



TRI VALLEY HEALTH SYSTEM THE PULSE



Happy Holidays

INSIDE THE PULSE

- 2 Letter from the CEO
- 3 TVHS Providers
- 3 Specialists Schedule
- 4 Foundation New Year's Event
- 5 Foundation Pro-Am
- 6 Flu Shots
- 6 Pharmacy Texting
- 6 Preventative Care
- 7 Auxiliary Thrift Shop
- 7 TVHS Gift Shop
- 8 Rehabilitation Services
- 9 Assisted Living
- 10 Same Day/Walk In
- 10 Senior Life Solutions
- 10 Public Transportation
- 10 Urology Services
- 11 Healthier Me Program
- 11 Diabetes Support Group
- 12 Medical Clinics Open
- 13 Specialists
- 14 Surgical Services
- 15 OB Services
- 16 3-D Mammography
- 16 Colon Screenings
- 17 Cataract Surgery
- 17 Wound Care Receives Award
- 17 Conformis
- 18 Cunningham wins Caring Kind Award
- 18 Koeppen certified as a diabetes care and education specialist
- 18 OB/GYN Services
- 19 2019-2022 CHNA
- 20 2022-2025 CHNA
- 21 Economic Impact
- 22 Daisy Award
- 22 Advance Directives
- 22 Santa-Cruz provides pilot physicals
- 22 Call Care
- 22 Patient Portal
- 23 Strategic Plan
- 24 About Us

Tri Valley Health System welcomes cardiologist



Dr. Linda Ferrer

Tri Valley Health System welcomes Cardiologist Dr. Linda Ferrer to the team of specialists. Dr. Ferrer will be joining Dr. Sean Denney in providing cardiology services to Tri Valley Health System.

Dr. Ferrer is board certified in Internal Medicine and board eligible in Cardiovascular Disease and Echocardiography. She is Level II Certified in Cardiovascular CT, Cardiac MRI and Echocardiography.

Dr. Ferrer earned her Doctor of Medicine from Los Andes University in Venezuela, graduating with high honors. She completed a Cardiology Fellowship program and completed an Internal Medicine Residency in Miami.

Dr. Ferrer focuses on preventative cardiology services and she has extensive experience helping patients who may be in danger of developing a primary or recurrent cardiovascular event.

Dr. Ferrer is bilingual in Spanish and English.

Dr. Ferrer will see patients at Tri Valley Health System on the second and fourth Thursdays. To schedule an appointment with Dr. Ferrer please call 308-697-1172.

Melissa Hoferer provides pulmonary services



Melissa Hoferer, APRN

Melissa Hoferer, APRN, will be providing pulmonary medicine services to Tri Valley Health System starting in October.

Melissa earned a Master of Science Degree, specializing in acute care from the University of Nebraska Medical Center Omaha Division, where she also earned her Bachelor of Science in Nursing. She has been a nurse practitioner for four years with experience in cardiology and critical care.

Melissa has the knowledge and experience to diagnose and treat respiratory concerns and provide patients a customized treatment plan. Her pulmonary expertise includes: bronchoscopy, asthma, chronic cough, difficulty breathing, emphysema, COPD, pleural effusion, interstitial lung disease, bronchoscopic and pleural interventions, pulmonary function test, and pulmonary hypertension. To schedule an appointment with Melissa call 308-697-1172.

New Arapahoe Therapy location opened

Tri Valley Health System opened their new Rehabilitation location at 211 Nebraska Avenue in Arapahoe, Nebraska on Tuesday, November 1, 2022.

Tri Valley Health System purchased Arapahoe and Oxford Physical Therapy Clinics from Southwest Nebraska Physical Therapy (SWNPT) on June 10, 2022 and was waiting approval from the Centers for Medicare and Medicaid Services (CMS) and Department of Health and Human Services (DHHS) to be able to open the building.

“Tri Valley Health System is excited about this opportunity to be able to utilize this turn-key rehabilitation facility. The new building provides modern amenities and lots of extra space to provide speech, occupational, or physical therapy. We look forward to taking care of patients in this new facility in Arapahoe. We will continue to work with CMS and the DHHS to open the Oxford location,” stated Tri Valley Health System CEO Jessica Fisher.

An open house of the Arapahoe facility will be held at a later date.

To contact Tri Valley Health System Rehabilitation or make an appointment call 308-962-5402 or if you have fax orders that need to be sent in, please fax those to 308-962-5403.



Administrator's Letter

Jessica Fisher, CEO



Greetings from Tri Valley Health System and welcome to the ninth 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 our communities and patrons we serve. As the CEO of Tri Valley Health System, it is a true pleasure and blessing to work alongside all team members at TVHS. The team at Tri Valley Health System extends our gratitude

and appreciation in being your premier healthcare system. We are honored to care for you and your loved ones. I'm so proud of the Tri Valley Health System team. Tri Valley Health System has a special team that continues to work together for one goal-taking care of you!

Tri Valley Health System has been serving the area's medical needs since 1958. It opened with the assistance from a Hill-Burton grant, a fund drive by area residents and a bequest from John Decker. Tri Valley Health System recognizes outside grant funding as a crucial factor in the growth and success of our organization and the services that we are able to offer to our patients. Grant funding is on-going and allows several collaborations with organizations supporting healthcare initiatives. Tri Valley Health System has access to local, federal, and state grants that are focused on providing funding to critical access hospitals to assist them with meeting their mission and vision. Tri Valley Health System recently submitted and was awarded grant funds to support new service lines, equipment, quality software, and building improvements. Tri Valley Health System also receives donations from Tri Valley Medical Foundation, Tri Valley Health System Employee Activity Committee, Tri Valley Auxiliary, and many other additional donors. A special "Thank you" to all patrons for your support and generosity in support of Tri Valley Health System.

Tri Valley Health System has not only been meeting the medical and health needs of our area, but it has also been providing economic stability and growth to the area. As of September 2022, Tri Valley Health System employs 185 employees - 142-full time, 19-part time, and 24 prn employees. Over the past few years Tri Valley Health System has increased job opportunities to meet the need of our growth in volume at our facility and service lines. Tri Valley Health System takes great pride in being one of the largest employers in the area.

In a recent 2021 Economic Impact study conducted by Heartland Health Alliance it states, "Tri Valley Health System does more than provide healthcare in Cambridge." The Economic Impact study is done every two years so we will anticipate an updated study to be shared during the 2023 year. The 2021 study showed direct impact provided by Tri Valley Health System was \$25,937,993 in revenue created, and \$309,167 was generated in state and local taxes. We couldn't have the impact on our communities if it wasn't for you. Thank you for your support and trust in our healthcare organization.

Tri Valley Health System recently completed a Comm-

unity Health Needs Assessment (CHNA). Critical access hospitals are required by the Internal Revenue Service (IRS) to conduct a study every three (3) years to understand progress in addressing health needs and to collect up-to-date community health perceptions. I ask you to refer to page 19 of the Pulse to review the progress our team has to address the needs. We value the feedback from community members that collaborated with us during our study in determining the needs of our community.

Tri Valley Health System is in progress of developing a new strategic plan that will begin January 2023 and conclude December 2026. Benefits of a strategic plan in healthcare include helping to become more proactive, increases in operational efficiency, enhancements in market share and profitability, and makes the business more durable. Please watch in future issues of "The Pulse" for our 2023-2026 plan.

I would also like to recognize Ginger tenBensel and Drew Cramer, for their service as TVHS Board of Trustees. Ginger and Drew completed their terms October 31st, 2022, after serving as Board of Trustees for three (3) years. We appreciate their leadership, dedication, and time served on the Board. On behalf of Tri Valley Health System, we say, "Thank you".

I would like to welcome two (2) new TVHS Board of Trustees, Derek Downer and Marcus Vontz. Derek and Marcus were elected to the TVHS Board of Trustees during the 2022 Cambridge Memorial Association Annual Meeting on October 12th, 2022. Their three-year term starts November 1st, 2022. Derek is the branch President for Waypoint Bank in Cambridge, Nebraska. Marcus is the Financial Services Officer for Farm Credit Services of America in McCook, Nebraska. Both Marcus and Derek and families reside in Cambridge, Nebraska. On behalf of Tri Valley Health System, we welcome them to the family.

I am so excited for all the potential that 2023 holds for Tri Valley Health System. We have many plans for new service lines, facility improvements, and innovative practices that will transform healthcare in this area. Tri Valley Health System values your feedback. We are listening to your needs and are actively recruiting to bring new specialists to join our team. Neurology and Dermatology services will be coming soon to our specialty clinic. We are also pleased to announce we have added Dr. Smith to offer additional openings for colonoscopies and esophagogastroduodenoscopies (EGD).

The future is bright for TVHS, and we ask that you join us on this journey. Please follow us on our Facebook page "Tri Valley Health System" for the latest updates, events, and organization information. We encourage you to also visit our website www.trivalleyhealth.com for updates and organization information.

As the Holiday Season quickly approaches, I would like to extend warm wishes and thoughts to all. We wish you a Holiday Season full of good health, love, and everlasting joy in your life. Best wishes to all for a healthy, happy, and peaceful New Year.

Thank you for your support, your patronage, and for being part of our Tri Valley Health System family. I hope you enjoy this edition of the Pulse, and it is with great pleasure to share updates and communicate with each of you. On behalf of Tri Valley Health System, please know my door is open. If you have any concerns or questions, please feel free to contact me.

TRI VALLEY HEALTH SYSTEM PROVIDERS



Lennie Deaver, MD
Family Practice
Obstetrics



Rachelle Kaspar-Cope, MD
Family Practice
Obstetrics



Shiuvaun Jaeger, MD
Family Practice
Obstetrics

Accepting NEW Patients
Call 308-697-3317 to schedule an appointment.

TVHS Clinics located in Cambridge, Arapahoe, Indianola
All Rural Health Clinic Hours are Monday-Friday 9am-5pm
Walk-In Clinic in Cambridge: Monday-Friday 8am-4pm & Saturday 10am-12pm



Kyleen Klinkebiel, PA-C
Family Practice



Karinne Kulwicki, PA-C
Family Practice



Sarah Norton, PA-C
Family Practice



Nicole Viox, PA-C
Family Practice



Candice Haddon, APRN
Family Practice



Cheri Mues, APRN
Family Practice



Angie Howard, APRN
Family Practice



Sally Farquhar, APRN
Wound Care



Holly Lashmet, CRNA

Tri Valley Health System Specialty Care Clinics

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

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

Linda Ferrer, M.D., Platte Valley Medical Group - 2nd & 4th Thursdays

Joseph Kummer, M.D., Bryan Heart (Telemedicine)

Matthew Johnson, M.D., Bryan Heart Telemedicine

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

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)

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

Ophthalmology: T.J. Clinch, M.D., Kearney Eye Institute-3rd Monday of every other month

Oncology: Cynthia Lewis, M.D., Nebraska Medicine -2nd Wednesdays

Orthopedic Surgery: Ryan Carr, M.D., inReach Health-2nd & 4th Mondays

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

Pain Specialist: J. Paul Meyer, M.D., Med-Care, Inc. -Every Thursday and the last Tuesday and Wednesday of the month.

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

Richard Raska, DPM, Great Plains Foot & Ankle Specialists-2nd & 4th Fridays

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

Melissa Hoferer., CHI Health - 4th Wednesday

Urology: Robert Santa-Cruz, M.D., inReach Health-1st & 3rd Fridays

In-House Services

MRI Services: Sundays

Anesthesia: Holly Lashmet, CRNA, Angela Dawson, CRNA

Sleep Studies: Evenings by Appointment

Nutritional Counseling: Tonya Koeppen, RD, LMNT

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



"Investing in Tomorrow, Today"

Tri Valley Medical Foundation Pro Am

We would like to thank our sponsors, 28 participating teams, 10 pro golfers and more than 50 volunteers that made our 28th Annual Tri Valley Medical Foundation Pro Am a success. This year we raised over \$21,000. All proceeds will benefit our Assisted Living Facility with the purchase of a new nurse call system.

Masters Sponsorship

Tri Valley Health System

Ace Sponsorship

Waypoint Bank
First Central Bank

Eagle Sponsorship

First State Bank
First State Insurance
Edward Jones-Dustin Hartzler
High Plains Radio
Hometown Family Radio
Inspire Rehab
NC+ Hybrids | Koerperich Seeds
McCook Gazette
Pinpoint
Ag Valley

Birdie Sponsorship

Doug & Tammy Claussen
NCP
Eisenhart Law Office
MNB Bank
The Valley Voice



Tee Sponsorship

Kidwell
Kearney Regional Medical Center
Hometown Agency
Country Touch Massage-Rhonda Banzhaf
Amateur's Bar & Grill
Coppermill Restaurant
Wagner's Super Market
Culligan Water of McCook
Rocket Inn
Medicine Creek Boat Storage
Jim Jackson & Ross Ebbers
Syngenta
Golf Fit USA-Matt Shaner

Flag Prize Sponsors

DeVries Furniture & Floor Covering
Walmart
State Farm-Linda Maiden
Casey's General Store

Par Sponsorship

Jessica Fisher
Senior Life Solutions
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Adams Construction
Cambridge Supermarket
Dr. Lennie & Joyce Deaver
The Core Group
Frontier Home Medical
State Bank of Bartley
Eide Bailly LLP
Pioneer Seed-Pat Harding
Pinnacle Bank
The Maschhoffs
Lord's Furniture & Hardware
Farm Credit Services of America
Barney Financial Services-Ron Eckloff
Channel Seed-Republican River Suppliers
GTA Insurance Group-Waid Vontz





TVMF Board of Trustees

Jackie Shoemaker-President
Betty Jorgensen-Vice President
Kristy Witte-Treasurer
Barb Langley-Secretary
Cathy Kubik
Judy Jackson
Mallory Palmer-TVHS Employee Rep.
Carrie Magorian-TVHS Employee Rep.
Jim McGowen-TVHS Board Rep.

Jamie Vontz-Director

Cheers TO THE New Year

PLEASE JOIN US FOR A NEW YEAR'S EVE PARTY WITH
NO STRINGS ATTACHED BAND

HOSTED BY

Tri Valley Medical Foundation

DECEMBER 31
Cambridge Community Building

SAVE THE DATE & WATCH FOR ADDITIONAL DETAILS

Helberg receives healthcare quality certification



Tri Valley Health System's Quality Director Barb Helberg received her certification as a Professional in Healthcare Quality (CPHQ). This certification recognizes Barb's competence and commitment to healthcare quality. The goal of the CPHQ is to promote excellence and professionalism by documenting individual performance as measured against a predetermined level of knowledge about quality.

Take advantage of any free preventative care

Most insurance companies cover a yearly preventive care visit at no charge to you. It's the best way to get the screenings and vaccinations which keep you healthier and ultimately reduce your health care costs.

The visit is priceless if you catch cancer early when it's preventable or easily treatable. It can also be life-changing if a chronic condition like heart disease or pre-diabetes is detected early and treated with lifestyle changes instead of medication. Keep in mind the recommended ages for screening tests like mammograms and colonoscopies vary depending on your family history.

A few things a preventive care visit can include are: blood pressure, diabetes and cholesterol tests, cancer screenings, depression screening, wellness counseling on smoking cessation, healthy eating, reducing alcohol use, and vaccinations.

Don't leave your insurance dollars unused. Schedule a yearly preventive visit with a Tri Valley Health System provider today by calling 308-697-3317.

GET YOURSELF AND YOUR FAMILY VACCINATED!

A yearly flu vaccine is the first and most important step in protecting against flu viruses.

Influenza vaccinations can be received at any of the three medical clinics in Arapahoe, Cambridge, and Indianola. No appointment is necessary to receive a flu shot.

NOW HIRING

We are looking for professional individuals to join our team!

An up-to-date job listing and application is available at

www.trivalleyhealth.com/careers



TRI VALLEY HEALTH SYSTEM

EQUAL OPPORTUNITY EMPLOYER

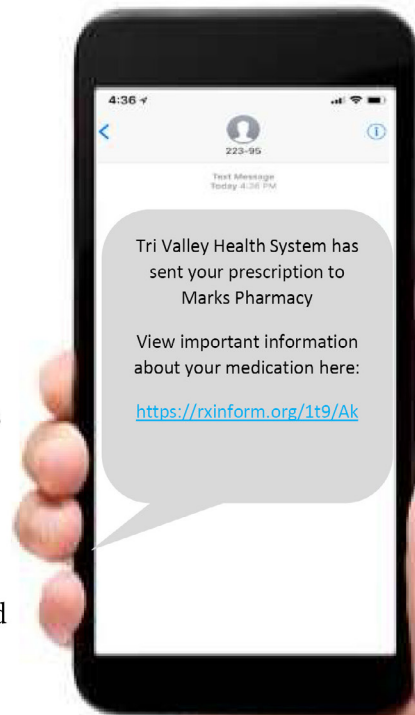
EXPECT

A TEXT!

Tri Valley Health System has implemented a text messaging system that will send you a secure link with information regarding your new prescriptions including:

- Pharmacy Information
- Prescription Details
- Educational Videos
- Cost Savings

You will receive a text message if you have provided us a cell phone number. If you would like to be included in this service please let us know.



TRI VALLEY HEALTH SYSTEM

1305 HWY 6&34, Cambridge, NE 69022 308-697-3329 www.trivalleyhealth.com

Auxiliary Thrift Shop restocked with fall and winter items

The fall and winter seasons are here and the TVHS Hospital Auxiliary welcomes shoppers to the downtown Thrift Shop for a friendly shopping experience. We appreciate the 50 members of St. Paul's Lutheran Church who sorted and boxed the Thrift Shop 2022 spring and summer items on September 18 which were donated to Orphan Grain Train, Goodwill and Catholic Charities. The following day the Auxiliary members did some fall cleaning in the store and began to bring out the 2022 fall/winter merchandise to display. The racks are filling with work, casual and classy clothing styles for men, women and kids, along with winter gear of coats, snow pants, coveralls, hoodies, boots, hats, gloves and scarves. We have Trojan and Husker gear, Under Armour, Nike, Champion, and other specialty brand clothing. Are you looking for shoes – we have a nice selection for men, women and kids. Plan to spend some time in the housewares department as they offer beautiful glassware and decorative items along with kitchen items and appliances. Do some Christmas shopping in the toy department. We have books for all ages, movies, music and crafts to help pass the long winter evenings. Enjoy cozy flannel sheets and soft blankets when you retire for the evening. We have beautiful jewelry and stylish purses too. You can shop for any holiday item in the basement and while there, visit the corner boutique for fancy dresses, wedding/reception items. Soon the Christmas area in the basement will feature Christmas trees, lights and decorations, all at reasonable prices.



TVHS hospital and clinic, assisted living, scholarships, community organizations and individuals in need. We are always willing to assist local agencies with their requests for needed items from the Thrift Shop.

The Auxiliary volunteers enjoy their role in providing a pleasant place to shop. We welcome volunteers too –if you would like to work one afternoon or more at the Thrift Shop, contact us at 308-697-3329 or email info@trivalleyhealth.com. We are a fun group of women working together to benefit our community and would love to have you join our volunteer team. We are open Tuesday through Saturday 1:00-5:00 p.m. We have Thrift Shop sales quite often – like us on Facebook and keep up to date on the special offers. When making a donation after closing hours, please use the black donation bins located near the front door of the Thrift Shop. We hope to see you soon. Thanks – we appreciate you!

Tri Valley Health System Auxiliary Officers

Linda Sandman - President
 Marilyn Klinkebiel - Vice President
 Marlene Witte - Secretary
 Joy Deterding - Treasurer
 Mae Groshong - Historian

The Cambridge Memorial Hospital Auxiliary meets every other month.

The Auxiliary is very grateful for the wonderful people who donate items for sale at the Thrift Shop. Thank you for thinking of us first when cleaning your closets, garages or attics. We also appreciate the many shoppers, with all sales benefiting projects for

Tri Valley Treasures Gift Shop

Tri Valley Treasures Gift Shop is now online at tvhsgiftshop.square.site. Your order can be picked up at the Greeter desk or delivered to a patient or employee. We have \$.99 greeting cards for different occasions (Thinking of You, Get Well, Sympathy, Thank You, etc.) There are Beautiful "Chrystal Expression" magnets and ornaments by Ganz. Plush animals, plush get-well flowers, activity books, colors, colored pencils, etc. Open Monday-Friday 10am-3pm



www.trivalleyhealth.com
 308.697.3329
 1305 HWY 6 & 34

TVHS Rehab utilizes PWR! Moves to treat Parkinson's



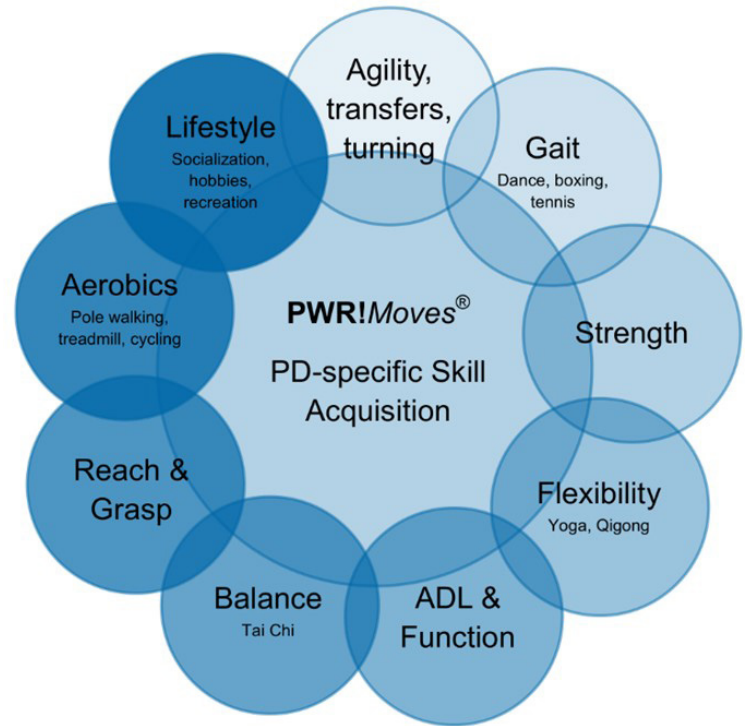
Katie Brooks,
Occupational Therapist

Tri Valley Health System Rehabilitation Occupational Therapist, Katie Brooks, is now offering PWR!Moves therapy designed for people with Parkinson's disease.

PWR!Moves therapists can address your personal goals and needs, create task-specific activities to target gait, agility, strength, ADL, freezing, dexterity, posture, and more. Your therapist will provide comprehensive PD-specific functional skill training interventions. Using multiple positions and adaptations makes PWR!Moves unique to other programs designed for people with PD.

PWR!Moves uses function as exercise to keep you moving and doing more of what you want to do. As you complete the exercises, physical and cognitive challenges will be added to improve carryover in your movement during daily activities. This functional therapy is designed to be proactive in order to put off functional decline.

Contact Tri Valley Health System Rehabilitation for any questions or to set up your comprehensive assessment at (308)697-4178.



TRI VALLEY HEALTH SYSTEM REHAB TEAM



Physical Therapy Services

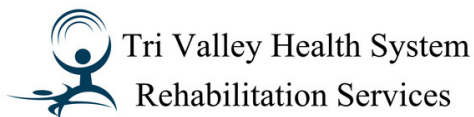
- Orthopedics
- Sports
- Spine
- Neurological
- Geriatrics
- Dry Needling
- LSVT BIG for Parkinson's

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
- Women's Health



GENERAL CLINIC INFORMATION

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

Tri Valley Assisted Living residents enjoy fall activities



Tri Valley Health System Assisted Living Residents enjoyed many activities during October. Residents went to a pumpkin patch in Beaver City and Cambridge athletes and cheerleaders came and shared their school spirit with the residents during Homecoming week. If you would be interested in sharing a talent or provide some entertainment for residents please contact Deanna Weaver to set up arrangements.

Leave your worries behind and let us provide peace of mind



Take a tour of the Assisted Living Facility

Experience carefree senior living at Tri Valley Assisted Living. Call to schedule a tour or a virtual tour is available at www.trivalleyhealth.com/senior-living.

Enjoy the convenience and plentiful amenities for one monthly fee 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
308-697-4423



Same Day Vs. Walk In



Walk In Appointments

Available at the Cambridge Medical Clinic Monday-Friday 8am-4pm, Saturday 10am-12pm

Walk in visits in a clinic setting are not scheduled. You must physically walk in to the clinic to be seen by a provider and then are seen in order of arrival or severity of your medical need. Walk in patients do not call ahead.

Same Day Appointments

Available at the Arapahoe, Cambridge, and Indianola Medical Clinics Monday-Friday

Same day appointments are just that; they are scheduled that day. We have a daily schedule for these visits and they are booked by calling into the clinic the day of. We have a limited number of these visits each day so if you need to be seen call early as appointments fill up fast.

Get in touch

Call 308-697-3317 to schedule your same-day appointment for any Tri Valley Health System clinic

Arapahoe Medical Clinic
Cambridge Medical Clinic
Indianola Medical Clinic

www.trivalleyhealth.com

Email: info@trivalleyhealth.com



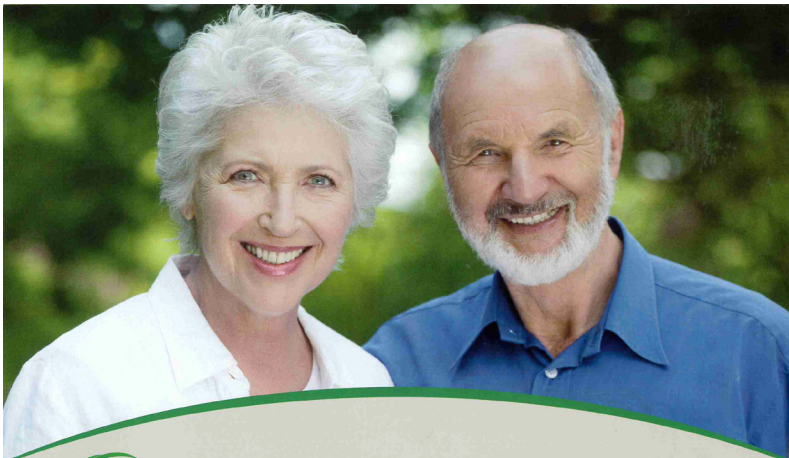
facebook.com/trivalleyhealthsystem

Need a ride?

Tri Valley Public Transportation can take you! We are DOT Certified and can transport anywhere upon request.

Call 308-697-1164

Monday – Friday 7 am – 5 pm



Senior Life Solutions®

Senior Life Solutions services are designed to provide assistance to individuals suffering from one or more of the following:

- | | |
|------------------|---------------------|
| Loneliness | Anxiety |
| Depression | Crying |
| Grief and Loss | Life Transitions |
| Decreased Energy | Low Self-Confidence |

Senior Life Solutions program referrals can be made by anyone, including a patient's physician, family member, or other healthcare professional. If you or someone you know could benefit from this program, please call:

(308) 697-1299



UROLOGIST ROBERT SANTA-CRUZ, MD

Accepting patients at
Tri Valley Health System



10 REASONS TO SEE A UROLOGIST

1. Kidney Stones
2. Enlarged Prostate
3. Overactive Bladder
4. Vasectomy
5. Laparoscopic Surgery
6. Prostate Cancer
7. Kidney Cancer
8. Bladder Cancer
9. Erectile Dysfunction
10. Urinary Incontinence



Call 308-697-1172 to schedule an appointment

Healthier Me Program begins in January 2023

Class Dates

New sessions will start in January. Contact Tonya Koeppen at 308-697-1153 for more details. Class meets 16 weeks on Wednesdays and six monthly sessions during the year.



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 tonya.koeppen@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, CDCES

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."**

Koeppen certified diabetes care and education specialist

The Certification Board for Diabetes Educators (CBDCE) announced that Tonya Koeppen, Registered Dietitian Nutritionist at Tri Valley Health System achieved Certified Diabetes Care and Education Specialist (CDCES) status by successfully passing the Certification Examination for Diabetes Care and Education Specialists.

Candidates must meet rigorous eligibility requirements to be able to take the examination. Achieving certification status demonstrates to people with diabetes and employers that the health professional possesses distinct and specialized knowledge, thereby promoting quality of care for people with diabetes. Currently, there are over 19,900 diabetes care and education specialists who hold CDCES certification. The certification designation was previously known as Certified Diabetes Educator or CDE.

CBDCE is a national not-for-profit certification organization that is responsible for overseeing the certification program for diabetes care and education specialists and awarding the CDCES credential to qualified individuals.

Diabetes support group offered

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 October through May from 5-6pm 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, CDCES at 308-697-3329.

Date	Location at TVHS	Topic
February 6, 2023 A1C 4:30-6PM Group 5-6 PM	Meadowlark Room	HgbA1C test for \$25 from 4:30-6:00pm, check in at front greeter's desk at TVHS. Fasting not required. Virtual Supermarket tour with Tonya Koeppen, RDN, LMNT, CDCES, 5:00-6:00pm, meet in Meadowlark room.
April 3, 2023 5-6 PM	Meadowlark Room	Diabetes and kidney disease by Joan Magorian, RN
May 1, 2023 5-6 PM	Republican River Room	Live Cooking Demo by Tonya Koeppen, RDN, LMNT, CDCES. Please call 308-697-1153 to RSVP. Samples provided

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 9am-5pm

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 9am-5pm,

Saturday morning 10am-12pm

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 9am-5pm

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



Tri Valley Health System Specialty Providers

Every week, top medical specialists in a wide range of disciplines keep regular office hours right here at Tri Valley Health System, which means that the advanced care you need for special conditions can be accomplished without the time and expense of a lengthy drive. Contact Tri Valley Health System at 308-697-1172 for an appointment with one of our specialists.

Orthopedics



Dr. Chris Wilkinson
1st, 3rd, 5th
Tuesdays



Dr. Ryan Carr
2nd & 4th
Mondays



Adam Schapmann, PA
1st, 3rd, 5th
Tuesdays

Podiatry



Dr. Russell Carlston
2nd & 4th
Tuesdays



Dr. Richard Raska
2nd & 4th
Fridays

Pulmonology



Dr. Kalpesh Ganatra
Virtually on the
First Wednesday



Melissa Hoferer, APRN
4th Tuesday

Cardiology



Dr. Sean Denney
Every Monday



Dr. Linda Ferrer
2nd & 4th
Thursdays

Urology



Dr. Robert Santa-Cruz
1st & 3rd Fridays

Pain



Dr. J. Paul Meyer
Every Thursday and
3rd Wednesday

Ophthalmology



Dr. Thomas Clinch
Every other
month

Oncology



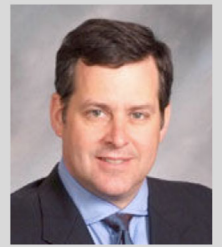
Dr. Cynthia Lewis
2nd Wednesdays

Surgery



Dr. Thomas Sorrell
Every Tuesday

Gynecology



Dr. Todd Pankratz
1st, 2nd, 4th &
5th Wednesday

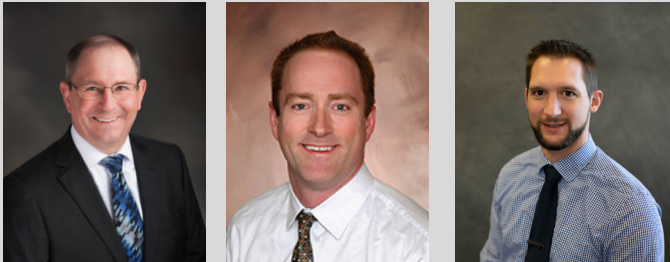


Tri Valley Health System Surgical Services

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. Ryan Carr
Adam Schapmann, PA
Total Joint Replacement · Arthroscopic Procedures · Carpal Tunnel Release

Podiatry



Dr. Russell Carlston
Dr. Richard Raska
Foot and Ankle Procedures

Surgery



Dr. Thomas Sorrell
Gallbladder-Hernia-Infusion Ports-Central Line Placement-Lesion Removal

Endoscopy



Dr. Shane Smith
Dr. Lennie Deaver
Colonoscopy

Urology



Dr. Robert Santa-Cruz
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



Angela Dawson
CRNA
Holly Lashmet
CRNA
Anesthesia, PICC Lines

Delivering Expert OB Care

Expecting a child, especially if it's the parents' first, is an exceptionally exciting time that can also be a bit intimidating. Having some reassurance can make a great deal of difference for Mom and Dad as they embark on an unforgettable and life-changing journey. For the providers at Tri Valley Health System, creating that reassurance means having the best equipment and technology, highly qualified staff, offering accompanying services, and providing expectant parents with attentive service and helpful information.

Tri Valley Health System also offers

- Child Prepration Classes
- Nitrous oxide as a safe alternative for pain management as well as epidurals
- Lactation trained nurses
- Surgical room close by for cesarean section
- Labor/Delivery/Recovery Suites
- Hydrotherapy tubs

Call us today to arrange a tour of our facility.
 308-697-3329
www.trivalleyhealth.com



TRI VALLEY
HEALTH SYSTEM



TRI VALLEY
HEALTH SYSTEM

Clinics in Cambridge,
Arapahoe, Indianola

Welcome to the World!

March -September Babies



Sophia, 3/8



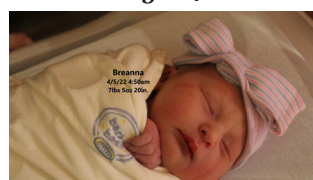
Hazyl, 3/10



Benjamin 3/15



Kanyon, 3/19



Breanna, 4/5



Halle 4/10



Reece, 4/29



John, 6/10



Ryker, 7/28



Ezekial, 8/15



Karlee, 8/16



Bo, 8/24



Cirilla, 9/21



Asher, 9/28

We are accepting OB patients

Having a baby is an exciting time and we are here to help you prepare for this huge life event every step of the way!

Tri Valley Health System offers free childbirth classes.

You can also schedule a tour of our facility and the labor and delivery suites.

Contact the TVHS OB Coordinator at 308-697-3329.

Our experienced OB providers

Dr. Lennie Deaver

Dr. Shiuvaun Jaeger

Dr. Rachelle Kaspar-Cope

3-D Digital Mammography Improves Early Detection



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. Tri Valley Health System takes your comfort into mind and will provide you with a warm gown to keep you warm during the procedure. She 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!

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.



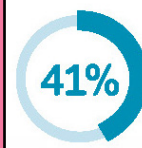
BETTER, EARLIER BREAST CANCER DETECTION

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

What's scarier: A colonoscopy? Or cancer?

WWW.TRIVALLEYHEALTH.COM ■

Don't Regret Putting it Off!

According to *fightcolorectalcancer.org*, it's estimated that over 60% of deaths from colorectal cancer could be avoided with screening. With that in mind, it's recommended that you should begin getting annual colorectal cancer screenings at age 50, until you reach age 75.

Colon cancer is curable 90% of the time when detected early.

Schedule your appointment with Tri Valley Health System today, because early detection could save your life.

Our knowledgeable and professional staff at Tri Valley Health System perform screening colonoscopies as well as surgical interventions.



Dr. Lennie Deaver



Dr. Shane Smith

Call 308-697-3317 to schedule an appointment to discuss screening options.



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

Advanced Wound Care receives Center of Excellence Award



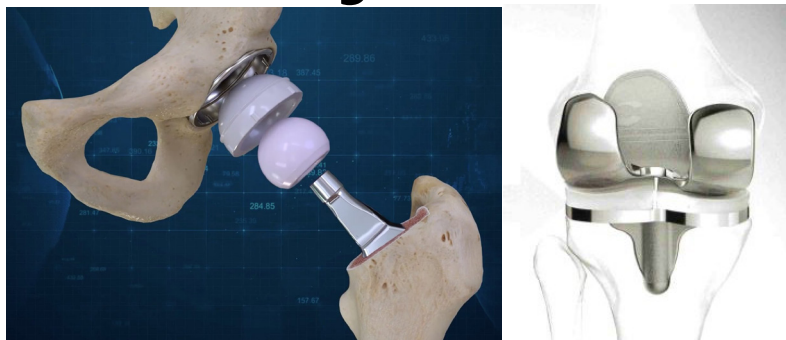
Pictured with the award are: Jessica Fisher, Chief Executive Officer; Conchita Einspahr, RN; Sally Farquhar, APRN; Kenda Ekdahl, RN; and Clay Jordan, Chief Nursing Officer.

Tri Valley Health System Advanced Wound Care Team is a recipient of RestorixHealth's highest achievement, the Wound Center of Excellence Award. Recipients of this prestigious award meet or exceed national wound care quality benchmarks in several categories including healing outcomes, assessment and care processes and patient safety, along with a patient satisfaction rate of 96% or higher.

The Advanced Wound Care Team is dedicated to optimizing outcomes and preventing lower limb loss in those patients with non-healing wounds. The approach to wound care is aggressive and comprehensive, coordinating traditional and advanced therapies and techniques that are proven to reduce healing time and improve healing rates.

For more information about Advanced Wound Care, please call 308-697-1172.

Tired of Living with Joint Pain?



Personalized Joint Replacements Made Just for You

Orthopedic Surgeons Dr. Ryan Carr and Dr. Chris Wilkinson use 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.

NHA honors Cunningham with Caring Kind Award



The Nebraska Hospital Association (NHA) recognized Nebraska member hospital employees by bestowing them with the organization’s prestigious The Caring Kind award. Among those receiving the award was Central Scheduler Angela Cunningham of Tri Valley Health System.


For 43 years, The Caring Kind award has been given to Nebraska’s most caring and compassionate hospital employees. The award honors outstanding health care employees who have demonstrated compassion for patients, cooperation with co-workers and dedication to excellence in their job responsibilities. Hospitals across the state each select one award recipient from within their respective institutions to be recognized during the NHA Annual Convention.

Angie’s nomination stated, “Angie is more than deserving of this award. She provides the most exemplary customer service to our patients, providers, and coworkers. She possesses the ability to make every person she encounters feel as if they are the most important person/patient. She is extremely friendly and helpful. Patients request to work only with her. She has the kindest and most compassionate spirit. She is willing to help wherever she is needed and does it with excellence as well (nursing related or not.) She takes ownership of the scheduling role. It is her upmost goal to see that our patients are scheduled accurately and timely. She wants to ensure they get the care they need with either an inhouse specialist or referral to an outside specialist. She just wants to make everyone as happy and healthy as they can possibly be.”

More than 2,500 skilled and dedicated health care professionals have received this award since its inception in 1979. Every Nebraska hospital employee plays a critical role in providing high-quality, cost-effective treatment and ensuring the safety of themselves, their co-workers and patients each and every day.

These honorees are star performers through their dedication to patients and teamwork, ensuring that care is safe, quality-driven and cost-effective for consumers, as well as for the organizations they represent.

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

Healthcare for Women


in every
**STAGE
OF LIFE**

Dr. Todd Pankratz, OB/GYN provides specialized comprehensive healthcare for women.

Schedule an appointment for
Annual exams and screenings * Menopause and Aging Issues * Birth Control and Tubal Ligation * Infertility Treatment * Pelvic Pain * Urinary Incontinence * Menstrual Irregularities * Hormonal Regulation * Hysterectomy * Endometrial Ablation * Acute and Chronic Diseases

Call 308-697-1172
www.trivalleyhealth.com



2019-2022 COMMUNITY HEALTH NEEDS ASSESSMENT

Every three years, Tri Valley Health System assesses the needs in the community. Read below to find out what we have accomplished in the past three years.

Health Area of Need #1: Housing	Timeline		
Goals and Initiatives	Complete	In Progress	On Hold
1. Restore Heritage Plaza to allow apartments to rent that are available to community members	X		
Health Area of Need #2: Primary Care Provider Recruitment / Add Visiting Specialists and network with other clinics	Timeline		
Goals and Initiatives	Complete	In Progress	On Hold
1. Add a visiting Urologist: Dr. McCalla (now retired); Dr. Santa Cruz	X		
2. Add Advanced Wound Care services: Sally Farquar, APRN	X		
3. Add a telemedicine Endocrinologist - evaluated and determined that the telemedicine clinic is not a good fit at this time			X
4. Recruit primary care providers: Dr. Powell, MD; Cheryl Mues, APRN	X		
5. Add one full time and one part time Certified Nurse Anesthetist: Holly Lashmet, CRNA; Angela Dawson, CRNA	X		
6. Contract with a mobile MRI company: Shared Medical Services	X		
7. Add a visiting Ear, Nose, and Throat provider		X	
8. Add a visiting Dermatologist		X	
Health Area of Need #3: Healthcare Staffing Shortages	Timeline		
Goals and Initiatives	Complete	In Progress	On Hold
1. Establish a contract with Workforce Connections Program to select and support non-traditional students	X		
2. Fund the Workforce Connections Program with Tri Valley Medical Foundation funds and the Human Resources budget	X		
3. Support Workforce Connections Program students	X		
Health Area of Need #4: Healthcare Insurance Options	Timeline		
Goals and Initiatives	Complete	In Progress	On Hold
1. Add third insurance option for employees.	X		
2. Switch retirement plan administrator to increase satisfaction	X		
Health Area of Need #5: Child Care Services	Timeline		
Goals and Initiatives	Complete	In Progress	On Hold
1. Partner with Furnas and Harlan county extension offices to provide supplies for babysitting clinic that draws interest of younger community members	X		
Health Area of Need #6: Build Community Awareness / Support	Timeline		
Goals and Initiatives	Complete	In Progress	On Hold
1. Create a scheduled plan marketing for each year based on awareness months and department needs	X		
2. Meet with specialists to effectively market their services	X		
3. Marketing to remove all old logos and update with new logo at all TVHS locations	X		
4. Marketing to keep TVHS website updated monthly	X		
5. Partner with Nex-Tech Marketing to create a marketing plan	X		
6. Mail out a quarterly newsletter "The Pulse"	X		
7. Do monthly radio advertising	X		
Health Area of Need #7: Drugs (Opioids, Meth, Marijuana)	Timeline		
Goals and Initiatives	Complete	In Progress	On Hold
1. Add Dispose RX receptacle outside of TVHS and distribute Dispose RX packets	X		
2. All TVHS providers use e-Prescribe	X		
3. TVHS Pharmacists review patient medication lists and provide recommendations	X		

2022-2025 COMMUNITY HEALTH NEEDS ASSESSMENT

Every three years, Tri Valley Health System assesses the needs in the community. Read below to find out what needs were identified and our plan to address them.

Health Area of Need #1: Mental Health		Timeline		
Goals and Initiatives	Complete	In Progress	On Hold	
1. Collaborate with schools to educate students on mental health	X			
2. Distribute and promote mental health service options	X			
3. Promote suicide prevention at local schools and community	X			
4. Continue to develop mental health referral relationships	X			
5. Continue to educate Emergency Department staff about mental health delivery issues		X		
6. Continue to encourage area providers to make referrals to the Senior Life Solutions program	X			
7. Increase clinic screening for mental health	X			
8. Promote the 24-hour crisis hotline	X			

Health Area of Need #2: Senior Health		Timeline		
Goals and Initiatives	Complete	In Progress	On Hold	
1. Continue transportation for healthcare and mental health services	X			
2. Support senior activities and work with organizations to establish senior activities		X		
3. Work with Agency on Aging for services to allow seniors to "age in place"		X		
4. Increase promotion of home health and senior living options in the area	X			
5. Develop Assisted Living Residents Wish List	X			

Health Area of Need #3: Childcare		Timeline		
Goals and Initiatives	Complete	In Progress	On Hold	
1. Support child care education with the 4-H babysitting classes	X			
2. Provide salary and benefits to support working parents	X			
3. Discuss possible summer internship/camp program with schools and Economic Development	X			

Health Area of Need #4: Uninsured/Underinsured		Timeline		
Goals and Initiatives	Complete	In Progress	On Hold	
1. Monitor changes to federal health insurance policies for rural health organizations			X	
2. Partner with Nebraska Hospital Association to advocate for this population	X			
3. Promote Marketplace enrollment	X			
4. Promote financial assistance program at Rural Health Clinics	X			

Health Area of Need #5: Build Community Awareness / Support		Timeline		
Goals and Initiatives	Complete	In Progress	On Hold	
1. Continue marketing to promote existing services	X			
2. Utilize email marketing		X		
3. Hospital leadership and staff attend local events and programs	X			
4. Tri Valley Health System night at local sporting event		X		
5. Host annual career fair		X		

Health Area of Need #6: Medicaid Dental Services		Timeline		
Goals and Initiatives	Complete	In Progress	On Hold	
1. Explore feasibility of neighborhood dental fair	X			
2. Discuss the need with local dentists and ask for help advocating to legislators	X			

Health Area of Need #7: Nutrition/Healthy Food		Timeline		
Goals and Initiatives	Complete	In Progress	On Hold	
1. Support school backpack programs and food drives for the food pantry		X		
2. Promote the local farmer's market		X		
3. Programs to show people how to shop on a budget		X		
4. Continue Meals on Wheels Program	X			
6. Continue health fairs, cooking demos, and other classes	X			

Health Area of Need #8: School Health		Timeline		
Goals and Initiatives	Complete	In Progress	On Hold	
1. Support local school guidance counselor programs		X		
2. Promote Southwest Nebraska Public Health Department Initiatives for youth		X		
3. Find effective youth media modes to promote healthy eating and exercise		X		
4. Support health education classes at local schools		X		

ECONOMIC IMPACT

According to a recent Economic Impact study done every two years, Tri Valley Health System does more than provide health care in Cambridge. The study conducted by the Heartland Health Alliance in 2021 through IMPLAN demonstrated the positive economic impact of Tri Valley Health System on the overall fiscal health of the community.

Direct Impact: *The sole impact Tri Valley Health System has on the state of Nebraska through its services.*



183.0
Jobs Provided

\$25,937,993
Revenue Created

\$309,167
State/Local
Taxes Generated

Indirect Impact: *The impact Tri Valley Health System has on jobs and wages created in other industries to carry out their operations. Examples include hired contract labor, supply companies, hotels, etc.*



71.9
Jobs Provided

\$12,150,260
Revenue Created

\$385,678
State/Local
Taxes Generated

Induced Impact: *The impact Tri Valley Health System employees (direct) and the downstream employees (indirect) have in the community. This is the result of the spending of income in the community. Examples include supporting local restaurants, real estate, insurance, household bills, etc.*



82.9
Jobs Provided

\$12,910,712
Revenue Created

\$682,292
State/Local
Taxes Generated

Total Impact:

337.8
Jobs Provided

\$50,998,964
Revenue Created

1,377,137
State/Local
Taxes Generated

2021 Top Industries Impacted by Tri Valley Health System	Impacted Employment (Jobs Provided)	Impacted Output (Revenue Created)	Industry
	10.8	\$ 1,101,856	Employment services
	8.8	\$ 569,191	Full-service restaurants
	8.0	\$ 1,528,132	Real estate
	4.6	\$ 371,996	Limited-service restaurants
	3.9	\$ 238,045	All other food and drinking places
	3.4	\$ 399,099	Other ambulatory health care services
	3.4	\$ 756,022	Management of companies and enterprises
	3.1	\$ 236,661	Office administrative services
	2.8	\$ 543,703	Legal services

*Source: IMPLAN results from 2021 using Tri Valley Health System Data

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 services

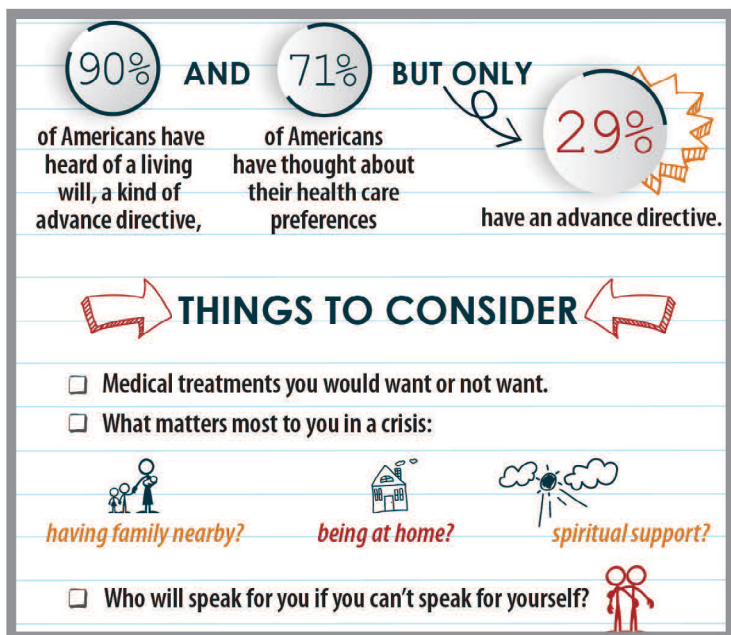
Plan with an advanced directive

We plan for many occasions in life but few have an end of life plan. Having a discussion with your loved ones and developing an advance directive – a written statement of your wishes regarding medical treatment – is a gift to your loved ones. It is not difficult to accomplish, but does require some thought and conversation.

According to the National Hospice & Palliative Care organization, advance care planning includes:

- Getting information on the types of life-sustaining treatments that are available.
- Deciding what types of treatment you would or would not want should you be diagnosed with a life-limiting illness.
- Sharing your personal wishes with your loved ones.
- Completing advance directives to put into writing what types of treatment you would or would not want – and who you chose to speak for you – should you be unable to speak for yourself.

For more information about advance directives, visit www.caringinfo.org or call Tri Valley Health System Social Services Manager at 308-697-3329.



Huntsman Cancer Institute graphic

DAISY Nurse 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.

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 in May during Nurses' Week. 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.

Past DAISY winners at Tri Valley Health System are Monique Steinmetz, Dixie Jauken, and Taylor Livingston.

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.



Check Out Tri Valley Health System's New Patient Portal.

The Patient Portal allows you to:

- Access Health Information
- Request Appointments
- Pay Bills online

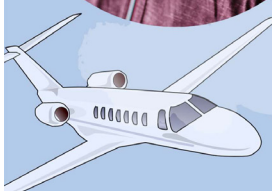
Enrollment is easy!

To get enrolled in the Patient Portal call 308-697-3329 and request to speak with Health Information Management or email info@trivalleyhealth.com.

Tri Valley Health System Offering Flight Physicals



Dr. Robert Santa-Cruz is now offering Class 2 and Class 3 pilot medical exams at Tri Valley Health System. Call 308-697-1172 to schedule your medical aviation exam.



www.trivalleyhealth.com
1305 HWY 6&34, Cambridge, NE



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
3. Achieve overall patient satisfaction
4. All TVHS Clinics be open five days a week

		X
X	X	X
	X	X
X	X	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	X
		X
		X
		X
X	X	X

Strategic objective #3: Smart Growth

Strategic timeline (x means completed)

Goals and Initiatives

2020	2021	2022
------	------	------

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

X	X	X
X	X	X
X	X	X
X	X	X

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 Board of Trustees



LaVern Banzhaf
President



James Jones
Vice President



John Paulsen
Treasurer



James McGowen
Secretary



Dale Fahnholz



Logan Baker



Nanette Witte



Derek Downer



Marcus Vontz

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. Annual memberships to TVHS are available for \$10 per individual and can be purchased anytime in the administration office.



TRI VALLEY
HEALTH SYSTEM

Local
Postal Customer

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CAMBRIDGE, NE
PERMIT NO. 2

Serving our area's healthcare needs since 1958

What is now known as Tri Valley Health System began in 1958 with the opening of Cambridge Memorial Hospital. 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

**Arapahoe
Clinic**
305 Nebraska Avenue
Arapahoe, NE

**Indianola
Clinic**
119 S. 4th St.
Indianola, NE

**TVHS
Arapahoe
Rehab**
211 Nebraska Avenue
Arapahoe, NE

**Assisted Living
Facility**
711 Mousel Avenue
Cambridge, NE

**Heritage
Plaza**
1205 Nelson St.
Cambridge, NE

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.