



TRI VALLEY HEALTH SYSTEM THE PULSE

INSIDE THE PULSE

- 2-3 Letter from the CEO
- 4 TVHS Providers
- 4 Specialists Schedule
- 5 Foundation Donates to Call System
- 6 Foundation Raises Funds For Ultrasound
- 6 Foundation Pro-Am
- 7 Auxiliary Thrift Shop
- 7 TVHS Gift Shop
- 8 Rehabilitation Services
- 9 Assisted Living
- 10 Senior Life Solutions
- 11 Healthy Cooking Demo
- 11 Healthy Stir Fry Recipe
- 12 Medical Clinics
- 13 Specialists
- 14 Surgical Services
- 15 OB Services
- 16 3-D Mammography
- 16 Colon Screenings
- 17 Knee Replacement
- 17 Health Records
- 18 Employee Years of Service
- 18 OB/GYN Services
- 18 Wellness Center
- 18 Same Day/Walk In
- 19 2022-2025 CHNA
- 20 Daisy Award
- 20 Advanced Wound Care
- 20 Public Transportation
- 20 Advance Directives
- 21 Call Care
- 21 Join Our Team
- 21 Low-Dose CT Scan
- 21 Selecting a PCP
- 22 Sleep Lab
- 23 Strategic Plan
- 24 About Us

New ultrasound and bed purchased with donations

Tri Valley Health System purchased a new Aplio i-series ultrasound and bed with a \$59,000 donation from the Tri Valley Auxiliary, \$2,910 from The Big Give Event by the Tri Valley Medical Foundation, a \$10,000 grant from the B. Keith and Norma Heuermann Foundation, and a \$5,000 anonymous donation.

The Aplio i-series ultrasound is designed to deliver outstanding clinical precision and productivity. Crystal-clear images with enhanced resolution and penetration as well as an abundance of expert tools help get diagnostic answers quickly and reliably for patients.

Tri Valley Health System CEO Jessica Fisher said, "It is always paramount to have up to date equipment to provide the best care possible to our patients. Tri Valley Health System strives to look for resources and funding to continue to support our mission to provide care of the highest quality throughout life's journey. We appreciate the support from all of these donors that made this purchase possible."



Dermatology offered at Tri Valley Health System



Dr. John Adams

Premier Dermatology & Mohs Surgery Center will be providing dermatology services at Tri Valley Health System starting on April 20, 2023. Dr. Adams will be seeing patients at Tri Valley Health System on the third Thursday of every month.

From 2013-2016, Dr. Adams served on the Board of Directors of the American Society for Mohs Surgery. In 2016, he served as the President of the Kansas Society of Dermatology and Dermatologic Surgery. Dr. Adams has also been selected as one of "America's Top Physicians." He currently serves as a Clinical Assistant Professor at the University of Kansas School of Medicine. Dr. Adams received his medical degree from the University of Southern California. He has been practicing at Advanced Dermatology and Skin Cancer Center, PA since 1998.

Some of the conditions Dr. Adams will treat include: acne, all types of skin cancer, irregular moles, melanoma, eczema, poison ivy, psoriasis, rosacea, skin abnormalities, skin infections, warts and other skin conditions.

Tri Valley Health System is very excited to be able to offer expert dermatology care to this area. For an appointment call (402) 462-4872 or toll-free at (888) 806-6571.

TVHS utilizing automated reminder system

Tri Valley Health System has started utilizing an automated appointment reminder system. Patients with a scheduled appointment at any Tri Valley Health System location will receive a text message or phone call letting them know about their appointment at least 24 hours before their appointment. Patients will be able to confirm or decline the appointment. This system will create an efficient system for Tri Valley Health System and will be a convenient reminder for patients. Tri Valley Health System CEO Jessica Fisher stated, "We hope that this system will allow maximum use of appointments at Tri Valley Health System and send a friendly reminder of scheduled appointments for patients."



TRI VALLEY
HEALTH SYSTEM

Tri Valley Health System CEO Jessica Fisher was one of the many Nebraska Hospital CEOs and leaders who were in attendance at the Nebraska Hospital Advocacy Day in March. Fisher met with Senator Dave Murman and Governor Jim Pillen addresses the group about the state budget and the state of healthcare. Photos courtesy of Nebraska Hospital Association



A MESSAGE FROM THE CEO

Time for collaboration and advocacy has come



Jessica Fisher, CEO
Tri Valley Health System

The Nebraska Hospital Association reports

- financial pressures are forcing 55% of our hospitals to operate at negative margins
- provider rates are not keeping up with growing costs
- a historic workforce shortage is driving up costs and limiting care
- significant barriers to post-acute placement
- payers adding burdensome rules and restricting care for patients.

Greetings from Tri Valley Health System and welcome to the tenth edition of the Pulse. As many of you may know hospitals have been getting lots of attention in the news regarding financial sustainability and funding sources. The focus of my article is to enlighten our readers and help you understand challenges we are facing in rural healthcare. This problem is bigger than Tri Valley Health System and will require many groups and individuals to join together during this unprecedented time.

I had the pleasure of attending the inaugural Legislative Appreciation Dinner with fellow hospital leaders and Nebraska State Senators in January. Over 80 attendees enjoyed an evening of networking and fellowship, while discussing important health care issues facing our hospitals. While networking and fellowship are great, I believe the time has come where these groups must join for an even more important reason.

Our very future existence is going to rely on support from the State of Nebraska and the federal government. Nebraska hospitals receive anywhere from 60% to 80% of their revenue from government payers, like Medicare and Medicaid; reimbursement rates for these programs are set by federal and state government. For 2023, the State of Nebraska increased the Medicaid reimbursement rate a mere 2%. So, to put this in perspective, most of our revenues are locked in and receive meager increases while costs that we can't control such as employment costs, supply costs, utility costs, equipment costs, are all growing exponentially. This is not sustainable and as we operate as a business, it doesn't take long to realize at these levels that it will be difficult to remain with positive

margins. We must all come together and support LB128-Improving financial stability of hospitals. LB128 increases Medicaid provider reimbursement rates for all hospitals to keep pace with medical inflation. By increasing Medicaid provider reimbursement rates a modest 9.6% beginning in July 2023 and 7.7% in July 2024. Our hospitals and health care systems are facing challenges we have not seen in generations. The Nebraska Hospital Association reports, "financial pressures are forcing 55% of our hospitals to operate at negative margins, provider rates are not keeping up with growing costs, a historic workforce shortage is driving up costs and limiting care, significant barriers to post-acute placement, and payers adding burdensome rules and restricting care to patients." The Nebraska Hospital Association and Nebraska Rural Health Association released the Roadmap to Strong Rural Health Care in February. This document outlines the many challenges faced by rural healthcare along with proposed legislative strategies and solutions. The road map can be found and accessed at <https://www.nebraskahospitals.org/advocacy/roadmap-to-strong-rural-health-care.html>. I encourage all readers to read the Roadmap to Strong Rural Health Care.

While collaborating with our governments it is imperative, we also rely on the support of other supporting entities, such as the Tri Valley Medical Foundation, Cambridge Memorial Hospital Auxiliary, TVHS Employee Activity Committee, and seek outside grant funding sources. We were very fortunate to receive assistance from both Tri Valley Medical Foundation and Cambridge Memorial (Continued to Page 3)



Hospital Auxiliary to purchase a call light system and an ultrasound bed and machine that you will find information on in this edition of the Pulse. We appreciate the support received during the TVHS Employee Activity Committee pancake feed and basket raffles. TVHS Employee Activity Committee has donated funds to support many projects at TVHS that include new exam lights in the Specialty Clinic, clothes hamper at the Assisted Living Facility for all residents, new chairs for the cardiopulmonary department, and enhancing the healing garden for patients, visitors, and employees. We want to be very prudent and conserve local dollars, so we apply for outside funding from large granting organizations for projects that meet application criteria. Grant funding is on-going and allows several collaborations with organizations supporting healthcare initiatives. Resources and funding are needed to support all efforts including facility improvements, new service lines, and equipment.

Most importantly though, is the support we receive from our patients and communities in which we serve. Without your support and utilization of Tri Valley Health System we would have no reason to be in existence. We strongly believe in our mission of providing care of the highest quality throughout life's journey. We have been providing care to the area since 1958 and we want to continue to be here for many generations to come. We continue to expand our service offerings to meet all your healthcare needs. We are very excited to now be offering dermatology to our patients. This was a need identified by our patients and we had been working hard to find a dermatology provider. We are also still actively working on recruiting a neurologist and a family medicine provider with obstetrics.

In March, I had the pleasure of attending Nebraska Hospital Association (NHA) Advocacy Day 2023. Chief Nursing Officer, Clay Jordan joined me for the event that was hosted in Lincoln, Nebraska. The NHA Advocacy Day is a workshop that provides leaders with important information about state and federal legislative issues. Special emphasis is placed upon issues impacting Nebraska hospitals and health systems and how they deliver quality and affordable patient care in their communities. As a NHA member we are called to be an active participant in our advocacy efforts. Together we can create change, together we can speak loudly. Our state legislators are listening and responding to issues that impact our patients, our staff, and our healthcare facilities. I'm asking for all readers for help in having conversations with state legislators, share your personal stories about healthcare services. We need everyone to unite as one to motivate our elected officials to



Top Pictures: Attendees at the Nebraska Hospital Advocacy Day met with State Senators and Governor Jim Pillen at the State Capitol. Bottom picture: Tri Valley Health System Board of Trustees and CEO Jessica Fisher attended the American Hospital Association Conference in San Antonio, Texas in February.

make policy and funding decisions that continue to make Nebraska a stronger state and support rural health care facilities.

While in attendance at Advocacy Day I had the pleasure to meet with our State Senator Dave Murman. During our conversation we focused our discussions on Medicaid provider reimbursement rates (LB128), Post-acute challenges (difficulty placing patients after a hospital stay) (LB 156, 157, 227, and 761), Nursing workforce shortages (LB586), and other issues including contract agency employee expenses, long term care, and scholarship support. I extended the offer to State Senator Dave Murman to come for a tour and to get to know us at Tri Valley Health System and our communities. Additionally

at Advocacy Day I spoke with State Senator Teresa Ibach and State Senator John Lowe. Discussions with Senator Teresa Ibach were focused on Medicaid provider reimbursement rates (LB128), childcare, education, nursing workforce shortages (LB586), and recruitment. I discussed gambling, education, and property taxes with Senator John Lowe. I will be revisiting the Nebraska State Capitol on April 14th, 2023, as it's my honor to serve as the Nebraska Hospital Association, Chief Executive Officer of the week. The intent is to meet with State Senators in the Capitol Rotunda in collaboration with Nebraska Hospital Association. During my visit I plan to discuss the following advocacy messages: improving financial stability of hospitals, helping the financial stability of our critical access hospitals (CAHs), addressing the nursing workforce shortages, and placing patients in appropriate post-acute settings.

Many of the Tri Valley Health System Board of Trustees and I attended the 36th Annual American Hospital Association (AHA) Rural Health Care Leadership conference in San Antonio, Texas in February 2023. AHA brought together teams and healthcare subject experts from across the United States to share strategies and resources with the focus of growth and promotion of stronger healthcare systems. Educational topics included but not limited to governance, operations of a healthcare facility, financial and environmental challenges, collaborations and partnerships amongst facilities (sharing resources), labor shortage roundtables, and innovative approaches to help transform care delivery models and business practices. The TVHS Board of Trustees and I feel strongly that continuous learning allows us to stay up to date with rural healthcare best practices, resources, and strategies.

It is my honor to be the CEO of Tri Valley Health System and work together to serve this area's healthcare needs. As always, my door is always open for any concerns or questions.

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

Dermatology: John Adams, M.D., Premier Dermatology & Mohs Surgery Center - 3rd Thursday

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

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

Ophthalmology: T.J. Clinch, M.D., Kearney Eye

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



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

Tri Valley Medical Foundation Pro Am proceeds helps purchase new Assisted Living call system



Tri Valley Health System Assisted Living Residents are pictured with their new call light pendants. Also pictured are Tri Valley Assisted Living Staff Mercedes Tirado, Assisted Living Facility Director Deanna Weaver, Tri Valley Medical Foundation Director Jamie Vontz, and Tri Valley Health System CEO Jessica Fisher.

Tri Valley Health System Assisted Living Facility recently installed a new Kidwell Nurse Call System. Tri Valley Medical Foundation raised \$14,336.70 at the 28th Annual Pro Am Golf Tournament for the project. The Kidwell Nurse Call System features individual pendants for each resident. Each resident will have a pendant that will send a notification to the medication room as well as to staff pagers in order to alert them that the resident needs assistance. The pendants have location capabilities that will identify the exact location of the resident. This will also help when a resident leaves the facility. The call pendants are also water resistant and will allow residents to use them in the bathroom. Tri Valley Health System CEO Jessica Fisher said, "Tri Valley Health System purchased this system to ensure the safety and comfort of our residents and staff at the Assisted Living Facility. The system will allow the staff to provide residents the best possible care at the Assisted Living Facility. We want to provide residents and their families peace of mind in every possible way. We are grateful for the funding from the Tri Valley Medical Foundation that allowed us to purchase this system."

Tri Valley Medical Foundation raises funds for new ultrasound bed during Big Give McCook



Tri Valley Medical Foundation raised \$2,910 for a new ultrasound bed at the Big Give McCook event held on November 3, 2022.

The Ultra Pro Ultrasound Table is the professional's choice for performing ultrasound procedures, including OB/GYN. This new bed requires less patient repositioning which in turn makes it easier to achieve quality images in less time. Additionally, its enhanced ergonomics makes for much more comfortability and less fatigue for Tri Valley Health System sonographers. The new bed also came with an antimicrobial vinyl mattress which ensures safety against infection for our patient.

Tri Valley Health System CEO Jessica Fisher discussed the importance of a new ultrasound bed, "the Ultra Pro Ultrasound table will provide patients comfort during their exams, allow for easier access, and enhance safety measures against infection as the mattress is antimicrobial vinyl. Quality patient care, positive patient outcomes, and the best patient experience is what Tri Valley Health System strives for."

Tri Valley Medical Foundation would like to thank all of our generous donors who helped to make this purchase possible.

For more information on the Tri Valley Medical Foundation, visit www.trivalleyhealth.com.

The graphic features a golf ball on a green field. Text includes: '29TH ANNUAL TRI VALLEY MEDICAL FOUNDATION PRO AM', the Tri Valley Medical Foundation logo, 'TUESDAY, SEPTEMBER 12, 2023', and 'Cost per team is \$550. For more information or to register your team, call the Foundation at 308.697.1176 or visit www.trivalleyhealth.com'.

Auxiliary Thrift Shop donates \$59,000 for ultrasound

The winter months have flown by and everyone is enjoying the spring and early summer days. The TVHS Hospital Auxiliary welcomes patrons to the downtown Thrift Shop for a fun shopping experience. Special thanks to St. Paul's Lutheran Church members and youth who sorted and boxed up fall and winter clothing and other items on March 21 which were donated to Orphan Grain Train in Grand Island as well as Goodwill and Catholic Charities. The racks are filling fast with nice summer work, casual and classy clothing styles for men, women and children. We have a nice selection of jewelry and watches. Check out the selection of shoes, from flip-flops to tennis shoes, baseball cleats, dressy heels and boots. The housewares department is always adding featured items. Visit the toys, books, crafts, movies, and music area. Looking for bedding, curtains or decorative pillows? We have it. Stop by for swimsuits, trunks and towels for the pool, lake or river fun. The basement features items for every holiday, along with flowers. While there, visit the corner Boutique offering fancy dresses, men's suits, wedding dresses and reception items too.

The Auxiliary is very grateful to the wonderful people who donate items for sale at the Thrift Shop. We appreciate the patrons too, with all sales benefiting projects for TVHS hospital, clinic, assisted living, scholarships, community organizations and individuals in need. We recently offered stuffed animals to a foster children's program in Kearney and Orphan Grain Train; six totes of new toys and other items and sixty \$10 gift certificates to the Thrift Shop for the Lions Christmas project; clothing to a hospital patient and 63 winter coats given away in the annual Free Coat Giveaway. We are here to serve our community and out of town guests.

In January, 2023 the Auxiliary was proud to provide a gift of \$59,000 to TVHS to be applied to a new ultrasound imaging machine and bed. This was made possible from the sale of items donated to the Thrift Shop by the Cambridge community and surrounding area. Your donations and patronizing the Thrift Shop make a huge difference and the Auxiliary appreciates your support.

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 e-mail 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. The Thrift Shop is open Tuesday through Saturday 1:00-5:00 p.m. Like us on Facebook to keep current on special sales. When making a donation after closing hours, please use the donation bins located at the front door of the Thrift Shop. We appreciate you – hope to see you soon!

Tri Valley Health System Auxiliary Officers

- Linda Sandman - President
- Marilyn Klinkebiel - Vice President
- Marlene Witte - Secretary
- Joy Deterding - Treasurer
- Georgia Dutt - Historian

The Cambridge Memorial Hospital Auxiliary meets every other month.

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 12-3pm



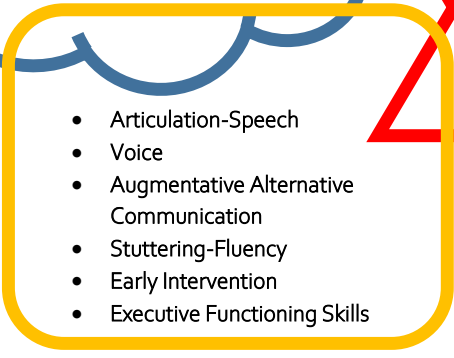
www.trivalleyhealth.com
 308.697.3329
 1305 HWY 6 & 34

What Areas Do Speech-Language Therapists Focus On?

I'm Michele Ekberg, a speech-language pathologist at Tri Valley Health. I am new to Tri Valley Health but not southwest Nebraska as I was raised in Arapahoe. My husband Hayden and I recently decided to move back to the area to raise our kids how we were raised. Which leads me to our pride and joys, our sons, Axel Creed and Abram with another baby boy due in April.

I have been a speech-language pathologist for nearly six years with experience in working in a pediatric clinic, several school systems, both inpatient and outpatient care, skilled nursing facilities, telehealth and home health. I provide services to individuals from infancy to age 90+ and evaluating and treating individuals with a variety of disorders including: Feeding and Swallowing disorders, Articulation disorders, Language disorders, Voice disorders, Developmental Delays, Fluency disorders, Traumatic Brain Injuries, Vocal Cord Dysfunction, Autism Spectrum Disorders, Hearing Impairments, Cerebral Palsy, Aphasia, Attention Deficit Disorder/Attention Deficit Hyperactivity Disorder, Rare Genetic disorders and Down Syndrome.

I am licensed by the state of Nebraska and Missouri and I have my Certificate of Clinical Competence from the American Speech Language Hearing Association.



TRI VALLEY HEALTH SYSTEM REHAB TEAM



Physical Therapy Services

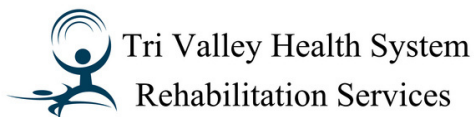
- Orthopedics
- Sports
- Spine
- Neurological
- Geriatrics
- Dry Needling
- LSVT BIG for Parkinson's

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 celebrate holidays with family and friends



Tri Valley Health System Assisted Living Residents celebrated Valentine's Day and Christmas with crafts and goodies. The Baptist and Lutheran Churches provided Valentine's for the residents while area residents entertained with singing. 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

IS IT JUST WORRY? OR IS IT AN ANXIETY DISORDER?



MARCH 2023

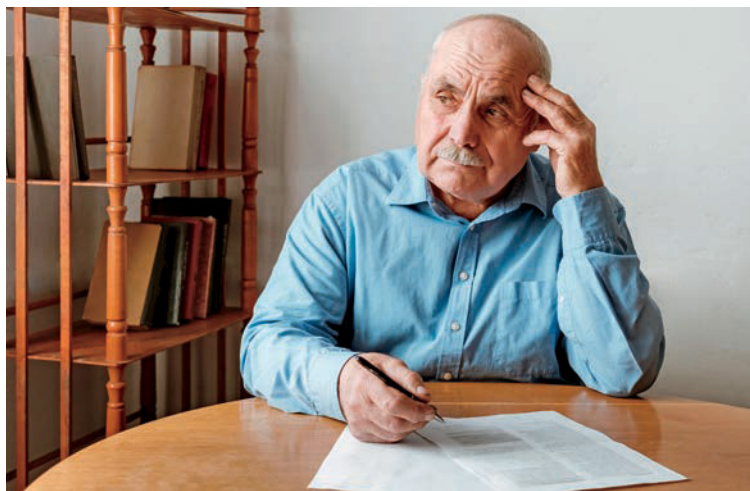
We all feel worried or anxious sometimes. But if it becomes excessive or constant, it may indicate an anxiety disorder.

The *Anxiety and Depression Association of America* estimates that 40 million Americans have an anxiety disorder, making them the most prevalent mental health concern in the U.S. (ADAA 2021).

Anxiety disorders are highly treatable, yet only four in ten individuals experiencing them receive the care they need (ADAA 2021).

To help determine if treatment is right for you, consider these questions from the *Mayo Clinic*:

- *Are your daily routines or social life negatively impacted by anxiety?*
- *Do you regularly experience rapid heart rate, sweating, or shaking?*



- *Has using alcohol or drugs become necessary to ease worry or nervousness?*

If you answered yes to one or more of these questions, consider connecting with a reputable mental healthcare provider to see if treatment is right for you.

Connect with your provider or reach out to a member of our team today. We are here to help!



OUR PROGRAM

We are designed to meet the unique needs of older adults experiencing depression and/or anxiety.



ANYONE CAN REFER

Anyone can make a referral to our program, including self-referrals, provider referrals, or community referrals.



WE ARE DEDICATED

We are your local mental health experts dedicated to improving the quality of life for the patients we serve.



Call us today at: 308-697-1299



Visit us online at: www.trivalleyhealth.com

HEALTHY COOKING DEMO

With Tonya Koeppen, TVHS Registered Dietitian Nutritionist

Join us for a FREE Cooking Demo
Monday, May 1 from 5-6pm
Republican River Room

FEATURING RECIPES THAT ARE:

- *Heart healthy
- *Diabetes friendly
- *High in dietary fiber
- *Locally found ingredients
- *Simple, easy to make recipes

Please sign up at www.ttsu.me/cookingdemo or call 308-697-1153 to ensure we have enough food prepared.



1305 HWY 6&34
 Cambridge, NE
 308.697.3329



Diabetes support group

Date	Location at TVHS	Topic
April 3, 2023 5-6pm	Meadowlark Room	Diabetes and kidney disease by Joan Magorian, RN
May 1, 2023 5-6pm	Republican River Room	Live Cooking Demo by Tonya Koeppen, RDN, LMNT, CDCES. Please call 308-697-1153 to RSVP. Samples provided.

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 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 308-697-1153.

Chicken and Broccoli Stir-Fry

STIR-FRY INGREDIENTS:

- 2 tablespoons olive oil, divided
- 2 boneless skinless chicken breasts, cut into bite-sized pieces
- salt and pepper
- 1 batch Stir-Fry Sauce (see below)
- 1 bunch broccoli, chopped into small florets, stem discarded
- 1 teaspoon toasted sesame oil
- toppings: sliced green onions, toasted sesame seeds

STIR-FRY SAUCE INGREDIENTS:

- 2/3 cup water
- 1/3 cup reduced-sodium soy sauce
- 3 tablespoons rice vinegar
- 2 tablespoons cornstarch
- 2 tablespoons honey
- 2 cloves garlic, peeled and minced
- 1 teaspoon ground ginger

INSTRUCTIONS

TO MAKE THE STIR-FRY:

Heat 1 tablespoon olive oil in a large sauté pan over medium-high heat. Add chicken breasts, and season with a generous pinch of salt and pepper. Cook for about 5 minutes, stirring occasionally, until the chicken is browned and mostly cooked through.

While the chicken is cooking, make your sauce. (See below.)

Once the chicken is browned, add the remaining 1 tablespoon of olive oil and broccoli, and stir to combine. Continue cooking for an additional 3 minutes, until the broccoli is bright green. Stir in the sauce, and cook for an additional 1 minute until the sauce has thickened. Remove from heat and stir in the sesame oil until combined.

Serve warm, garnished with green onions and toasted sesame seeds. Or transfer to a sealed container and refrigerate for up to 3 days.

TO MAKE THE SAUCE:

Whisk all ingredients together in a small bowl until combined.



Source: <https://www.gimmesomeoven.com/chicken-broccoli-recipe/#tasty-recipes-61664>

Offering You Top Notch Care

Three Medical Clinics Open to Serve You

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



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

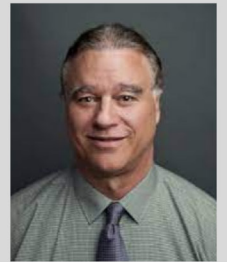


Dr. Russell
Carlston
2nd & 4th
Tuesdays



Dr. Richard
Raska
2nd & 4th
Fridays

Dermatology



Dr. John Adams
3rd Thursday

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



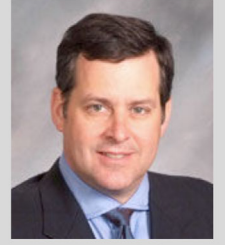
Dr. Cynthia
Lewis
2nd Wednesdays

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



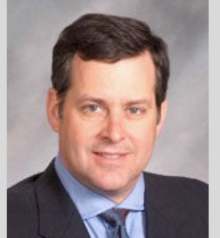
Dr. Robert Santa-
Cruz
Bladder, Kidney, Prostate
Procedures

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

Tri Valley Health System delivers expert OB Care



Lennie Deaver, MD
37 years OB experience

Rachelle Kaspar-Cope, MD
29 years OB experience

Shiuvaun Jaeger, MD
24 years OB experience

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

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

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

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

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

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

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



TRI VALLEY HEALTH SYSTEM
Clinics in Cambridge, Arapahoe, Indianola

Welcome to the World!

October-January Babies



Nancy, 10/11



Camilo, 10/14



Presley, 11/3



Baylor, 11/11



Miquella, 11/11



Ozzy, 11/22



Oaklynn, 11/25



Lyla, 11/27



Greyson, 12/12



Harper, 12/16



Tatum, 1/10



Tinley, 1/18



Jovie, 1/26

Weight - Highest 10 lbs. 2 oz.
Lowest - 2 lbs. 2 oz.

100% lactation counseling
100% skin-to-skin in the first hour

100% received one on one care during labor

TRI VALLEY HEALTH SYSTEM

Tri Valley Health System welcomed 36 Newborn Deliveries in 2022!

Dr. Lennie Deaver
Dr. Rachelle Kaspar-Cope
Dr. Shiuvaun Jaeger

Time of Birth
Day Shift - 17, Night Shift - 19

33 natural labors/deliveries
3 C-Sections
25 epidurals

18 boys
18 girls

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.

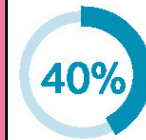
The technologist will view the images of your breasts at the computer workstation to ensure quality images have been captured for review. A radiologist will then examine the images and report results to either your physician or directly to you.

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



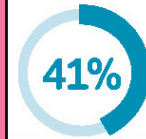
BETTER, EARLIER BREAST CANCER DETECTION

Than 2D mammography alone¹⁻⁷



GREATER PEACE OF MIND

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



MORE ACCURATE

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

The statistics are alarming: 1 in 8 women will develop breast cancer in her lifetime; and, 8 out of 9 women diagnosed with breast cancer have no family history; but, with early detection, the five-year survival rate is almost 100 percent. Tri Valley Health System proudly offers Genius™ 3D Mammography™ exams which provide better, earlier breast cancer detection compared to 2D alone. The Genius™ 3D Mammography™ exam finds 20 to 65 percent more invasive breast cancers than 2D mammography alone.

How does it work? The Genius™ 3D Mammography™ exam allows doctors to examine your breast tissue layer by layer. So instead of viewing all of the complexities of your breast tissue in a flat image, as with conventional 2D mammography, fine details are more visible and no longer hidden by the tissue above or below.

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.

Health Records on iPhone Now Available to Tri Valley Health System’s Patients

Tri Valley Health System is now offering Health Records on iPhone, which brings together hospitals, clinics and the existing Apple Health app to make it easy for patients to see their available medical data from multiple providers whenever they choose. The Health Records is part of the Health app, which also shows activity, heart rate, nutrition and other health data consolidated from iPhone, Apple Watch and HealthKit-enabled third-party apps. Health Records creates a direct connection between medical institutions and a patient’s iPhone, allowing them to see a central view of their allergies, conditions, immunizations, lab results, medications, procedures and vitals. It also notifies patients when their data is updated.

Health Records on iPhone was designed to protect patients’ privacy through utilizing a direct, encrypted connection between the user’s iPhone and the healthcare organization. Downloaded health records data is stored on-device and encrypted with the user’s iPhone passcode, Touch ID or Face ID. Apple worked with the healthcare community to take a consumer-friendly approach,

creating Health Records based on FHIR (Fast Healthcare Interoperability Resources), a standard for transferring electronic medical records.

Patients can access Health Records from within the Health app and can download their health records by selecting Tri Valley Health System and authenticating with their patient portal username and password.

Tri Valley Health System CEO Jessica Fisher said, “Tri Valley Health System is excited to be able to partner with Apple and allow our patients to utilize this technology to improve their health and keep connected to their medical information in one convenient place. We want to provide easy access to your care, whether that be through our walk-in clinic appointments, virtual health appointments, and now Health Records.”

For more information on Health Records, visit: <https://www.apple.com/healthcare/health-records>. For more information how Apple protects user privacy when they use Health Records: <https://support.apple.com/en-us/HT209519>.

Introducing MACI Knee Cartilage Repair

A unique way to repair cartilage using your own cells.



Whether you’ve already had arthroscopic knee surgery or are looking to pursue further treatment, MACI will use a biopsy of your cartilage to grow new cells. These new cells will then create durable repair tissue for your damaged knee cartilage.

This can help:

- Reduce pain^{*1}
- Improve function^{*1}
- Provide lasting results^{*1}

*Individual results may vary



TRI VALLEY
HEALTH SYSTEM

Call 308-697-1172

to schedule an appointment



follow us on

facebook.

facebook.com/trivalleyhealthsystem

YEARS OF SERVICE AWARDS FOR 2022

CONGRATULATIONS TO THE FOLLOWING EMPLOYEES ON THEIR YEARS OF SERVICE AT TRI VALLEY HEALTH SYSTEM! THANK YOU FOR YOUR HARDWORK AND DEDICATION!

5 Years

Justine Brott
Sarah Fritsch
Candice Haddon
Clay Jordan
Carrie Magorian
Brian Perks

10 Years

Jordan Arterburn
Monica Carmona
Vallie Guess
Maranda Lee
Jeri Powell
Julie Schultz

25 Years

Deanna Weaver

30 Years

Beth Nickerson

35 Years

Dr. Lennie Deaver
Gwen Hilker

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



TRI VALLEY
HEALTH SYSTEM

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

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



TRI VALLEY
HEALTH SYSTEM

Call 308-697-1172
www.trivalleyhealth.com

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			
5. 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		

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.



Tri Valley Health System Advanced Wound Care

We provide advanced wound care for those patients with difficult-to-heal and/or non-healing wounds.

Our center is staffed by Sally Farquhar, APRN who specializes in wound care.

To schedule an appointment or for more information call 308-697-1172

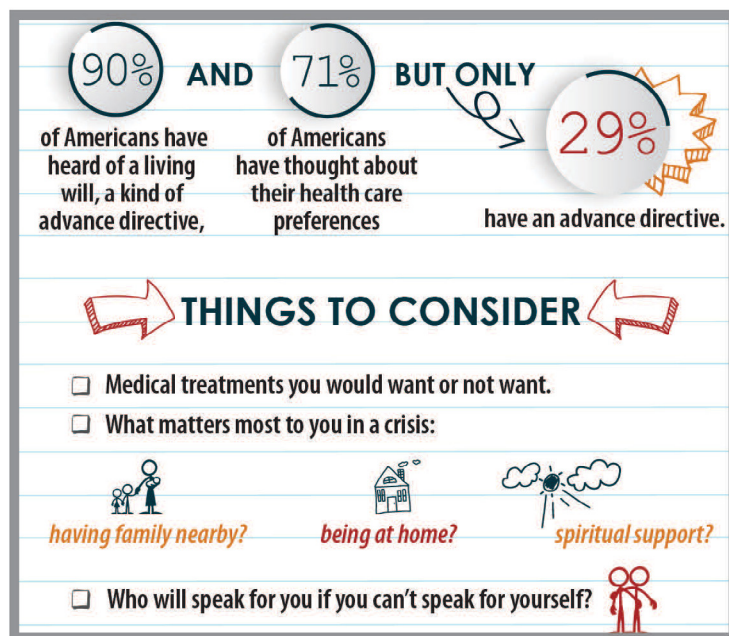
Plan with an advanced directive

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

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

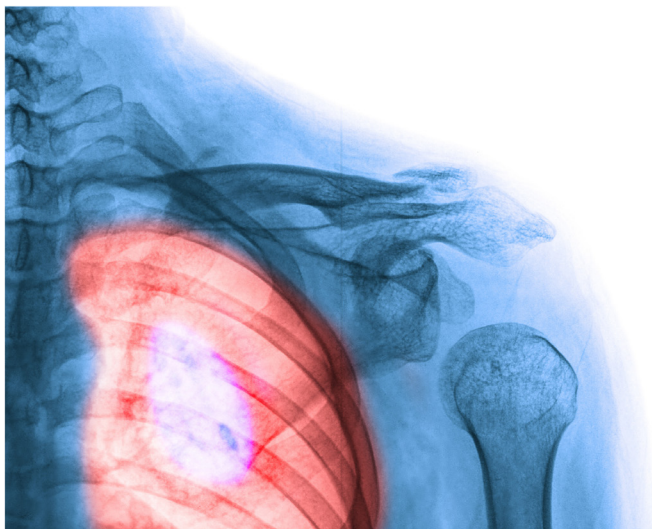


Tri Valley Health System utilizes low-dose CT scan to detect lung cancer

Lung cancer is the second most common cancer in both men and women in the United States. It's also the number one cause of cancer death in this country.

Fortunately, there is a painless and noninvasive screening test that is used to diagnose lung cancer early and potentially when it's more treatable.

A low-dose CT scan can help find abnormalities in the lungs that may be cancer. Studies have shown that using low-dose CT scans to screen people for lung cancer saves more lives than using chest x-rays because a CT scan produces detailed images of the lungs that can find small abnormalities better than a chest x-ray. Lung cancer is best treated when caught in its earliest stage.



Who should be screened?

If you have a smoking history or a former smoking history, talk with your provider about your lung cancer screening options.

Options for selecting a primary care provider

All of us need a primary care provider. They're the provider you see first for most medical problems - from a high fever to heartburn. They can also help you manage chronic health conditions, like high blood pressure or diabetes; make sure you're up to date on screening tests; and refer you to a specialist when necessary. You're primary care provider doesn't have to be a doctor. A Physician Assistant (PA) or a Nurse Practitioner (APRN or NP) are two other types of highly educated and well-trained providers can also help you stay healthy. Both provide many of the same services doctors do. They can

- Perform physical exams.
- Take and record medical histories.
- Prescribe medicine.
- Perform and order diagnostic tests
- Diagnose and treat an illness or injury.

- Monitor a patient's progress.
- Educate patients about any health problems they face or are at risk for developing.
- Provide preventive care.

It's important to have a primary care provider, no matter if they are a physician, physician assistant, or nurse practitioner. Your primary care provider will follow your care plan and monitor all aspects of your healthcare journey.

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

WE ARE HIRING

OPEN POSITIONS

Check out the positions we have available at www.trivalleyhealth.com/careers or scan the QR code.



We also offer job shadowing and clinical rotations.

Call 308-697-3329 for more information.



You lose if you don't snooze



Your body needs sleep to function and if you aren't snoozing you are losing. Sleeping less than seven hours each night may raise your risk of health problems that can even lead to heart disease. During sleep, your blood pressure naturally decreases. Staying awake longer means your blood pressure stays higher for longer. A

lack of quality sleep is linked to poor blood sugar control, which can help lead to type 2 diabetes and its complications. Too little sleep may affect the part of the brain that controls hunger. When you don't sleep well, you are more likely to eat more. Sleep allows our brain's neural connections to recharge and reboot.

Recommended Sleep Requirements

The American Academy of Sleep Medicine recommends that infants from 4 months to 12 months sleep 12 to 16 hours, children 1 to 2 years old sleep 11 to 14 hours, children 3 to 5 years old sleep 10 to 13 hours, children 6 to 12 years old sleep 9 to 12 hours, teenagers 13 to 18 years old sleep 8 to 10 hours, and adults should sleep 7 hours or more.

Sleep Tips

- Adopting the following steps can help you get the best possible sleep.
- Stick to a sleep schedule. Go to bed at the same time each night and get up at the same time eaching morning, including weekends.
 - Exercise. Getting plenty of exercise during the day can pay off at bedtime.
 - Avoid alcohol intake. Alcohol alters your sleeping rhythms and contributes to lower quality sleep.
 - Shut off blue light devices. The blue light from digital devices stimulate your rain and can make it tough to fall asleep. Limit all blue light devices for at least an hour before bedtime.

Tri Valley Health System's Diagnostic Sleep Lab

- *State-of-the-art diagnostic equipment
- *Rooms designed with the patient's comfort in mind



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

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

Call 308-697-1172 to schedule an appointment to start getting better rest.



Sleep Disorders

About 70 million people experience sleep disorders each year. There are different types of sleep apnea, including central sleep apnea, and obstructive sleep apnea is the most common. It is a common and serious sleep disorder that causes you to stop breathing during sleep. If you have sleep apnea, your airway becomes blocked repeatedly during sleep. The amount of air reaching your lungs is limited. When this happens, you may snore loudly or make choking noises. Your brain and body become oxygen deprived and you may wake up. This may happen a few times a night, or in more severe cases, several hundred times a night. In many cases, an apnea, or a short pause in breathing, is caused by the tissue in the back of the throat collapsing. The muscles of the upper airway relax when you fall asleep. If you sleep on your back, gravity can cause the tongue to fall back. This narrows the airway, which reduces the amount of air that can reach your lungs. The narrowed airway causes snoring by making the tissue in the back of the throat vibrate as you breathe.

If you feel tired or unrefreshed after waking up even though you have had a full night of sleep, it may be due to sleep apnea. During the day, you may feel fatigued, have difficulty concentrating or may even unintentionally fall asleep. This is because your body is waking up numerous times during the night, even though you might not be conscious of each awakening. Sleep apnea can be diagnosed with an in-lab overnight sleep study or a home sleep apnea test. Sleep apnea may be treated by an airway device such as a continuous positive airway pressure (CPAP) device or a bilevel positive airway pressure (BiPap) device.

If you feel tired during your waking hours for more than two to three weeks, see your primary care provider and ask them about a sleep study.

Tri Valley Health System offers a diagnostic sleep lap at home studies. Call 308-697-1172 to schedule an appointment to start getting better rest - your body depends on it.



2023-2025

Strategic Plan Timeline

Tri Valley Health System will develop an organizational balanced scorecard with associated metrics to measure completion of goals.

Strategic objective #1: Be the employer of choice in our region **Strategic timeline**
(x means completed)

Goals and Initiatives	2023	2024	2025
1. Recruit two physicians with OB privileges			
2. Conduct a semi-annual evaluation of wages and benefits to be competitive in the market area			
3. Contract with outside vendor to conduct annual employee engagement surveys to identify a baseline and set annual goals to improve employee engagement and retention			
4. Evaluate programs or ideas to address nursing shortage			

Strategic objective #2: Smart Growth **Strategic timeline**
(x means completed)

Goals and Initiatives	2023	2024	2025
1. Establish feasibility for construction or remodel of additional operating room			
2. Establish feasibility of a magnetic resonance imaging unit (MRI)			
3. Establish feasibility for construction or remodel of new specialty clinic			
4. Raise funds for an additional operating room			
5. Raise funds for a magnetic resonance imaging unit (MRI)			
6. Raise funds for a new specialty clinic			
7. Calculate market share and identify growth opportunities			
8. 2% net revenue (utilizing cost containment efforts and monthly review and evaluations of department specific expenses)			
9. Chargemaster review to ensure competitive pricing			

Strategic objective #3: Continuous improvement of patient experience **Strategic timeline**
(x means completed)

Goals and Initiatives	2023	2024	2025
1. Develop a patient services advocate			
2. Improve patient navigation throughout building			
3. Implement a Patient Family Advisory Council (PFAC)			

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

PRSRT STD
ECRWSS EDDM
U.S. POSTAGE
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.