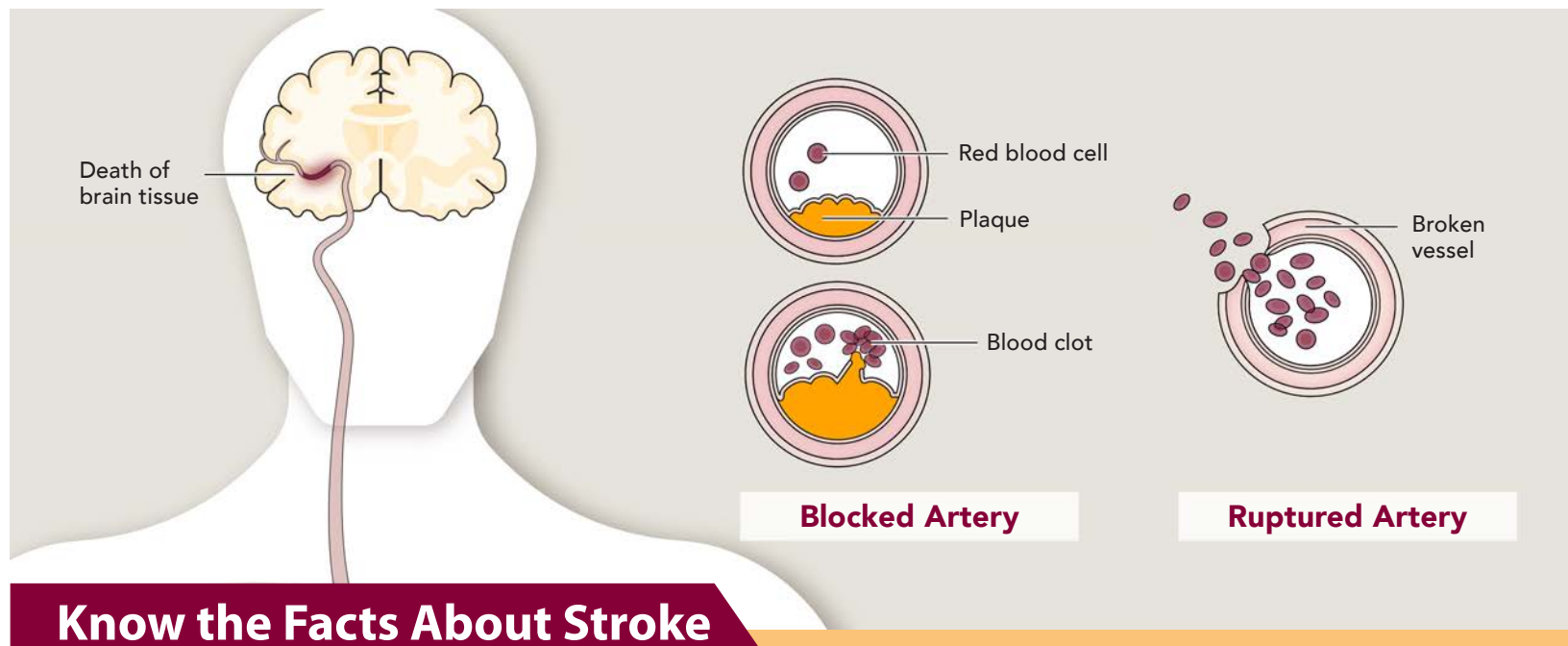
Solutions for Every Lifestyle and Need



Service includes:

- * Easy set up and use
- * Round the clock monitoring
- * No hidden fees or equipment charges
- * No long-term contracts
- * Two-way voice communication

Call 308-697-3329 for more information about Call Care



Know the Facts About Stroke

What is stroke?

Stroke kills nearly 150,000 of the 860,000 Americans who die of cardiovascular disease each year—that's 1 in every 19 deaths from all causes.

A stroke, sometimes called a brain attack, happens in one of two ways:

- **Ischemic stroke**—when the blood supply to the brain is blocked
- **Hemorrhagic stroke**—when a blood vessel in the brain bursts

A stroke causes brain tissue to die, which can lead to brain damage, disability, and death. Stroke is the fifth leading cause of death in the United States and the leading cause of serious long-term disability. This is disturbing because about 80% of strokes are preventable. You can greatly reduce your risk for stroke by making lifestyle changes to help control your blood pressure and cholesterol levels and, in some cases, by taking medication.

Are you at risk?

Anyone, including children, can have a stroke at any time. Every year, about 800,000 people in the United States have a stroke—and about 1 out of 4 of those strokes are recurrent strokes. Having one stroke means you have a greater risk of having another (or recurrent) stroke.

Several factors that are beyond your control can increase your risk for stroke. These include your age, sex, and ethnicity. But there are many unhealthy habits, such as smoking, drinking too much alcohol, and not getting enough exercise, that you can change to lower your stroke risk. Using tobacco products and having high blood pressure, high cholesterol, diabetes, or obesity can also increase your risk for stroke. However, treating these conditions can reduce your risk. Ask your doctor about preventing or treating these medical conditions.

If Stroke Happens, Act F.A.S.T.



F—FACE DROOPING

Ask the person to smile. Does one side droop?



A—ARM WEAKNESS

Ask the person to raise both arms. Does one arm drift downward?



S—SPEECH DIFFICULTY

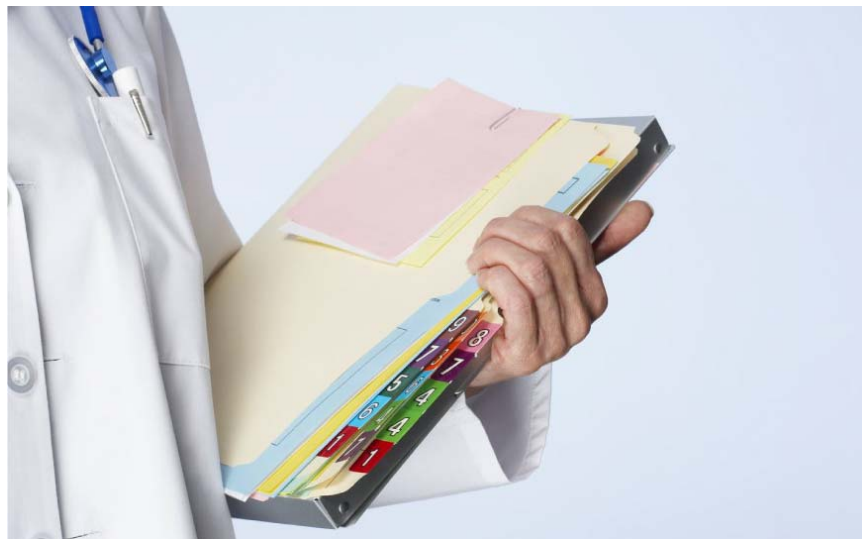
Ask the person to repeat a simple sentence. Are the words slurred?



T—TIME TO CALL 9-1-1

If the person shows any of these signs, call 9-1-1 immediately.

HIPAA KNOW HOW



What is HIPAA?

HIPAA stands for the Health Insurance Portability and Accountability Act. One of the areas it regulates is how your Personally Identifiable Information (PHI) is maintained and protected. Specifically, HIPAA limits the use of PHI when no prior authorization has been given by the patient and also sets guidelines that ensure patients have the right to obtain copies of their own health records.

Who has access to my PHI?

HIPAA gives your doctor or hospital permission to use your information for certain things like coordinating your care and treatment or submitting claims for payment to your insurance company. Outside of the specific situations allowed by HIPAA, the patient must grant permission for other individuals to access all or part of their PHI. This even applies to spouses or other family members! You can grant access to your PHI in the following ways:

- One-Time Request – This can be accomplished by contacting an employee in the Health Information Management Department. They will validate your request and provide the designated information to whomever you request;
- Ongoing Request – This can be accomplished by completing a PERSONAL REPRESENTATIVE DESIGNATION form (see following page). This type of request allows Tri Valley Health system to share some or all of your PHI with your representative as if they were you. Return this form to the Health Information Management Department to add a Personal Representative to your record.

DID YOU KNOW?

A person listed as your Healthcare POA (Power of Attorney) does not automatically have access to all of your PHI.

**ACCESS YOUR
HEALTH
INFORMATION ON
OUR PATIENT
PORTAL!**

Visit our website at
www.trivalleyhealth.com

Click on the icon for the
Patient Portal



Use the 'Sign Up' link to
begin your enrollment

When your enrollment is
complete you can access
your health information,
schedule appointments,
attend a virtual visit and
more!

HEALTH INFORMATION MANAGEMENT DEPT.

Tri Valley Health System
PO Box 488
Cambridge, NE 69022

Phone: 308-697-3329
Fax: 308-697-4918



Personal Representative Designation

- Federal law states that we cannot share your health information without your permission except in certain situations. If you sign this form, you are giving Tri Valley Health System (TVHS) permission to recognize the Person(s) you name as your Personal Representative and to share your health information with that Person.
- You can name more than one person as your Personal Representative.
- This Designation will last until you tell TVHS you no longer want it to recognize the Person(s) you name below as your Personal Representative.
- **RIGHT TO REVOKE** – if you decide you no longer want TVHS to treat the Person(s) you name below as your Personal Representative, sign the Revocation at the end of this form and give this form to TVHS. Any revocation can only apply on and after the date TVHS receives the **Revocation**. TVHS cannot cancel disclosures if made to the Personal Representative before it received the **Revocation**.
- You can keep a copy of this Personal Representative Designation or you can contact the TVHS Privacy Officer for a copy.

My Name: _____ **Date of Birth:** _____

I name the following Person(s) to act as my Personal Representative:

Name of Personal Representative	Relationship	Date of Birth	Phone No.

Please select one of the following:

This Person(s) has all the rights that I have regarding my health information at TVHS

This Person(s) is acting as my Personal Representative only for the functions listed below:

Term of Authorization

TVHS may share my health information from the date of this Personal Representative Designation until I revoke the Personal Representative Designation by signing the **Revocation** below and giving the **Revocation** to TVHS.

Signature: _____

Date: _____

REVOICATION:

I no longer want the Person(s) named above to act as my Personal Representative.

Signature: _____

Date: _____

Send this Personal Representative Designation or **Revocation** to the TVHS Privacy Officer at this address or call (308) 697-3329.

Privacy Officer
 Tri Valley Health System
 1305 Highway 6 & 34
 Cambridge Nebraska 69022



Be Free From Cataracts

Cataract Surgery NOW available at Tri Valley Health System

Top Rated Cataract Surgeon and
State-of-the-Art Technology



Thomas Clinch, MD

Get back to experiencing what's important to you with the confidence of improved vision.

A cataract procedure can help you rediscover the joy of seeing life.

Call for information or
scheduling
308-865-2760

Extraordinary Nurses recognized at Tri Valley Health System

Nominations requested from patients

Nurses at Tri Valley Health System are being honored with The DAISY Award for Extraordinary Nurses®. The award is part of the DAISY Foundation's mission to recognize the extraordinary, compassionate nursing care they provide patients and families every day.



The DAISY Foundation is a not-for-profit organization, established in memory of J. Patrick Barnes, by members of his family. Patrick died at the age of 33 in late 1999 from complications of Idiopathic Thrombocytopenic Purpura (ITP), a little known but not uncommon auto-immune disease. (DAISY is an acronym for Diseases Attacking the Immune System.) The care Patrick and his family received from nurses while he was ill inspired this unique means of thanking nurses for making a profound difference in the lives of their patients and patient families.

Nurses may be nominated by patients, families, and colleagues. The award recipient is chosen by a committee at Tri Valley Health System to receive The DAISY Award. Awards are presented throughout the year at celebrations attended by the Honoree's colleagues, patients, and visitors. Each Honoree receives a certificate commending her or him as an "Extraordinary Nurse." The certificate reads: "In deep appreciation of all you do, who you are, and the incredibly meaningful difference you make in the lives of so many people." Honorees also receive a DAISY Award pin and a beautiful and meaningful sculpture called A Healer's Touch, hand-carved by artists of the Shona Tribe in Zimbabwe.

"When Patrick was critically ill, our family experienced first-hand the remarkable skill and care nurses provide patients every day and night. Yet these unsung heroes are seldom recognized for the super-human, extraordinary, compassionate work they do. The kind of work the nurses at Tri Valley Health System are called on to do every day epitomizes the purpose of The DAISY Award," said Bonnie Barnes, FAAN, President and Co-Founder of The DAISY Foundation

This is one initiative of The DAISY Foundation to express gratitude to the nursing profession. Additionally, DAISY offers J. Patrick Barnes Grants for Nursing Research and Evidence-Based Practice Projects, The DAISY Faculty Award to honor inspiring faculty members in schools and colleges of nursing, and The DAISY in Training Award for nursing students. More information is available at <http://DAISYfoundation.org>, or visit www.trivalleyhealth.com

Nomination forms can be found in all three clinics, in the Hospital entry way, and also on the website at trivalleyhealth.com. The nomination forms can be brought back in and dropped in the nomination box or can be mailed back to Tri Valley Health System C/O Chief Nursing Officer Clay Jordan PO Box 488, Cambridge NE 69022.



Cambridge Memorial Hospital Association Annual Meeting

Wednesday, October 14, 2020
 9:00 a.m. at the Heritage Plaza,
 1305 Nelson St. Cambridge, NE 69022

Dues are \$10 and can be paid at:

- Tri Valley Health System Administration Office,
- Online at <http://bit.ly.TVHSDues>
- Mailed to PO Box 488, Cambridge, NE 69022
- Pay the day of the meeting.

Tri Valley offers Virtual Clinic Appointments

Convenient access to medical care via smartphone, tablet or computer

Tri Valley Health System offers virtual clinic appointments. The virtual clinic enables patients to conduct visits with Tri Valley Health System Providers virtually anywhere via video on a computer or smart phone Monday-Friday 9 a.m. to 5 p.m.

Tri Valley Health System Providers will provide virtual care for a variety of common conditions such as cold and flu, pink eye, sinus infections, allergies, rashes, back pain, and urinary tract infections. Patients do not need to be an existing patient of Tri Valley Health System to use the virtual care clinic, but new patients will need to contact Tri Valley Health System to receive log-in information to access the service on the Patient Portal.

Patients can simply request an appointment by logging onto the Patient Portal at www.trivalleyhealth.com or call 1-308-697-3329 to get started. A virtual visit takes place via video or phone using a smartphone, tablet or computer, and typically lasts about 20 minutes. If needed, prescriptions are electronically routed to the patient's preferred pharmacy.

"We are extremely excited to be able to offer this new service for our patients. Virtual care strengthens our commitment to provide patients with high-quality care in a convenient and cost-effective way. Tri Valley Health System understands that time and access can be two barriers to an individual receiving care and we want to be able to remove these barriers and be available to our patients," said Jessica Fisher, Tri Valley Health System Chief Executive Officer.

For more information on Tri Valley Health System's virtual clinic appointments, visit www.trivalleyhealth.com or call 1-308-697-3317.

PLAZA DINING HALL AND CONFERENCE ROOMS AVAILABLE FOR RENT

- *Parties
- *Meetings
- *Showers
- *Receptions



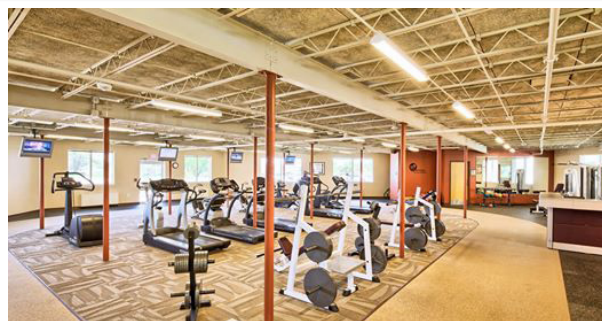
Rates are \$75/ a day for dining hall can accommodate large groups
 \$35 for conference room can accommodate 25-35 people
 Also available free of charge for all non-profits, school, and community events

The dining hall has a grand piano, sound system, chairs, tables, fire place, and a kitchen available.
 The conference room has tables, chairs, and sound system available.

Contact us today to schedule your event: heritageplaza@trivalleyhealth.com,
 submit an online request at trivalleyhealth.com/senior-living or call the Plaza Coordinator 308-697-3329



Bring Out Your Best Body



Memberships available to the Tri Valley Wellness Center. Open 24/7, state of the art equipment, fitness classes offered.

Tri Valley Health System
Wellness Center
 308-697-3329 • www.trivalleyhealth.com



2020-2022

Strategic Plan Timeline

Strategic objective #1: Improve processes and procedures at Tri Valley Health System Clinics

Strategic timeline (x means completed)

Goals and Initiatives	2020	2021	2022
1. Electronic medical record system functionality and performance			
2. Follow up appointment scheduling and letter system	X		
3. Achieve overall patient satisfaction			
4. All TVHS Clinics be open five days a week	X		

Strategic objective #2: Change the electronic health records to a system that would work for TVHS

Strategic timeline (x means completed)

Goals and Initiatives	2020	2021	2022
1. Develop a plan for the electronic record system to be managed by TVHS information technology department			
2. Ensure updates are completed timely			
3. Develop and create templates that are provider specific based upon preference			
4. Ensure all employees have correct access to complete job duties and tasks without limitations			
5. Develop central scheduling module and create standard processes at TVHS	X		

Strategic objective #3: Smart Growth

Strategic timeline (x means completed)

Goals and Initiatives	2020	2021	2022
1. 2% net revenue	X		
2. 140-160 days cash on hand	X		
3. Accounts payable average payment period of 45 days	X		
4. Accounts receivable at 46 days			
5. Increased clinic visits by 15%			
6. Raise funds for an additional operating room			

Tri Valley Health System Board of Trustees

Paul Shellabarger - President
James Jones - Vice President
LaVern Banzhaf - Treasurer
Joan Koch - Secretary
Dale Fahnholz
Drew Cramer
Ginger tenBensel
John Paulsen
Logan Baker

The Tri Valley Health System Board of Trustees is comprised of nine community members nominated from the System's membership. Terms of office are three years in duration. The Board meets regularly and provides guidance, insight, and direction. The Tri Valley Health System Membership is a vital backbone of the System and the body from which board candidates are nominated. Memberships to TVHS are available for \$10 per individual and can be purchased at anytime in the administration office.

Tri Valley Health System Senior Leadership



Jessica Fisher
Chief Executive
Officer



Diana Swindler
Chief Financial
Officer



Clay Jordan
Chief Nursing
Officer

Tri Valley Health System Auxiliary Officers

The Cambridge Memorial Hospital Auxiliary meets every other month.

Current officers are
Georgia Dutt - President
Marilyn Klinkebiel - Vice President
Marlene Witte - Secretary
Joy Deterding - Treasurer



TRI VALLEY
HEALTH SYSTEM

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Postal Customer

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CAMBRIDGE, NE
PERMIT NO. 3

Serving our area's healthcare needs since 1958

What is now known as Tri Valley Health System began 61 years ago with the opening of Cambridge Memorial Hospital in 1958. With the assistance from a Hill-Burton grant, a fund drive by area residents and a bequest from John Decker, the dream of creating a hospital to service Furnas County and the surrounding area was realized. The hospital quickly grew and expanded with medical clinics throughout Furnas County and Red Willow County.

Tri Valley Health System Facilities

**Cambridge
Clinic and
Hospital**
1305 HWY 6 & 34
Cambridge, NE
308-697-3329

**Arapahoe
Clinic**
305 Nebraska Avenue
Arapahoe, NE
308-962-8495

**Indianola
Clinic**
119 S. 4th St.
Indianola, NE
308-364-9290

**TVHS
Arapahoe
Rehab**
658 Pine St.
Arapahoe, NE
308-962-5402

**Assisted Living
Facility**
711 Mousel Avenue
Cambridge, NE
308-697-4425

**Heritage
Plaza**
1205 Nelson St.
Cambridge, NE
308-697-3329

Mission for Tri Valley Health System

To improve the lives we touch by providing care of the highest quality throughout life's journey.

Tri Valley Health System

Vision Statement

Our vision is to be a model of continued excellence as a regional integrated health care system committing ourselves to provide quality, progressive care.

Tri Valley Health System

Core Values

Vision, Integrity, Safety, and Enthusiasm.