

THE TRI VALLEY PULSE

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SEASON'S GREETINGS



CRNA Holly Lashmet joins Tri Valley team



Tri Valley Health System welcomed the addition of CRNA Holly Lashmet to Tri Valley Health System beginning in November.

Holly Lashmet, CRNA, MS comes to Cambridge from Mobridge, South Dakota. Holly worked as a nurse for 22 years and graduated from the University of Kansas Certified Registered Nurse

Anesthesia program in 2004. Her first CRNA

job was at Stormont Vail Hospital in Topeka, KS where she was Chief CRNA for 14 providers. From there she went on to work in Sterling, CO and Dodge City, KS. She became a solo provider on call 24/7 at Community Medical Center in Falls City, NE in 2010 and was there until 2017. Holly just recently worked in Mobridge, South Dakota.

Holly has served Tri Valley Health System as a locum CRNA and said, "I knew Tri Valley Health System was the right fit and location to return closer to family in Kansas."

Holly will provide CRNA services at Tri Valley Health System along with Josh Hill.

Tri Valley's Wound Clinic receives Patient Satisfaction Award

Sally Farquhar, APRN, now providing wound care service



Sally Farquhar, APRN

Tri Valley Health System is pleased to announce their advanced wound care clinic is a recipient of RestorixHealth's Patient Satisfaction Award. Recipients of this award meet or exceed national patient satisfaction benchmarks over a six-month period. RestorixHealth launched its Center Recognition Award for Patient Satisfaction program to recognize those centers that have met or achieved a patient satisfaction score of 96% or higher.

"The award confirms our promise to provide quality patient care to our patients at Tri Valley Health System," said Chief Executive Officer Jessica Fisher. "TVHS is honored to receive the award as it recognizes a team dedicated to our patients,

quality care, and focusing on positive patient outcomes." Tri Valley's Advanced Wound Care 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.

Tri Valley opened the wound care clinic in October of 2017 with APRN Angie Howard providing services. Nurse Practitioner Sally Farquhar began providing care in August 2019. Farquhar is joined by a multidisciplinary team with advanced training in wound care. Integrating a team of wound care professionals optimizes patient care, while offering the most advanced healing options.

Tri Valley's Advanced Wound Care is open Thursdays. For more information, please call 308-697-3329.

Administrator's Letter

Jessica Fisher, CEO



Season's Greetings and welcome to our winter edition of "The Pulse." As you read through each page our team is happy to share new and exciting things taking place. Since my arrival it has been very important for me to listen to our customers, employees, and providers to understand additional healthcare needs and services they are wanting Tri Valley Health System to offer. I truly appreciate and value the feedback received from all of our customers. Often times you hear me share with our team "we are each other's customers" and I truly value and welcome the feedback from all.

It is with great pleasure to share with you a few initiatives we have added to our healthcare services in the past six months. They include: expanded urology services, cataract procedures being offered, the Beat (weekly communication posted via Facebook), expanded pain management services, nitrous oxide for pain management for laboring patients, a second certified registered nurse anesthetist (CRNA) joined our team, and many more to share in the very near future.

Our strategic planning sessions for 2020 were held with

department leaders, senior leaderships, providers, and board of trustees. Tri Valley Health System continues to ensure we are progressive and meeting the healthcare needs of our customers.

As 2019 concludes I think it's important to recognize everyone who made 2019 possible for Tri Valley Health System. First, I want to give a special thank you to our employees and their families. The following words come to my mind when I think of the TVHS team: kind, special, extraordinary, wonderful, important, understood, super, teamwork, proud, excited, happy, family, customer service, helpful, supportive, challenging, inspiring, quality care, laughter and smiling faces. I'm so proud of our team at TVHS. Our team is dedicated to care for our customers, families, and loved ones 24-7, and "to improve the lives we touch by providing care of the highest quality throughout life's journey." Thank you to our customers, it is a true honor and pleasure to care for all of you and your loved ones. You, the "customers," are the reason we are here. We view you all as our own family members and strive to give you the care we would give them. Thank you to our donors for your donations to Tri Valley Health System. Your donations help support our needs to continue to bring top notch healthcare, quality patient care, and excellent customer service to all customers. Thank you to all area emergency and law personnel. We appreciate partnering with you to provide quality care to those in need. Thank you also to the board of trustees for your dedication and support to provide knowledgeable oversight and governance to Tri Valley Health System.

We look forward to 2020 and facing the ever-evolving world of healthcare and we are prepared to meet it with innovation, technology, smart growth of service lines, and improved processes.

TRI VALLEY PROVIDERS

**Accepting New Patients
At All Clinic Locations
Call 308-697-3329 For An
Appointment**

Clinic Schedules

Arapahoe Medical Clinic

Now open four days a week.

TVHS Providers at Arapahoe Medical Clinic include Dr. Kaspar-Cope, Dr. Powell, Karinne Kulwicki, PA-C, and Sarah Norton, PA-C.

Cambridge Medical Clinic

Open six days a week, Monday-Saturday. Walk-in Clinic available Monday-Friday 8-4, Saturday 10 a.m. - Noon

TVHS Providers at Cambridge Medical Clinic include: Dr. Deaver, Dr. Kaspar-Cope, Dr. Jaeger, Dr. Powell, Karinne Kulwicki, PA-C, Sarah Norton, PA-C, Kyleen Klinkebiel, PA-C, Candice Haddon, APRN, and Angie Howard, APRN.

Indianola Medical Clinic

Now open four days a week.

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



**Lennie Deaver,
MD
Family Practice
Obstetrics**



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



**Shiuvaun Jaeger,
MD
Family Practice
Obstetrics**



**Michael Powell,
MD
Family Practice**



**Josh Hill
CRNA**



**Holly Lashmet
CRNA**



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



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



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



**Candice Haddon,
APRN
Family Practice**



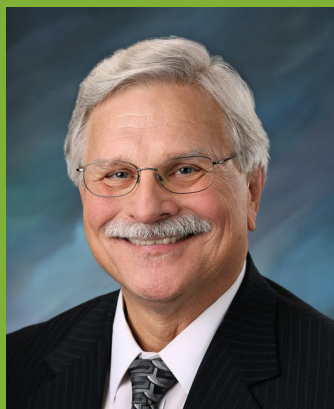
**Sally Farquhar,
APRN
Wound Care**



**Angie Howard,
APRN
Family Practice**

Board President's Letter

Paul Shellabarger



Welcome to the first Board written segment of The Pulse. The Board appreciates all the time and thought put into this informational publication.

For those of you don't know me, I was previously employed by Tri Valley Health System for 40 years as a Physician Assistant. It never crossed my mind that Association members would convince me to run for the Board after my retirement or that I'd be in the position of Board Chairman. Which segues into my topic of focus

this quarter--that of the relationship between the Board and the Hospital Association.

The Hospital Association was actually started prior to the original hospital being built. It was composed of influential community individuals who had an interest in providing healthcare in Southwest Nebraska. Membership has broadened over the years from a select few to a diverse group of individuals from local communities.

Association members meet annually for the purpose of formal updates by administration and election of a Board to represent them and oversee the operations of TVHS. The Board is strategic, as in adapting to the changing health care environment, focusing on the needs of the communities, providers and staff while maintaining fiscal viability within the confines of governmental compliance. The Board is not responsible for day to day operations which are handled by Administration and Senior Leadership.

Our current Board worked hard to find a new CEO who has been indoctrinated "by fire" with not only administrative issues but also the natural disaster of flooding. She has hit the floor running and is a wonderful addition to our TVHS family. Several improvements have been made with more to come, many in response to Association feedback.

Membership in the Association is open to the public via annual dues of \$10 and is highly encouraged. Participation of the Association members needs to actively continue, as in recent years. You need to demand accountability from the Board and voice concerns and/or suggestions so they can be addressed. Participation in the process helps ensure the success of our healthcare system.

In the future, we will have other Board members contribute to The Pulse. I am sure they will make you more aware of what we do and why.

Paul Shellabarger, President of the Board

Tri Valley Health System Clinics named exemplary practices by the Centers for Medicare and Medicaid Practices

CAMBRIDGE – Tri Valley Health System's clinics in Cambridge, Indianola, and Arapahoe were recognized by the Centers for Medicare and Medicaid Services (CMS) and the Transforming Clinical Practice Initiative (TCPI) for producing significant results in achieving the aims of TCPI. These aims reflect Tri Valley's commitment to high-quality, high-value care and improving the patient experience.

Since joining the program in 2017, Tri Valley has placed an emphasis on encouraging patients to participate in annual wellness visits. Tri Valley also implemented asking patients more questions at their appointments which resulted in 100% screening rates for depression, tobacco use and risk of falling, as well as 100% documentation of current medications.

The three clinics provide a full range of services, including a walk-in clinic at Cambridge and patients are able to request appointments online through the patient portal.

Tri Valley Clinic Director Carri Hall said, "We joined the National Rural Care Accountable Care Consortium because we are committed to improving the health of those in our community. Since we began TCPI, we learned the value of offering person-based care, as well as how annual wellness visits differ from annual physicals and other types of visits. By helping patients with preventive care, we are able to address issues before they need to see specialists and we are also better equipped to refer them to a specialist that is best suited to addressing their needs."

Tri Valley has also implemented a system to help identify patients' needs before their appointment by sending out a



Tri Valley Health System Clinic staff and CEO Jessica Fisher are pictured with their awards for all three clinics being recognized as an exemplary practice by the Centers for Medicare and Medicaid Services (CMS) and the Transforming Clinical Practice Initiative. Pictured front row left to right: Tri Valley Health System CEO Jessica Fisher, Cailee Zwickle, Clinic Director Carri Hall, Cassi McNeill, and Vallie Guess. Back row: Twila Tyan, Clinic Manager Jeri Powell, Staci Dack, and Monica Flammang.

questionnaire for them to complete prior to their appointment. Influenza vaccination rates are now at 90% and pneumonia vaccinations are a rate of 100%. These vaccinations are of great importance to the area, as more than a quarter of Tri Valley's population is over the age of 65 and could be at a greater risk of complications from these illnesses.

"We are proud of what we accomplished through TCPI, and are committed to continuing to be a resource to the community for health and wellness," Hall said.

Tri Valley Health System provides new service for the treatment of kidney stones

Tri Valley Health System has recently started a new service for the treatment of kidney stones. The non-invasive procedure, called shockwave lithotripsy, utilizes a special device called a lithotripter that generates controlled pressure waves or “shockwaves” outside of the body. Patients are carefully positioned on the lithotripter’s table so the shockwaves can be precisely directed at the patient’s kidney stones. Over the course of treatment the stones crumble to sand size pieces and these are eliminated naturally through the urine. A shockwave lithotripsy procedure for a single stone may take up to an hour and is performed by a urologist in the operating room under anesthesia. For most patients the procedure is done as an outpatient.

Tri Valley Health System CEO Jessica Fisher states “Tri Valley is very excited to be able to offer this innovative procedure for our patients for what can be one of the most painful conditions a person may experience. In the past patients have had to travel to larger medical centers if they wanted to have the lithotripsy treatment. This offers a new level of convenience and service to our community. This became possible with the recent addition of urologist Dr. Kenneth McCalla to our staff.”

This modern medical procedure comes to Tri Valley through the services of Roseville, Minnesota based Midwest Stone Management. The company brings a portable lithotripter and a highly skilled technologist to assist the doctor on a regular schedule to the hospital. Patients are evaluated for their kidney stones by their urologist and if they are appropriate candidates for the procedure they are scheduled to be treated on the next available visit.

Midwest Stone Management’s medical director, Dr. Roland R. Ugarte, says this treatment has been available in the United States since 1984. The company began in 1986 and since then has treated over 120,000 patients at hospitals and surgery centers in seven upper Midwestern states. He says this procedure is very well tolerated by most patients and is a standard procedure offered to appropriate candidates. Other procedures are available but have a greater level of invasiveness making lithotripsy one of the first choices for treating kidney stones.

Kidney stones are one of the most common urologic ailments, affecting 1 out of every 20 people in the United States, according to the National Institute of Health. There are different types of stones and the causes can vary from patient to patient. For this reason a kidney stone patient may need to have an evaluation as to why they are forming stones, particularly if it is a recurrent problem. Dietary changes and other treatment recommendations may be suggested for the prevention of future kidney stones. Urologists specialize in this type of analysis and now this is available in the Tri Valley Health System service area adding a new level of convenience for local residents.

For more information about shockwave lithotripsy and other urologic services available at Tri Valley Health System please contact us at 308-697-3329.

Kidney stones are one of the most common urologic ailments, affecting 1 out of every 20 people in the United States, according to the National Institute of Health.



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

Nitrous oxide now offered for labor pain management

Tri Valley Health System is excited to now offer nitrous oxide as another safe option for pain relief for laboring patients. Tri Valley Health System wanted to be able to offer their patients an alternative option for pain relief during labor and will now be utilizing the nitrous oxide unit that was recently purchased.

Nitrous oxide is a method of pain relief and anxiety management for mom during childbirth. It is often used at the dentist and referred to as laughing gas. By inhaling the gas through a mask, nitrous oxide is a safe and proven method for anxiety and pain management during labor.

There are no side effects from nitrous oxide for baby, and the side effects for mom are minimal. It is a temporary method of relief

Nitrous oxide can be

- used before having an epidural (and it is also safe to have an epidural later on).
- an alternative option to pain medication if someone is leaning toward a more natural childbirth experience.
- used before trying pain medication (Nubain).
- stopped if mom decides she would like to switch to pain medication (Nubain).

because it is cleared from the body when mom stops inhaling the gas and removes the mask. The nitrous oxide will also allow the patient to move and walk around while in labor and find different laboring positions.

Tri Valley Health System CEO Jessica Fisher says, "This is just one more way Tri

Valley demonstrates their commitment to providing care of the highest quality throughout life's journey."



Alicia Hollander named Tri Valley's Caring Kind

Alicia Hollander, surgical nurse at Tri Valley Health System, was selected as Tri Valley's Caring Kind Award for 2019 and received her award at the Nebraska Hospital Association Convention in October. Alicia started with Tri Valley on October 3, 2018 with no surgical background but showed a drive to learn and willingness to be challenged. She quickly learned the skills needed to Pre-OP, recover, and circulate cases in the surgical department. Her enthusiasm is always palpable, and it has enabled her to be successful while becoming an integral part of the surgical services team. Besides being a strong clinician, Alicia is kind and compassionate. She is always happy and rarely is seen without a smile on her face. Her excitement to learn and help others has permeated through the department and has a visible effect on her peers and her patients. Alicia is truly an example of a "Caring Kind" and an irreplaceable member of Tri Valley Health System.



Alicia Hollander was selected as Tri Valley's 2019 Caring Kind Award winner. Alicia was recognized at the Nebraska Hospital Association Annual Convention in October.

Tri Valley implements new patient billing, with itemization

Tri Valley Health System is pleased to announce itemized guarantor statements went “live” on July 22, 2019 after receiving input from our patients. If you have any questions regarding your statement, please contact our financial counselor at 308-697-3329.

With the roll-out of the statements, additional payment options and facility information is printed on the back side of each statement. As a reminder, on-line payments are available through the TVHS Patient Portal on our website at www.trivalleyhealth.com. The statements show various methods for you to pay your account. Should you have the need for other payment options, Care Credit is available. Contact our Patient Accounting Department should you wish additional information at 308-697-3329.

To ensure timely filing with your insurance company, please bring your most current insurance card/information to each visit at Tri Valley Health System. Please verify your address and/or contact information during registration.

Watch for upcoming changes as we review expanded payment options.

Tri Valley encourages flu vaccinations

Tri Valley Health System recommends the influenza vaccination for everyone six months and older to help protect our communities and keep everyone healthy. The best way to prevent seasonal flu is to get vaccinated every year. The flu vaccination can reduce flu illnesses, doctors’ visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations. Flu vaccine has also been shown to be life-saving in children.

The vaccination can be given by walk-in. No appointment is required.

The vaccination is \$30, payable with cash or check, but is usually covered by most insurance companies at no cost. Medicare, Medicaid and private insurance will be billed with proof of insurance. Any questions call Tri Valley Health System at 308-697-3329.

Support Tri Valley Health System by shopping at AmazonSmile

You can now support Tri Valley Health System when you shop on Amazon. Simply go to AmazonSmile.com and select Tri Valley Health System as the organization to support and Amazon will donate 0.5% of the purchase price of eligible products to Tri Valley. The Amazon Foundation has donated \$144,958,582 as of August 2019 to charities. If you have any questions about this program please contact Jolene Miller at 308-697-3329.



Connecting You With Your Health

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!

TRI VALLEY HEALTH SYSTEM

To get started, visit the Patient Portal link on our website: www.trivalleyhealth.com or call 308-697-3329

Tri Valley Wellness Center now open 24 hours a day

Offering bootcamp and yoga sessions



Tri Valley Health System Wellness Center is now open 24 hours a day. The Wellness Center offers lots of options for exercising, including bootcamp and yoga classes. For more information view the Tri Valley Wellness Center facebook page or call the wellness coordinator at 308-697-3329 for more information.

TRI VALLEY

HEALTH SYSTEM

Specialty Care Clinics

ORTHOPEDIC	Dr. Verploeg	1 st , 3 rd , 5 th Mondays
ORTHOPEDIC	Dr. Wilkinson	1 st , 3 rd , 5 th Tuesdays
CARDIOLOGY	Dr. Denney	Every Monday
ECHO & VASCULAR		Mondays, Wednesdays, 3 rd Fridays
NUCLEAR		Wednesdays, Every other Monday
GENERAL SURGERY	Dr. Sorrell	Every Tuesday
PULMONARY	Dr. Ganatra	First Wednesday
OB/GYN	Dr. Pankratz	First, Second, Fourth, Fifth Wednesdays
PAIN SPECIALIST	Dr. Meyer	Every Thursday, First Friday
ADVANCED WOUND CARE	Sally Farquhar, APRN	Every Thursday
PODIATRY	Dr. Carlston	2 nd & 4 th Tuesdays
PODIATRY	Dr. Christensen	2 nd & 4 th Fridays
PODIATRY	Dr. Hinze	3 rd Fridays
ONCOLOGY	Dr. Lewis	2 nd Wednesdays
UROLOGY	Dr. McCalla	3 rd Fridays
OPHTHALMOLOGY	Dr. T.J. Clinch	Every other month (October, December)
MRI SERVICES		Sundays

Anesthesia Services..... Josh Hill, Holly Lashmet

Mental Health Services..... Katherine Andrews, Trisha Jobman, Bryan Medical Center, Richard Young Counseling Center, Bryan Telehealth

Sleep Studies..... Evenings by appointment, 308-697-3329

Nutritional Counseling..... Tonya Koeppen, RD, LMNT 308-697-1461

Rehabilitation Services in Cambridge & Arapahoe..... 308-697-4178

Senior Life Solutions..... Dr. Dan Gillette 308-697-1299

Our Family Caring For Yours.

308-697-3329 • trivalleyhealth.com



"Investing in Tomorrow, Today"

Tri Valley Medical Foundation Pro Am

We would like to thank our sponsors, 32 participating teams, 13 pro golfers and more than 60 volunteers that made our 26th Annual Tri Valley Medical Foundation Pro Am a success. This year we raised over \$23,500. All proceeds will benefit our lab department with the purchase of a new medical grade ultra low lab freezer and a double door refrigerator.

Masters Sponsorship

Tri Valley Health System

Eagle Sponsorship

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High Plains Radio

Hometown Family Radio

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McCook Gazette

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Ag Valley

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Senior Life Solutions

Doug Claussen

Lamair Mulock Condon Co.



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Arapahoe Pharmacy

Amateur's Bar & Grill

Bernie Jones Automotive

Coppermill Restaurant

Frontier Home Medical

Swanson Sign

Napa

Rocket Inn

Farm Credit Services of America

Culligan Water

Wagner's Super Market & Variety

Channel Seed-Tom Carpenter

Gary Thompson Agency

State Bank of Bartley

Tri Valley Health System Auxiliary

Amy's Hair

Barney Financial Services-Ron Eckloff

Par Sponsorship

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Jessica Fisher

McDonald's

Extreme Ag

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Sexton Construction

Houlden Contracting

Hometown Agency

Cambridge Super Market

Dr. Lennie & Joyce Deaver

Lord's Hardware & Furniture

Samway Floor Covering &

Furniture

Pioneer Seed-Patrick Harding

Lockenhour-Jones Mortuary

Smoky Hill Winery



Tri Valley Medical Foundation Board

Jackie Shoemaker - President

Marcus Vontz - Vice-President

Doug Claussen - Treasurer

Barb Langley - Secretary

Cathy Kubik

Judy Jackson

Betty Jorgensen

Ginger tenBensel

Brad Nelson

Tri Valley Medical Foundation awards scholarships



In attendance at the Tri Valley Medical Foundation award reception were first row, from left, Sophie Brandt, Kati Moore, Holli Thomas, Shelby Stevens, Amelia Sayer, Andrea Wagner, Tri Valley Health System Auxiliary President Georgia Dutt. Back, from left, Cambridge Memorial Hospital Board Member Ginger tenBensel, Tri Valley Health System CEO Jessica Fisher, Baily Wiese, Bria Tomlin, Karinne Jurey, Ryann Lewis, Rylee Cross, Tri Valley Medical Foundation Board Member Betty Jorgensen, and London Scott.

Tri Valley Medical Foundation presented 24 scholarships totaling \$13,250 to 23 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. Members of Tri Valley Medical Foundation recognized the 2019 recipients at an awards presentation on Friday, June 14, at the Cambridge Manor. Since the inception of this program, over \$1,012,000 has been awarded.

Presenting the Tri Valley Medical Foundation Scholarships were Tri Valley Medical Foundation Board Member Betty Jorgensen and Tri Valley Health System CEO Jessica Fisher.

The Tri Valley Medical Foundation Scholarship recipients are Sophie Brandt of Holbrook, Preston Carbaugh of Cambridge, Rylee Cross of Cambridge, Macy Hill of McCook, Gregg LePlatt of Wilsonville, Ryann Lewis of Cambridge, Kati Moore of Bartley, Joslyn North of Holbrook, Amelia Sayer of Cambridge, Kacee Samway of McCook, London Scott of McCook, Shelby Shoemaker of McCook, Shelby Stevens of McCook, Holli Thomas of McCook, Bria Tomlin of Cambridge, Mariah Watson of Edison, Brielle Weverka of Arapahoe, and Cailee Zwickle of McCook. 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 Chloe Carlson of Holbrook, Faith Hansen of McCook, Karinne Jurey of Cambridge, and Baily Wiese of McCook.

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.

Representing the Auxiliary for the presentation was Auxiliary President, Georgia Dutt. Recipients of the Tri Valley Health System Auxiliary Maxine Price Memorial Scholarship are Andrea Wagner of McCook and Brielle Weverka of Arapahoe.

Maxine Price Memorial, Bernard Haag Memorial Nursing, and Tri Valley Medical Foundation Recipients:

Andrea Wagner, from McCook, attends Mid-Plains Community College in McCook where she is studying to become an LPN. Andrea is currently employed by Tri Valley Health System at the Cambridge Clinic as a Medication Aide.

Brielle Weverka, from Arapahoe, is a junior at Bryan College of Health Sciences. Brielle is currently working to obtain her Bachelor of Science degree in nursing. Brielle currently works PRN as a nurse aide at Tri Valley Health System.

Bernard Haag Memorial Nursing and Tri Valley Medical Foundation Recipients:

Chloe Carlson, from Holbrook, is a freshman at Central Community College in Kearney where she plans to earn her Associates Degree in nursing.

Faith Hansen, from McCook, is a junior at the University of Nebraska Medical Center in Omaha where she is talking classes to obtain her Bachelor of Science degree in nursing.

Karinne Jurey, from Cambridge, is a freshman at Bryan College of

Health Sciences where she plans to obtain her Bachelor of Science degree in nursing.

Baily Wiese, from McCook, is a freshman at Bryan College of Health Sciences and plans to earn her Bachelor of Science degree in nursing.

Tri Valley Medical Foundation Recipients:

Sophie Brandt, from Holbrook, is a freshman at the University of Nebraska at Lincoln where she plans to major in Biochemistry/pre-medicine. She would eventually like to obtain her doctorate degree and practice family medicine.

Preston Carbaugh, from Cambridge, is a freshman at Midland University where he plans to study biology and pre-physical therapy.

Rylee Cross, from Cambridge, is a freshman at the University of Nebraska at Kearney. She plans to study Radiology.

Macy Hill, from McCook, is a freshman at the University of Nebraska at Kearney and will pursue a degree in Biology. She hopes to have a career in ophthalmology.

Gregg LePlatt, from Wilsonville, is a freshman at Central Community College where he plans to study Occupational Therapy.

Ryann Lewis, from Cambridge, is a freshman at the University of Nebraska at Kearney studying Chemistry. Ryann would eventually like to obtain her Doctor of Pharmacy degree.

Kati Moore, from Bartley, is a sophomore at Nebraska Wesleyan University where she is majoring in Biology. Kati plans on attending graduate school and hopes to become a Physician Assistant.

Joslyn North, from Holbrook, is a freshman at Bryan College of Health Sciences where she is studying cardiac and vascular sonography.

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

Kacee Samway, from McCook, attends Central Community College in Grand Island and is studying to become an Occupational Therapy Assistant. She is in her final year of the program.

London Scott, from McCook, is a senior at Fort Hays State University. She is currently working to obtain her Bachelor of Science in nursing degree.

Shelby Shoemaker, from McCook, is a freshman at the University of Nebraska at Omaha. She plans to obtain a Bachelor's degree in Medical Laboratory Science.

Shelby Stevens, from McCook, is a sophomore at Clarkson College working to earn her Bachelor of Science in nursing degree.

Holli Thomas, from McCook, is a sophomore 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, from Cambridge, is a sophomore 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. Bria is currently employed at Tri Valley Health System as a summer intern in the Pharmacy department.

Mariah Watson, from Edison, is a freshman at the University of Nebraska at Kearney studying Pre-Medical Laboratory Science.

Brielle Weverka, of Arapahoe, is a junior at Bryan College of Health Sciences. Brielle is currently working to obtain her Bachelor of Science degree in nursing. Brielle currently works PRN as a nurse aide at Tri Valley Health System.

Cailee Zwickle, of McCook, is attending McCook Community College. She plans to obtain an Associate's degree in nursing to become an RN.

To learn more about Tri Valley Medical Foundation, visit trivalley-health.com/foundation.

More volunteers needed Auxiliary fulfills vital roles at Tri Valley Health System

The Cambridge Memorial Hospital Auxiliary has faithfully served in many ways.

The Downtown Thrift Shop has produced hundreds of thousands of dollars for needed medical equipment and other support to the Tri Valley Health System. The store in downtown Cambridge is operated by volunteers that belong to TVHS Auxiliary. They sort donated goods that come in from the community and surrounding areas. The generosity of everyone who donates to the Thrift store is amazing. If you shop there, you will always find clothing in season and household goods from bedding to cookware. A bridal and prom dress area that many are amazed to find, as well as the basement seasonal area that is very popular year round, to decorate for every holiday. It takes a large group of volunteers to sort, organize and man the Thrift Shop and these volunteers have a fun time doing it. Fellowship, friendship and support of each other are the foundation of these volunteers working together.

We also have the Auxiliary Volunteers that greet our customers at the main entrance of the hospital and offer assistance to their destination. Volunteers are familiar with the hospital, which includes the various departments and patient rooms. The volunteers greet visitors, answer questions, direct and escort patients to registration, outpatient surgery, lab, and radiology. They also escort hospital visitors to patient rooms. Volunteers serve all areas of the hospital and get plenty of exercise. They respond to staff requests to deliver paperwork and other items to various parts of the hospital. In addition, for patients who need assistance, they provide wheelchair transport from the front entrance of the hospital to other departments. In addition to all of these things, they also help in our Tri Valley Treasures Gift Shop and all profits are donated to the Hospital.

The Auxiliary has contributed to every department in the hospital, local nursing homes, schools, EMTs and in support of a physician drive. Contributions have totaled more than \$250,000.

Auxiliary also awards an annual scholarship in memory of long-time member Maxine Price. The scholarships are awarded to persons currently working at Tri Valley Health System that wish to further their education.

The Thrift shop accepts donations of goods to help raise funds for Tri Valley Health System.

If you are interested in joining Auxiliary and volunteering at the Thrift Shop, contact Tri Valley Health System 308-697-3329 or email info@trivalleyhealth.com

Whether you have a lot of time or just a little to give, you can make a difference. Our volunteers fill a variety of roles. Regardless of the role you choose or the time you contribute, you'll find the work you do at the hospital to be a gratifying experience.

Tri Valley Thrift Store ready for winter season

The year is zipping by and the Hospital Auxiliary Thrift Store in Cambridge is a busy place. Members of St. Paul's Lutheran Church conducted the spring/summer clean out of the thrift store on Sunday, September 22 where they sorted, packed and labeled boxes of clothing, shoes, toys, linens, household items, etc. for Orphan Grain Train in Grand Island. This agency distributes these goods to mission fields here in the United States and abroad wherever there is a need. The opening day of fall/winter shopping was September 24th.

Be sure to visit the wedding/fancy dresses boutique in the basement. Holiday displays are always on display in the basement. You can purchase keepsakes and knick knacks focused on Christmas, Valentine's Day, Easter, July 4th, Halloween, Thanksgiving, etc. all year round! We also have a wide variety of fancy glass dishes, bowls, plates and platters for your dining table.

The Hospital Auxiliary appreciates the generous donations from the community and welcomes shoppers Monday through Saturday from 1:00-5:00 p.m. All proceeds stay in the community benefiting Tri Valley Health System hospital and clinic projects, medical student scholarships and community needs. We welcome volunteers - if you would like to donate your time to help at the information desk at the hospital or assist at the Thrift Store, please contact us at 308-697-3329 or email info@trivalleyhealth.com.



TRI VALLEY GIFT SHOP HAS A NEW LOCATION



**Tri Valley
Treasures Gift
Shop is now
located beside
the Clinic.
We have a
great selection
of gift ideas for
everyone**

**TRI VALLEY TREASURES OPEN
WEEKDAYS 10AM TO 3PM**

1305 HWY 6 & 34, CAMBRIDGE, NE

Concussion Management and Physical Therapy

Concussions are one of the most common forms of a Traumatic Brain Injury (TBI), accounting for more than 3 million cases each year. Concussions are often caused from the result of a direct blow to the head or upper body region, causing your brain to slide back and forth in your skull forcefully contacting the inner walls of your skull. This forceful contact of the brain on its own skull is what causes the injury to your brain and leads to the concussion. High school athletes, especially those in contact sports, are at a higher risk for concussions. But other traumatic injuries, such as a fall or car accident, can cause concussions as well.

The signs and symptoms of a concussion can be subtle and may not show up immediately. Loss of consciousness is possible, but most people (91%) do not lose consciousness with a concussion. Diagnosis of a concussion is often by the signs and symptoms that are presented. Signs may include:

- Headache or feeling of pressure in head
- Confusion or a "foggy" feeling
- Unbalanced, dizziness, or vertigo
- Visual disturbances and visual tracking impairments
- Loss of consciousness
- Nausea and vomiting
- Slurred speech
- Delayed or inaccurate response to questions
- Short term memory issues
- Fatigue
- Sensitivity to light and noise
- Emotional changes (irritability, sadness, nervousness)

The brain injury that results from concussions cause impairments related to your neurocognitive system, which is your ability for your brain to process tasks and to cognitively function, and to your vestibular system, which controls your balance, postural stability, and the ability for your eyes to track and remain stable during dynamic movements.

One of the tests our area schools and TVHS conduct for our

local athletes is the ImPACT test. This test is administered to all athletes as a pre-concussive test, which collects individual baseline data for that athlete. If a concussion is suffered, the ImPACT is readministered to see if that athlete has returned to their baseline. The ImPACT test does have its limitations, as it only tests the neurocognitive aspect of concussions. Often times, concussions can lead to balance and other vestibular issues, such as vertigo or visual impairments and often times only present themselves when their vestibular system is challenged. An athlete may pass the ImPACT test, but when their vestibular system is challenged, their balance may still be impaired or they have other concussive symptoms that come out. This is a sign that the brain is still healing and this athlete should not be cleared to return to play. TVHS Rehab is trained in assessing the balance and vestibular portion related to concussions. We test our patient's ability to maintain postural stability, while monitoring their concussive symptoms, as we take them through dynamic balance activities. We treat them through techniques designed to gradually reintroduce dynamic activities to the brain and have it, in essence, retrain itself.

Sometimes, concussive symptoms can be present, such as headache or vertigo, which is caused by an injury to the neck or upper spine that was sustained during the traumatic concussion. In these circumstances, their symptoms were caused by a joint or muscular issue in the neck or spine that was continually causing the concussive symptoms. We utilize our manual therapy skills to assess and treat that person's spine and relieve the dysfunctions that were causing the symptoms.

Incorporating both the ImPACT test and the vestibular/spinal portion is the best way for us as healthcare professionals to make our best clinical judgement on whether the brain is fully healed or not. If an athlete can pass the ImPACT and be cleared for any vestibular or spinal involvement, than we truly know that their concussion is resolved and they can return to prior activities.

TRI VALLEY HEALTH SYSTEM PHYSICAL THERAPY TEAM



Kyle Minnick, PT



Amy Strand, PT



Allison Johnson,
PT



Kyle Broadfoot,
PTA



Tim Wegner,
PTA

Physical Therapy Services

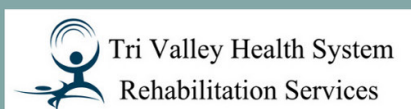
Orthopedics
Sports
Spine
Neurological
Geriatrics
Dry Needling
LSVT BIG for Parkinson's

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



TRIVALLEYHEALTH.COM

GENERAL CLINIC INFORMATION

Arapahoe Location - Physical, Occupational, and Speech Therapy
308-962-5402

Cambridge Location - Physical, Occupational, and Speech Therapy
308-697-4178

Assisted Living celebrates holidays with activities



The Tri Valley Assisted Living Facility celebrated the Christmas season during December with various crafts and visitors. A Christmas party was held on Monday, December 16 with the Cambridge High School choir providing music. Residents also opened gifts.

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.

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

- 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

Healthier Me Program begins in January



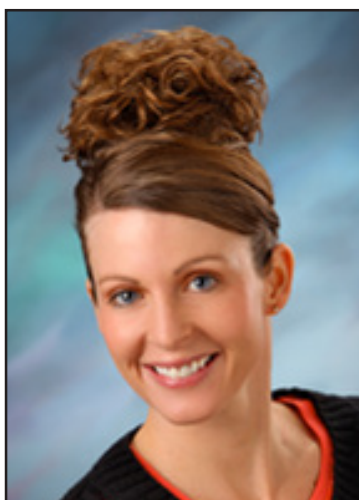
Class Dates

New sessions will start in January. Contact Tonya Koeppen at 308-697-1153 for more details. Class meets 16 weeks 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 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

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."**

Diabetes Support Group offered through Tri Valley Health System

The meetings will be the first Monday of every month (October 2019-May 2020) from 5:00-6:00pm at Tri Valley Health System with the exception of the Diabetes Health Fair on Tuesday, February 4th.

Tri Valley offers 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 308-697-1153.

Date	Location at TVHS	Topic
October 7, 2019	Republican River Room	Fall Cooking Demo by Tonya Koeppen, RD, LMNT
November 4, 2019	Check in at front desk of hospital for HgbA1C check. BINGO in the Meadowlark Room.	HgbA1C for \$20 from 4:30-6pm, check in at the front desk (greeter's desk) at TVHS. BINGO with prizes from 5-6pm
December 2, 2019	Meadowlark Room	Managing Sick Days and Acute Complications by Joan Magorian, RN
January 6, 2020	Meadowlark Room	Edward Meriwether, Pharm.D. Medication Therapy Management in Patients with Diabetes Type I and II
February 4, 2020	Vendors in Meadowlark room Speakers in Republican River Room	Diabetes Awareness Month, HgbA1C test for \$20 from 3:00-4:30pm Vendors available from 4:00-6:15pm Speaker 1- 4:30-5:15 Dr. Carlston Speaker 2 – 5:20-6:00 TBA
March 2, 2020	Meadowlark Room	Your Doctor's Appointment by TVHS Provider
April 6, 2020	Meadowlark Room	Diabetes and Foot Care by Joan Magorian, RN
May 4, 2020	Republican River Room	Cooking Demo by Tonya Koeppen, RD, LMNT

Tri Valley Health System recognized October as Breast Cancer Awareness Month

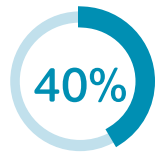
The statistics are alarming: 1 in 8 women will develop breast cancer in her lifetime; and, 8 out of 9 women diagnosed with breast cancer have no family history; but, with early detection, the five-year survival rate is almost 100 percent. Tri Valley Health System now proudly offers Genius™ 3D Mammography™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



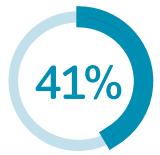
BETTER, EARLIER BREAST CANCER DETECTION

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



Wendy Witte, Board Certified Mammography Technician

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 308-697-3317 to schedule your Genius™ 3D Mammography™ exam today!

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 308-697-3317 to schedule your Genius™ 3D Mammography™ exam today!

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.

Massage Therapy offered by student Rhonda Banzhaf



Tri Valley Health System is excited to announce that Student Massage Therapist Rhonda Banzhaf will be offering massage therapy at Tri Valley Health System. Rhonda is studying massage therapy from the Universal College of Healing Arts in Omaha. Rhonda is doing her externship at Tri Valley Health System to complete 85 massages. She will graduate from the program in April and will become licensed after completing the state boards. Appointments are available on Mondays, Tuesdays, Thursdays and Fridays. Call 308-367-6876 to make an appointment.

Meet the Tri Valley Health System Radiology Team



Left to right: Dean Sprinkle, Wendy Witte, and Ross Ebbers

Dean Sprinkle is a registered technologist - Radiographer. He has more than 24 years of experience in radiology. Dean graduated from the Mary Lanning School of Radiologic Technology in 1995 and is a licensed medical radiographer. Dean specializes in x-ray, CT, US, Dexa and MRI. Dean has worked for seven years at Tri Valley Health System and his favorite part of working at Tri Valley is the dedication of the staff.

Wendy Witte is a registered technologist - Radiographer. She is board certified in radiography and mammography. Wendy has worked in the imaging department at Tri Valley for the past 13 years and her favorite part of working at Tri Valley is her patients and co-workers. Wendy said, "It's great working in a place where everyone helps each other out." Wendy also serves on the Service Excellence Every Day Council.

Ross Ebbers is director of the Cardiopulmonary and Radiology department. Ross is board certified in radiography and ultrasound. Ross has worked at Tri Valley for 23 years. Ross said, "I've always liked working with the entire staff of Tri Valley and I like taking care of the people in this area."



Lindsey Stewart is board certified in radiography and mammography. Lindsey has been at Tri Valley for 11 years.



Breanna Witte is board certified in radiography and ultrasound. Breanna will also finish her vascular ultrasound training in September. Breanna started at Tri Valley Health System in July 2019.

Meet the Tri Valley Health System Cardiopulmonary Team



Left to right: Jessica Paisley, Jordan Arterburn, and Julie Sayer

Jessica Paisley previously worked at the Tri Valley Health System Manor for 5 years. Jessica began working as a registered respiratory therapist in February. Jessica enjoys working in the smaller, rural healthcare setting where she gets to know her co-workers and patients.

Jordan Arterburn transitioned to a registered respiratory therapist in 2015. Jordan especially enjoys working with the OB department and the geriatric patients. Jordan loves the people she works with at Tri Valley Health System.

Julie Sayer is a registered respiratory therapist. Julie is also trained in sleep training and has worked in the sleep lab for eleven years. Julie has worked at Tri Valley for 28 years and enjoys the patients she gets to work with and the staff that is more like family than fellow employees

Tri Valley adds additional pain clinic services

Offering various treatment options for chronic pain

Tri Valley Health System and Dr. Meyer have a common belief - to meet the needs and provide the best care for patients.

Dr. Meyer has added an additional clinic at Tri Valley Health System to meet the growing needs of patients. Dr. Meyer's goal is to achieve a sustainable and quality level of care for his patients who are living with acute or chronic pain. The pain clinic treats cancer-related pain, arthritis, reflex-sympathetic injuries, spinal conditions and injuries, degenerative diseases, fibromyalgia, traumatic injuries, lumbar pain, spinal stenosis, neuropathic pain, and herniated discs.

Dr. Meyer has multiple treatment options available including: back injections, pain pumps, trigger point injections, stim implants and trials, occipital blocks for headaches, steroids, radiofrequency ablations, transforaminal injections, and cervical injections.

Stop living with pain. Request a referral to Tri Valley's Pain Clinic from your primary care provider. For any questions please contact Tri Valley Health System at 308-697-3329.



Dr. J. Paul Meyer

Dr. Meyer sees patients at Tri Valley every Thursday and the third Wednesday

Dr. J Paul Meyer is an Iowa native and has been a long time resident of Grand Island, Nebraska. He received his undergraduate degree in pharmacology from South Dakota State University in 1976. Afterwards, he attended the University of South Dakota, where he received his medical doctorate in 1984. In 1985 he completed his internship at St. Johns Hospital in Detroit, Michigan, and then went on to spend three years as a flight surgeon with the US Air Force, based out of Vance Air Force Base in Enid, Oklahoma. Following this service to our country, he served as an emergency medicine physician in Enid for four years, after which time he went on to do his residency in anesthesiology at the University of Kansas - Wichita. Dr. Meyer is board certified in anesthesiology and pain medicine by the American Board of Anesthesiology and Pain Medicine. Dr. Meyer is a veteran of the U.S. armed forces, where he flew both planes and helicopters. He still loves to fly airplanes when he can find the time!

Tri Valley participates in immunization registry

Helping you keep access to your records

With the advancement of healthcare technology and electronic health records (EHR) through the Meaningful Use mandates, connectivity and information sharing has become increasingly available as healthcare turns to preventative care and care coordination. In fact, all immunizations given are required by all medical clinics & hospitals to be recorded in their state immunization registry.

An Immunization Registry or Immunization Information System is a confidential, population-based, computerized information system that collects vaccination data about all persons within a geographic area. Information will be shared one way and soon one day bidirectional, meaning you can both upload immunization information and download it from the Registry.

With Meditech TRI VALLEY HEALTH is electronically connected to the state immunization registry (NEHII) will save our nursing staff a significant amount of effort and time. Additionally, MEDITECH which has built-in vaccine tracking, inventory management capabilities, and barcode scanning of vaccines can dramatically improve our efficiency. There are many benefits to syncing with the NEHII Registry through MEDITECH. It provides timely access to complete and relevant immunization data for use by patients, schools, or other healthcare providers. It can keep track of childhood immunizations to make certain children receive a full set, even if they change doctors or schools. A registry also can provide population health information for an area to see the number of immunizations and track outbreaks that might be related to a drop in immunizations for any given reason.



Fitness Reaching Older Gen's
southwest 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.

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

Tri Valley Health System designated a Safe Sleep and Abusive Head Trauma/Shaken Baby Syndrome Prevention Hospital



Nebraska Department of Health and Human Services Representative Jackie Moline presents Tri Valley Health System with their designation as a Safe Sleep Hospital and Abusive Head Trauma / Shaken Baby Syndrome Prevention Hospital Champion on Thursday afternoon.

CAMBRIDGE – Tri Valley Health System was recently designated as a Safe Sleep and Abusive Head Trauma/Shaken Baby (AHT/SBS) Prevention Champion through the Nebraska Department of Health and Human Services (DHHS). “We chose to become a Safe Sleep and Abusive Head Trauma Prevention Champion hospital because we want to provide the safest care possible for our tiniest patients,” said Chief Nursing Officer Clay Jordan at Tri Valley Health System.

DHHS worked with the Nebraska Hospital Association, the Nebraska Chapter of the American Academy of Pediatrics, the Nebraska Perinatal Quality Improvement Collaborative, and the Brain Injury Alliance of Nebraska to launch the Nebraska AHT/SBS Prevention Education Hospital Campaign. The campaign provides evidence-based education and training to parents of newborns as well as birthing hospital staff.

To become an AHT/SBS Prevention Hospital Champion, the hospital signs a pledge, creates or updates an AHT/SBS policy, provides yearly education to hospital personnel, educates parents with evidence-based AHT/SBS materials in accordance with Nebraska Revised Statute 71-2103, and incorporates The Crying Plan into post-discharge patient calls.

“Tri Valley Health System’s nurses are compassionate about supporting this campaign to strengthen the community’s awareness of the life altering effects of Abusive Head Trauma/ Shaken Baby Syndrome. The education we obtained from this campaign will give us the skills and knowledge to inform the parents and communities that this is 100 percent preventable. The nursing staff has completed modules in awareness and in providing education to new parents about creating their CRYing Plan. By implementing a CRYing Plan parents discuss early what to do when their new babies crying becomes overwhelming,” said Jordan.

The Safe Sleep program was launched by DHHS, the Nebraska Hospital Association, the Nebraska Chapter of the American Academy of Pediatrics, and the Nebraska Perinatal Quality Improvement Collaborative. The campaign provides evidence-based education and training to parents of newborns as well as birthing hospital staff on safe sleep for babies.

To be considered a Safe Sleep Champion, the hospital signs a pledge, creates or updates a Safe Sleep Policy, provides yearly education to hospital personnel, models safe sleep recommendations, and educates parents with evidence-based safe sleep materials in accordance with Nebraska Revised Statute 71-2103 and the 2016 American Academy of Pediatrics Safe Sleep Recommendations.

“Through the Safe Sleep initiative our staff has completed Safe Sleep training and models the techniques for our patients. Our new parents see firsthand the proper way to put baby down to sleep, how to dress baby so they aren’t too warm and what a safe sleep environment looks like. It has been beneficial to staff as well as our patients,” said Jordan.

For more information about infant safety visit: <http://dhhs.ne.gov/Pages/Maternal-and-Infant-Health.aspx>



DOT PHYSICALS

Available during the walk-in clinic Monday-Friday
8am-4pm or schedule an appointment.

2 types of drug screening available: Hair or Urinalysis. Determined by Employer



Merle Jane Harpst Awards presented to Vacura and Nelson

The prestigious Tri Valley Health System annual Merle Jane Harpst Awards were presented to one licensed and one non-licensed Tri Valley Health System employee at the annual recognition event on Saturday, December 7, 2019. The award was established in 1998 to honor the late Merle Jane Harpst and her 20 plus years as an employee and administrator at Cambridge Memorial Hospital and Tri Valley Health System.

Each year employees are asked to nominate their co-workers that “follow the guiding principles that Merle lived and worked by.” The criterion for this award is an individual that sets an outstanding example of caring service for residents, patients, or fellow employees. Recipients of the award each received a monetary gift and a plaque in appreciation.

This year’s winner for the non-licensed Harpst Award is Brad Nelson. Brad works as a Plant Operations Technician and has worked at Tri Valley Health System for nine years. Part of Brad’s nomination from his peers read, “Brad is most deserving of this award due to his commitment to Tri Valley and his compassion that he displays with the staff, visitors and patients that cross his path. He is always willing to help out even when he’s not asked to. Brad offers to carry items for others when he sees they may need help. He is always there to open a door with a smile. He listens completely and ensures he understands what you are explaining and communicates effectively and often regarding open ticket items.”

The non-licensed nominees included: Mallory Palmer, Robert Guess, Marla Hoelscher, Tammy Claussen, Brad Nelson, Nicole Gomez, Miguel Arambula, Vicki Jones, Celia Nelson, Julie Schultz, and DeLaina Wulf.

This year’s winner for the licensed Harpst Award is Kathy Vacura, RN. Kathy has been an RN at Tri Valley Health System for 13 total years. Part of Kathy’s nomination read, “Being a nurse takes so much more than having the medical knowledge to assess your patients and treat their symptoms. It is showing compassion for patients when the outcome wasn’t what they expected. It is being that support system when no one else is there. It is being a mentor and teammate to your coworkers so together, you all can have a positive impact on others. I have had the privilege of working side by side with this extraordinary woman for the past year and a half. She exemplifies what it means to give outstanding patient care. Over her successful career as a nurse, she has worn many hats and taken on various roles. Her current role is that of a surgical nurse here at Tri Valley. The long hours she puts in preparing for cases and the countless consecutive days she spends on call, is a reflection of how hard she works to do the absolute best job she can. Her humor is infectious and the way she can comfort patients when they are at their most vulnerable, is so inspiring. I am honored to work side by side with her every day and am grateful for all that I have learned from her. Kathy is a very dedicated and loyal employee with always putting her patients first and makes them feel so comfortable and safe. Her customer service is above and beyond with always using the 6-foot rule and giving hugs as if you are family. Kathy is such a delight to see in the halls going to different departments. Kathy is a great team player with all staff treating everyone with the up most respect and giving a helping hand when needed. She truly deserves recognition.”

The licensed nominees this year were: Tonya Koeppen, Staci Dack, Dr. Shiuvaun Jaeger, Kathy Vacura, Kay Markut, Dixie Jauken, Jordan Arterburn, and Wendy Witte.



Tri Valley Medical Foundation President Jackie Shoemaker and Plant Operations Director Mark Harpst presented the Tri Valley Health System Harpst non-licensed award to Plant Operations Technician Brad Nelson.



Tri Valley Medical Foundation President Jackie Shoemaker and Surgery Director Brenda McIntyre presented the Tri Valley Health System Harpst licensed award to Registered Nurse Kathy Vacura.

Along with recognizing the recipients of the Merle Jane Harpst Awards, Tri Valley Health System CEO, Jessica Fisher recognized those employees reaching 5-year increments in their continuous years of service at Tri Valley Health System. Recognized for continuous years of service were:

5 Years: Ciprian Galarneau, Kay Markut, Anabel Andrade Juarez, Marla Hoelscher, Monique Steinmetz, Jaimie Brush, Barbara Helberg

10 years: Tamara Claussen, Tanya Kapustka, Tonya Koeppen, Kamiell Dick

20 years: Sharon Evans

25 years: Vicki Brown

30 years: Carla Sayer

35 years: Monica Flammang, Penny Minard

40 years: Mark Harpst

45 years: Mary Jo Young

Tri Valley Health System provides public transportation

Nearly 105,000 Nebraskans do not have access to a vehicle. That is 5.7% of households in Nebraska. But they can still get around by utilizing public transit. Public transit is available to 99% of the state's populations.

Tri Valley Health System is proud to be able to offer public transit service to the area. Joyce Deaver, Director of Tri Valley Public Transportation, states that in 2018 Tri Valley had 3,142 boardings and their vehicles traveled 48,766 miles. "Public transportation is a vital need in the community and surrounding communities and we are happy to assist anyone with a ride to the grocery store, banking, shopping, and medical appointments."

Tri Valley predominately serves the communities of Cambridge, Bartley, Indianola, McCook, Lebanon, Danbury, Wilsonville, Hendley, Beaver City, Oxford, Arapahoe and Holbrook but will travel elsewhere if available.

Tri Valley Public Transportation is available Monday-Friday from 7 am to 5 pm but can run after 5 pm for occasional circumstances. To schedule a ride, please call 308-697-1164.

Check out Tri Valley's website for more information at www.trivalleyhealth.com

PUBLIC TRANSPORTATION PUNCH CARDS AVAILABLE



Punch cards for \$10 worth of rides. Makes a great gift.

Call Public Transportation at 308 697-1164

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

Extraordinary Nurses recognized at Tri Valley Health System

Monique Steinmetz awarded first Daisy Award

Nurses at Tri Valley Health System are being honored with The DAISY Award for Extraordinary Nurses®. The first award ceremony was held Monday, November 18. Nominees for this year's Daisy Award were Laura Kugler, Angela Cunningham, and Monique Steinmetz. The winner of the first Daisy Award at Tri Valley Health System was Monique Steinmetz. Monique was nominated by the Wayne Lee family for her caring and life-saving action while Wayne Lee was a patient at Tri Valley Health System. 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.

Said Bonnie Barnes, FAAN, President and Co-Founder of The DAISY Foundation, "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."

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.

Tri Valley offers Senior Life Solutions therapy program

Life can pose challenges at every stage of life and the elderly are no different. In fact, aging individuals often experience many life transitions and concerns that require support. The Tri Valley Health System Senior Life Solutions Program is an intensive outpatient group therapy program designed to meet the unique mental health and emotional needs of individuals over the age of 65, who are struggling with life challenges. Senior Life Solutions offers professional support which includes the development of healthy coping skills, community resources, and guidance in managing all aspects of aging.



The Tri Valley Health System Senior Life Solutions Team is Laura Kugler (seated), Tara Anderson, and Wendy Shifflet. The team is also served by board certified psychiatrist Dr. Gillette.

The program started in March 2018 as the very first program in Nebraska. The programs are located across the United States, with a total of six in the state of Nebraska. Patients are offered services by an interdisciplinary team of caring, experienced, behavioral health professionals, which includes a psychiatrist, licensed therapist, and registered nurse.

The program offers each patient a personalized care plan, individual therapy, group therapy, and options for family therapy if desired. Program Director Laura Kugler states, "Group therapy has proven to be highly effective, it encourages patients to share personal experiences, as well as their strengths, which can boost self-esteem and confidence. It gives group members the opportunity to create relationships with other people who may be facing similar challenges." Individuals participate in group therapy up to three mornings a week and will see Dr. Gillette, the program's Medical Director and board certified psychiatrist, once a month. One-on-one sessions with the therapist typically occur twice a month. Individuals are also provided additional assistance through blood pressure checks and other basic medical support. Tri Valley Health System provides transportation to and from the sessions and provides a lunchtime meal.

Kugler said, "There is a great need for this service. We have had a waiting list at times since we are limited to 10 patients in a group. Our patients come from all over the southwest Nebraska area."

If you or someone you know is dealing with loneliness, depression, grief and loss, decreased energy, anxiety, crying, difficult life transitions, or low self-confidence please contact Tri Valley Health System Senior Life Solutions at 308-697-1299. Referrals can be made by anyone.

Tri Valley joins Transition of Care Collaboration (TCC)

Tri Valley Health System joined the Heartland Health Alliance Transition of Care Collaboration (TCC) along with six other hospitals. During the year long collaboration, hospitals will learn about TCC best practices, maintain a TCC scorecard and be able to share what works and what hasn't worked with the project.

The goal of the collaboration is help the patient be prepared for the movement between healthcare settings and ensure the patient has a solid understanding of medications and treatments, therapies, and appointments they will be involved with. The nurses, providers, pharmacists and therapist strive to have this information in an easy to understand format, eliminating as much medical terminology as possible.

The TVHS Transition of Care team is working on a booklet called an "after hospital discharge care plan" that will include a calendar for upcoming appointments, instructions, what their diagnosis is and how to care for their health condition, what to do if a problem arises, a list of medications, list of medicine allergies, contact information for clinic, hospitals, medical equipment companies, a note area to write questions, concerns or symptoms to ask their provider at the follow up appointment, diet changes and activity limitations. The team anticipates reducing readmissions to the hospital and increase the patient's satisfaction with the transition to home.

Tri Valley part of the VA health care network

Tri Valley Health System is happy to be a part of the Veteran Affairs (VAs) network of community providers who play a vital part of the Veteran Affairs (VA's) high-performing healthcare network to make sure Veterans who have served our



country get the timely, high-quality health care they need. Veterans live in every corner of the United States. Given the geographic distribution of Veterans throughout the country, Department of Veterans Affairs (VA) provided health care is not conveniently available everywhere. The Veterans Health Administration (VHA) is America's largest integrated health care system, providing care at 1,250 health care facilities, including 172 medical centers and 1,069 outpatient sites of care of varying complexity serving 9 million enrolled Veterans each year.

Plaza Apartments for Rent

*Economy Size, 1 bedroom and 2 bedroom apartments available.
*2 meals available



Call 308-697-3329 for more information or for a tour

Tri Valley Health System Board of Trustees

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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



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Tri Valley Health System Auxiliary Officers

The Cambridge Memorial Hospital Auxiliary meets every other month.

Current officers are
Georgia Dutt - President
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TRI VALLEY
HEALTH SYSTEM

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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

**Assisted Living
Facility**

711 Mousel Avenue
Cambridge, NE
308-697-3329

**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.