



# TRI VALLEY HEALTH SYSTEM THE PULSE

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## Perfect recipe for stroke recovery

When life hands you lemons, you make lemonade. Mary Alexander definitely has the right ingredients for a successful recovery from the stroke she had on March 1 and she has never been more grateful for her local healthcare system and her loving family.

Mary is healthy and showed no signs of a possible stroke, but on March 1 while at home, Mary slid out of her chair and couldn't use the right side of her body. Mary was brought to the Tri Valley Health System emergency room by her husband, Larry, and son Jerry where she was evaluated by Sarah Norton, PA-C. Norton said, "We were quick in evaluating her for a stroke and went into stroke protocol immediately." Part of that stroke protocol was the use of Teledigm and Bryan telestroke technology that Tri Valley Health System implemented last August. Tri Valley Health System quickly connected to Neurologist and Stroke Specialist Dr. Wanahita. Norton said, "The whole process was very easy and Dr. Wanahita was great to work with. She quickly gave her recommendations after being able to evaluate Mary directly through the device. This was able to give me time to begin making arrangements for her transfer and time is extremely important with stroke cases. It was wonderful to have expert care right with the patient during this acute phase of the stroke." Mary was treated with medication to reduce bleeding and then transferred to Bryan West with a diagnosis of hemorrhagic stroke, which is caused by a weakened vessel that ruptures and bleeds into the surrounding brain and accounts for about 13% of stroke cases.

Mary stayed at Bryan West until March 28



**Mary Alexander works with physical therapy and occupational therapy assistants Deidra Broadfoot and Lauren Enochs to help recover some skills lost from her stroke.**

when she was finally able to return to Tri Valley Health System as a swing bed patient to be closer to home. Mary received care at Tri Valley Health System for a month and continued to rehabilitate with loved ones and a great support system by her side.

Family is a key ingredient to Mary's recovery. Larry, Mary's husband of 60 years, was always by Mary's side and wanted to learn how to do everything to be able to help Mary. One of the things Mary is looking forward to doing is going **(Continued to page 19)**

## Dr. Koefoot to offer urology services in November



**Dr. Bruce Koefoot**

Bruce Koefoot, MD, will be providing urology services at Tri Valley Health Systems starting in November.

Dr. Koefoot is a Nebraska native and a third-generation physician. He earned his medical degree from the University of Nebraska College of Medicine. Dr. Koefoot completed two years of general surgery training

at the University of Virginia Medical Center and four years at Duke University Medical Center for

his urology specialty training.

Dr. Koefoot has a wealth of knowledge and sees men, women, and children for many urological issues including:

- Urinary tract infections
- Urinary incontinence
- Male infertility
- Kidney stones & kidney disease
- Impotence
- Prostate problems
- Vasectomies
- Radical prostatectomy
- Nephrectomy
- Other general urology services

For more information or to make an appointment with Dr. Koefoot, call 308-697-1172.



**TRI VALLEY**  
HEALTH SYSTEM

A MESSAGE  
FROM THE CEO

# Tri Valley Health System working on key objectives



**Jessica Fisher, CEO**  
**Tri Valley Health System**

Greetings from Tri Valley Health System and welcome to the eleventh edition of the Pulse. In this edition of the Pulse, I would like to highlight some of the key objectives we are working on including service expansion, launching a Patient Family Advisory Council, providing senior services, collaborating with our government officials, and our upcoming annual meeting.

Our team is committed to the communities we serve and strive to have services available

for you and your loved ones. I'm excited to share with you we are actively recruiting Providers to join our team at Tri Valley Health System. Recruitment efforts are underway for two (2) Physicians with OB/GYN experience to join our Rural Health Clinics, and we are looking to continue to expand more service lines in our Specialty Clinic. I ask you to refer to page 3 of the Pulse which highlights our Providers accepting new patients and the services offered in our Specialty Care Clinics.

Tri Valley Health System is excited to launch a Patient Family Advisory Council (PFAC). Tri Valley Health System identified on our 2023-2025 Strategic Plan the goal and initiative towards "continuous improvement of patient experience". Tri Valley Health System is seeking people to serve as patient and family advisors to help improve the quality of our system's care for all patients and family members by collaborating with Tri Valley Health System. Advisors will give feedback based upon their own experiences as a patient or family member. Advisors will also help us plan changes for improvement. You can be an advisor if you or a family member has received care at Tri Valley Health System in the last five years. Advisors will meet with Tri Valley Health System employees typically once a month. If you are interested in applying to be a patient and family advisor, please contact the Tri Valley Health System Quality Department at 308-697-3329 or email [pfac@trivalleyhealth.com](mailto:pfac@trivalleyhealth.com), or submit an online application at <https://www.trivalleyhealth.com/patient-family-advisory-council.html>. We invite you to join us and work together to make Tri Valley Health System the best it can be. I ask you to refer to page 23 of the Pulse to review our team's goals and initiatives of our Strategic Plan.

Tri Valley Health System is committed to fulfilling the plans identified on our Community Health Needs Assessment (CHNA). The most recent CHNA identified Senior Health as a need in our community. Tri Valley Health System has recently partnered with a few local community members who are making efforts to host events and activities for seniors. The committee has recently asked for community members to complete a survey to gauge interest in looking for ways to meet the socialization needs of area residents ages 55 and older. We encourage all to

complete the short survey at <https://www.surveymonkey.com/r/7DJDB2Q>. The outcome of the survey will lay the groundwork to develop a calendar of events and activities that will be hosted at the Heritage Plaza. I ask you to refer to page 20 of the Pulse to review the progress our team has to address the needs.

Tri Valley Health System is excited to celebrate National Assisted Living Week September 10th through September 16th, 2023. The theme this year is "season of reflection". Established by the National Center for Assisted Living (NCAL) in 1995, National Assisted Living Week provides an opportunity for residents, their loved ones, staff, volunteers, and the surrounding communities time to recognize the role of assisted living in caring for America's seniors. Tri Valley Health System would like encourage our community members to stop by the Assisted Living Facility for a tour, meet the team, our take a virtual tour at <https://www.trivalleyhealth.com/senior-living.html>. Tri Valley Health System Assisted Living Facility offers a variety of services to assist with everyday tasks that include medication aides accessible 24-hours-per-day, food services of three meals per day, housekeeping and convenient laundry facilities. Our facility living area houses 20-units of efficiency suites and one-bedroom apartments.

Tri Valley Health System is excited to welcome Senator Deb Fischer to our facility in the upcoming weeks. Senator Fischer is committed to promote strong Nebraska families and communities. Senator Fischer will be taking a tour of the facility, meeting employees, understanding the services we offer to the communities we serve, and having discussions on challenges we face in healthcare. Tri Valley Health System has extended a site visit to many Senators as we feel collaboration and understanding of Critical Access Hospitals (CAH) is pertinent to decisions they make on policies and funding. I encourage all patrons to have conversations with state legislators, share your personal stories about healthcare services. Together we can create change, together we can help our representatives understand the importance of rural health care facilities.

Looking ahead the Annual Meeting is quickly approaching. I would ask that you please plan on joining us on Wednesday, October 11th, 2023, at 9:00 a.m. at the Heritage Plaza. I look forward to reviewing with you all the progress that Tri Valley Health System has accomplished and our future plans. Membership is open for everyone. Dues are \$10.00 and can be paid at the door or in advance in the TVHS Administration Office, mailed to PO Box 488, Cambridge, NE 69022, or paid online at <http://bit.ly/TVHSDues>. We value your input and support to continue to be a strong healthcare system. Thank you for your support, and for being part of our Tri Valley Health System family. I hope you enjoy this edition of the Pulse, and it is with great pleasure to share updates and communicate with each of you. On behalf of Tri Valley Health System, our team is committed to serve this area's healthcare needs. As always, my door is always open for any concerns or questions, please feel free to contact me.

# TRI VALLEY HEALTH SYSTEM PROVIDERS



**Lennie Deaver, MD**  
Family Practice  
Obstetrics



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



**Shiuvaun Jaeger, MD**  
Family Practice  
Obstetrics

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

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



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



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



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



**Nicole Viox, PA-C**  
Family Practice



**Candice Haddon, APRN**  
Family Practice



**Cheryl Mues, APRN**  
Family Practice



**Angie Howard, APRN**  
Family Practice



**Sally Farquhar, APRN**  
Wound Care



**Holly Lashmet, CRNA**



**Angela Dawson, 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. 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:** Bruce Koefoot, M.D., Rural Med starting in November

### 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](http://www.trivalleyhealth.com)



## TVMF Board of Trustees

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

# Tri Valley Medical Foundation Awards Scholarships to Area Medical Students

Tri Valley Medical Foundation recently awarded scholarships totaling \$15,900 to 29 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.

Since the inception of this program, over \$1,065,000 has been awarded.

The Tri Valley Medical Foundation Scholarship recipients are Brittany Alexander of Cambridge, Justin Barenberg of McCook, Jady Brooks of Bartley, Korynn Clason of Beaver City, Johnette Hawke of Cambridge, McKenna Hylton of Bartley, Macy Jones of Wilsonville, Addison Knoll of McCook, Bailey League of Trenton, Nathan McPhillamy of Beaver City, Breelle Miller of Cambridge, Raelynn Minary of Indianola, Brodie Mitchell of Cambridge, Kati Moore of Bartley, Lanie Overton of McCook, Natalie Roberts of McCook, Amelia Sayer of Cambridge, Leah Spencer of Culbertson, Holli Thomas of McCook, Bria (Tomlin) Paitz of Cambridge, Bailey Truksa of Indianola, Kori Uerling of Indianola, and Aubree Warner of Edison.

In addition to the Tri Valley Medical Foundation Scholarships, the Bernard Haag Memorial Nursing Scholarship recipients were selected.

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 Brittany Alexander of Cambridge, Chloe Besler of Cambridge, Jady Brooks of Bartley, Carsyn Hanes of Cambridge, Sandra Esmeralda Aguayo Limon of Oxford, Raelynn Minary of Indianola, Allison Rippe of Indianola, Chad William Taylor of Cambridge, and Alexis Wayman of McCook.

**Bernard Haag Memorial Nursing Recipients:**

**Brittany Alexander**, of Cambridge, is in her final year at the University of Nebraska Medical Center. She is pursuing her Master of Science in Nursing degree. Brittany is currently employed at Tri Valley Health System as an RN in the rural health clinics.

**Chloe Besler**, of Cambridge, will be a junior at the University of Nebraska Medical Center where she plans to obtain her Bachelor of Science degree in nursing.

**Jadyn Brooks**, of Bartley, will be a junior at the University of Nebraska at Lincoln where she plans to obtain a Bachelor of Science degree in nursing.

**Carsyn Hanes**, of Cambridge, is a sophomore at Black Hills State University where she plans to obtain her RN degree.

**Sandra Esmeralda Aguayo Limon**, of Oxford, will be a first-year student at the University of Nebraska at Kearney pursuing a nursing degree.

**Raelynn Minary**, of Indianola, is in her second year at Mid Plains Community College where she plans to obtain her nursing degree. Raelynn is currently employed by Tri Valley Health System's Assisted Living Facility as a med aide.

**Allison Rippe**, of Indianola, is a sophomore at Bryan College of Health Sciences where she plans to obtain her Bachelor of Science degree in nursing.

**Chad William Taylor**, of Cambridge, will be a first-year student at Central Community College where he will work to obtain his nursing degree.

**Alexis Wayman**, of McCook, will be a first-year student at McCook Community College. She plans to obtain her nursing degree.

**Tri Valley Medical Foundation Recipients:**

**Brittany Alexander**, of Cambridge, is in her final year at the University of Nebraska Medical Center. She is pursuing her Master of Science in Nursing degree. Brittany is currently employed at Tri Valley Health System as an RN in the rural health clinics.

**Justin Barenberg**, of McCook, is in his final year at Creighton University. He is pursuing a Doctor of Pharmacy degree.

**Jadyn Brooks**, of Bartley, will be a junior at the University of Nebraska at Lincoln where she plans to obtain a Bachelor of Science degree in nursing.

**Korynn Clason**, of Beaver City, is a junior at Sterling College. She is pursuing a degree in Health Science Pre-Physical Therapy while also obtaining a minor in Psychology. She hopes to go on and get her Doctorate in Physical Therapy.

**Johnette Hawke**, of Cambridge, is a senior at the University of Nebraska at Lincoln. She is working to obtain her degree in Psychology with a minor in Child, Youth, and Family studies.

**McKenna Hylton**, of Bartley, will be a first-year student at Wayne State College. She will be going into Pre-Medicine.

**Macy Jones**, of Cambridge, is an incoming first-year student at the University of Nebraska at Kearney where she will be going into radiology.

**Addison Knoll**, of McCook, is a sophomore at the University of Nebraska at Kearney where she is in the pre-dental hygiene program.

**Bailey League**, of Trenton, will be a first-year student at Southeast Community College where she will be working to obtain her degree in nursing.

**Nathan McPhillamy**, of Beaver City, will be a first-year student at the University of Nebraska at Kearney studying pre-Physical Therapy.

**Breelle Miller**, of Cambridge, will be a first-year student at the University of Nebraska at Kearney majoring in Nutrition/Exercise Science.

**Raelynn Minary**, of Indianola, is in her second year at Mid Plains Community College where she plans to obtain her nursing degree. Raelynn is currently employed by Tri Valley Health System's Assisted Living Facility as a med aide.

**Brodie Mitchell**, of Cambridge, will be attending the University of Nebraska at Kearney where he will be in the Health Sciences Pre-Medicine program.

**Kati Moore**, of Bartley, attends Union College. She is currently earning her Master's degree in Physician Assistant Studies.

**Lanie Overton**, of McCook, will be a junior at the University of Nebraska at Kearney. She is majoring in Communication Disorders with plans to become a Speech Language Pathologist.

**Natalie Roberts**, of McCook, will be a first-year student at the University of Nebraska at Lincoln. She is majoring in Nutrition, Exercise, and Health Science on a Pre-Physical Therapy track.

**Amelia Sayer**, of Cambridge, will be in her first year at the University of Nebraska Medical Center in the Physical Therapy graduate program.

**Leah Spencer**, of McCook, will be a first-year student at the University of Nebraska at Omaha majoring in Biology.

**Holli Thomas**, of McCook, is in her third year at the University of Nebraska Medical Center College of Pharmacy. Holli plans to obtain a Doctor of Pharmacy degree.

**Bria Tomlin Paitz**, of Cambridge, is in her third year at the University of Nebraska Medical Center College of Pharmacy. She plans to obtain her doctorate degree in Pharmacy.

**Bailey Truksa**, of Indianola, will be a first-year student at Fort Hays State University majoring in Medical Diagnostic Imaging.

**Kori Uerling**, of McCook, is a senior at Bryan College of Health Sciences where she is working to obtain her Bachelor of Science in Nursing degree.

**Aubree Warner**, of Edison, will be a first-year graduate student at Fort Hays State University. Aubree is pursuing a degree in Speech Language Pathology.

Not pictured are Jady Brook, Bailey League, Sandra Esmeralda Aguayo Limon, Raelynn Minary, Kati Moore, Bria Tomlin Paitz, and Alexis Wayman.

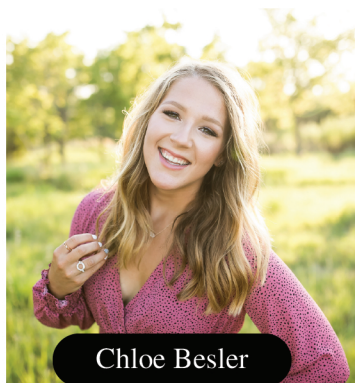
To learn more about Tri Valley Medical Foundation, visit [trivalleyhealth.com/foundation](http://trivalleyhealth.com/foundation).



Brittany Alexander



Justin Barenberg



Chloe Besler



Korynn Classon



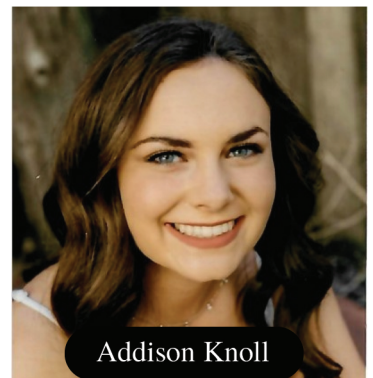
Johnette Hawke



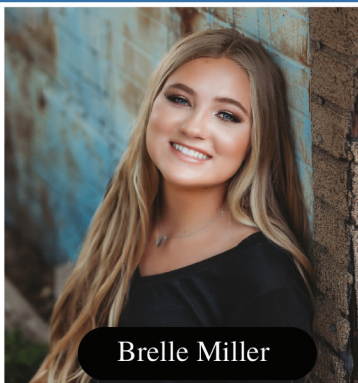
McKenna Hylton



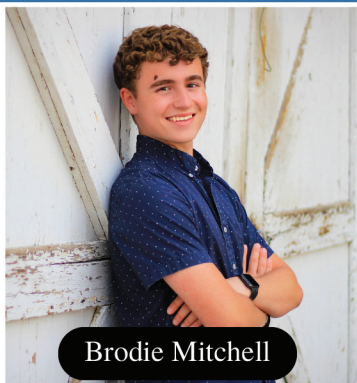
Macy Jones



Addison Knoll



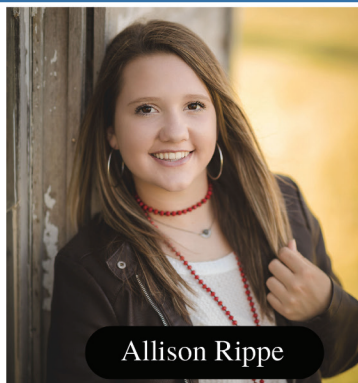
Brelle Miller



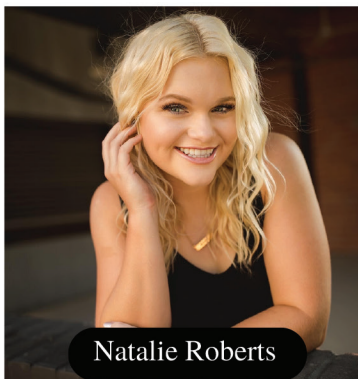
Brodie Mitchell



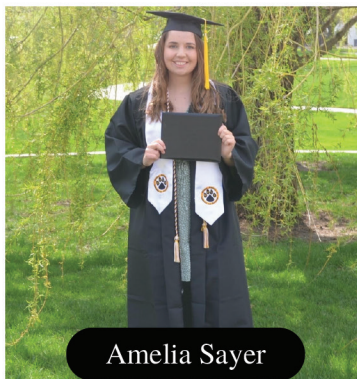
Laney Overton



Allison Rippe



Natalie Roberts



Amelia Sayer



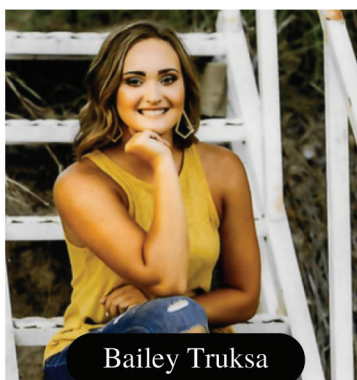
Leah Spencer



Chad Will Taylor



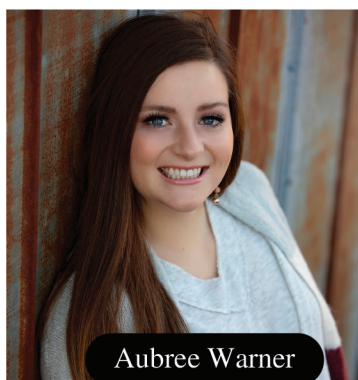
Holli Thomas



Bailey Truksa



Kori Uerling



Aubree Warner



# 29th Annual TRI VALLEY MEDICAL FOUNDATION PRO AM



SEPTEMBER 12, 2023

For more information or to register your team, call the Foundation at 308.697-1176 or visit [www.trivalleyhealth.com](http://www.trivalleyhealth.com)

# Merle Jane Harpst Awards Presented



**Tonya Koeppen**



**Kelsey Landreth**

The award is presented by the Tri Valley Medical Foundation and was set up 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. The award is presented to one non-licensed employee and one licensed employee. Recipients of the award each received a monetary gift and a plaque in appreciation.

The 2022 non-licensed Merle Harpst award winner is Kelsey Landreth. Kelsey is a Medication Aide at the Tri Valley Health System Assisted Living Facility and has been employed by TVHS for 11+ years in various roles. The winning nomination received is, “Kelsey Landreth has been very dedicated to Tri Valley Health System since she first started in the kitchen in 2011. Kelsey loves her Assisted Living Facility (ALF) residents like family and treats them with respect. Kelsey is thoughtful and kind, always putting her residents first. Kelsey often puts her job and her residents before herself, working long hours and picking up extra shifts when other staff need time off. Kelsey has been asked by multiple hospital staff to come pick up shifts, but she says that she could never leave her residents. Kelsey can make families of the ALF residents feel more at ease knowing that their loved ones are in good hands. Kelsey is a team player, working alongside Deanna and the other ALF med aides to keep the ALF a safe and welcoming environment for the residents.”

The winner of the 2022 licensed Merle Harpst Award is Tonya Koeppen. Tonya is the Nutrition Services Director and a Clinical Registered Dietician and has been employed by TVHS for 13+ years. The nomination received for Tonya is, “Tonya is making a difference in our community, patients, and staff. When you think of successful dieticians, we struggle with knowing what skills and attributes they have. On top of dedication and passion for her career, Tonya supports our patients by managing their nutritional needs in both the outpatient in inpatient service settings. Aside from managing her dietary team, unloading a truck for deliveries, consulting with our inhouse providers, or adding new items to the point-of-sale system, she is consulting with patients to make progress in their nutritional choices to promote healthy and active lifestyles. On top of her constant positivity and dedication to our facility and town, she is an outstanding dietician and provider for our patients and staff.”

The award selection committee was made up of Tri Valley Medical Foundation Board members, Tri Valley Health System CEO, HR Director and the previous year’s Merle Harpst Award winners.



# Cambridge Memorial Hospital Auxiliary celebrates 65 years

The Cambridge Memorial Hospital Auxiliary is celebrating 65 years of service to the community, as they organized in 1958. The Thrift Shop hosted a special 65<sup>th</sup> Anniversary "sale-ibration" on August 5<sup>th</sup> with clothing and select household items reduced to 65 cents. It was an enjoyable day. An Auxiliary member commented, "65 years – I think the Thrift Shop should retire". Well, we assure you that will not happen as the Cambridge community and surrounding area have been so faithful in donating to and patronizing the Thrift Shop. When funds are designated for needed items at Tri Valley Health System hospital/clinic and Assisted Living, it makes the many, many volunteer hours at the Thrift Shop worth it all.

The Auxiliary recently awarded \$500 scholarships to Britany Alexander, Raelynn Minary and Chloe Besler to further their education in health care. These young ladies are currently employed by TVHS. The TVHS Auxiliary Maxine Price Memorial Scholarship is given by the Auxiliary in honor of long-time nurse and active Thrift Shop volunteer, Maxine Price. Scholarships are awarded annually to TVHS employees who are pursuing nursing careers.

The Auxiliary appreciates St. Paul's Lutheran Church members for sorting and boxing all spring and summer clothing and other items on September 17 which were donated to Orphan Grain Train in Grand Island as well Goodwill and Catholic Charities. Days following, volunteers were busy unpacking fall and winter items for the new Thrift Shop season which began September 20.

The Thrift Shop donations keep coming; the patrons keep shopping and Tri Valley Health Services hospital/clinic and Assisted Living, community organizations and those in need benefit from the sales. We recently offered yarn for caps and

fabric for blankets for babies in the NICU at Children's Hospital, Omaha; clothing and shoes for fire victims and the mentally challenged; clothing for the TVHS ER; books for patients at TVHS; memorial flowers to the Assisted living; toys to Little Trojan Day Care; cases of red plastic cups to Cambridge Rotary for Medicine Creek Days; stuffed animals to a foster children's program in Kearney and vintage hats, dress, baby articles, shoes and eye glasses to the Cambridge Museum.

Your many 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 email [info@trivalleyhealth.com](mailto:info@trivalleyhealth.com). We are a fun group of women working together to benefit our community and would love to have you join our volunteer team. We are open Tuesday through Saturday 1:00-5:00 p.m. Like us on Facebook to keep current with special sales. When making a donation after closing hours, please use our 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](http://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



# TRE®

TENSION & TRAUMA  
RELEASING  
EXERCISES

## WHAT IS TRE®?

TRE® is a simple yet innovative series of exercises that assist the body in releasing deep muscular patterns of stress, tension and trauma. Created by Dr. David Berceli, PhD, TRE® safely activates a natural reflex mechanism of shaking or vibrating that releases muscular tension, calms down the nervous system, helping the body return back to a state of balance.

## BENEFITS

- Trauma Release
- Stress Reduction
- Chronic Pain Reduction
- Decrease Burnout
- Athletic Recovery
- Overall Wellness
- Allows the nervous system to discharge energies related to the defensive response of fight, flight, and freeze

## PROVIDER

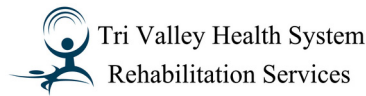
Deidra Broadfoot, PTA, TRE Provider

- 8 years of experience as a PTA.
- I want to help people enjoy their lives and thrive versus just trying to get through their day. I love TRE because it brings mental and physical health together.



Questions? Call  
Tri Valley Rehabilitation

- ☎ 308-697-4178 Cambridge Office
- 308-962-5402 Arapahoe Office



# TRI VALLEY HEALTH SYSTEM REHAB TEAM



### Physical Therapy Services

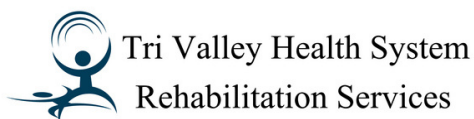
- Orthopedics
- Sports
- Spine
- Neurological
- Geriatrics
- Dry Needling
- LSVT BIG for Parkinson's

### 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



# Assisted Living Week celebrated September 10-16

Tri Valley Assisted Living will be celebrating National Assisted Living Week September 10-16 with many fun activities planned for the residents. This year's NALW theme - Season of Reflection - offers assisted living staff, communities, residents, and families the opportunity to pause and reflect on the important things in life, including the special relationships and bonds created within assisted living communities. This theme also offers a chance to embrace and welcome the sense of renewal that comes with the changing season.

season of  
**REFLECTION**



NATIONAL ASSISTED LIVING WEEK® - SEPTEMBER 10-16, 2023



Tri Valley Health System Assisted Living Residents enjoy gardening and socializing on the back patio this summer. 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](http://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

### Tri Valley Health System Assisted Living

711 Mousel Avenue  
Cambridge, NE 69022  
308-697-4423

## Advanced Wound Care receives Center of Excellence



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

"This achievement reaffirms our mission through our partnership with RestorixHealth to improve the health and quality of life for those in our community with wounds," said Sally Farquhar, APRN. "We are proud to be recognized for the outstanding care that we provide patients every day."

The Advanced Wound Care Clinic 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.

The center is staffed with clinicians with advanced training in wound care.

The Wound Clinic is open every Thursday. For more information, please call 308-697-1285.

## Senior Life Solutions provides counseling support for seniors



**Members of the Senior Life Solutions Team include Cherry Wulf, program therapist, Dora Schaffert, program director, and Amy Shaner, program coordinator.**

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.

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 Dora Schaffert 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, twice 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.

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.

## 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



# Healthier Me Program begins in January 2024

## Class Dates

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



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

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

To be eligible for this program, participants must be 18 years of age or older, have a body mass index of greater than 24, and score 9 or more points on the Center for Disease Control and Prevention (CDC) Screening Test. Talk to your doctor to find out if you qualify or email questions to [tonya.koeppen@trivalleyhealth.com](mailto: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](http://www.cdc.gov/diabetes/risktest/index.html)



**Tonya Koeppen, RD,  
LMNT, CDCES**

## What's Included

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

## How People Have Benefitted

**"I have learned to think about what I am doing – why am I eating that?"**

**"I found that written goals for both food and exercise were helpful."**

**"The class setting, sharing and support of the group was very valuable."**

**"I am now drinking more water, eating more fruits and vegetables and doing more exercise."**

**Tri Valley Health System is offering  
HgbA1C Testing for  
\$25 on  
Monday, November 6**

**from 9am-5pm at the  
Indianola and  
Arapahoe Medical Clinics  
and from 4:30-6:00pm at  
the Tri Valley Health  
System Front Registration  
Desk in Cambridge**

No appointment is necessary. Ask your provider if this test is recommended for you or visit [www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)  
Questions call 308.697.3329



## HEALTHY COOKING DEMO

With Tonya Koeppen, TVHS Registered Dietitian Nutritionist

**Join us for a FREE Cooking Demo  
Wednesday, October 4 from 5-6pm  
Republican River Room**

### FEATURING RECIPES THAT ARE:

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

Please sign up at [www.ttsu.me/cookingdemo](http://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





# TRI VALLEY

## HEALTH SYSTEM

### Three Medical Clinics Open to Serve You

#### **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

Walk-In Clinic Monday-Friday 8am-4pm, Saturday 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

Call 308-697-3317 to schedule an appointment or  
log on to the Patient Portal at  
[www.trivalleyhealth.com](http://www.trivalleyhealth.com) or  
download the Meditech MHealth App.





# 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

## Podiatry

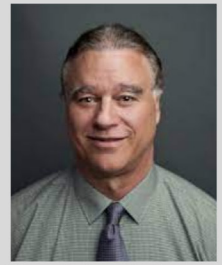


Dr. Russell Carlston  
2nd & 4th  
Tuesdays



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. Bruce Koefoot  
Coming in  
November

## 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

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. Bruce Koefoot

Bladder, Kidney, Prostate Procedures

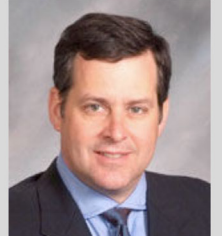
### Pain



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



## FREE PREVENTIVE CARE

Most health plans are required by law to cover these eligible preventive care services at no charge to you. You can check your exact benefits with your insurance.

ANNUAL CHECK UPS

DIET SCREENING/  
COUNSELING

VACCINATIONS

LUNG CANCER  
SCREENING

MAMMOGRAMS

DRUG AND ALCOHOL  
SCREENING/COUNSELING

COLONOSCOPIES

DISEASE  
SCREENINGS

DEPRESSION  
SCREENING

BLOOD PRESSURE  
SCREENING

Preventive care is intended to help you stay as healthy as possible. Regularly scheduled visits and tests allow your medical provider to identify any medical problems before they become major.

Call 308-697-3317 to schedule an appointment.



# Over 45? Family History? Get Screened!



Dr. Lennie Deaver



Dr. Shane Smith

Colorectal cancer is the third most common cancer diagnosed in both men and women in the United States, causing about 52,550 deaths during 2023.

A Colonoscopy —

Could **SAVE** your life.

**Schedule an appointment!**

1.308.697.1172

[www.trivalleyhealth.com](http://www.trivalleyhealth.com)

## 3-D Digital Mammography Improves Early Detection



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

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

More than 200 clinical studies have shown that by using this technology, doctors are able to screen for breast cancer with great accuracy – which means better breast cancer detection and a reduced chance of being called back for additional screenings.

What can you expect during the exam? The process is virtually the same as your conventional 2D exam. 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!



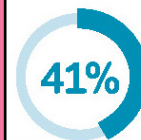
**BETTER, EARLIER  
BREAST CANCER  
DETECTION**

Than 2D mammography alone<sup>1-7</sup>



**GREATER  
PEACE OF MIND**

Reduces unnecessary callbacks by up to 40%<sup>1-7\*</sup>



**MORE ACCURATE**

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

# New fetal monitoring system provides safety and comfort

Tri Valley Health System is continuing to improve the safety and comfort for laboring moms and newborns with the purchase of the OBIX BeCa Freedom monitoring system. The state of the art equipment provides our patients the most comfortable and safe birthing experience possible by offering an accurate and clear visual of the status of the fetus and mother while also allowing mobility for the laboring mother. Labor and Delivery Nurse Justine Brott says this system allows patients to walk freely and take a shower or bath. Patients also have more privacy as nurses can monitor them from the nurses station but be ready at a moment's notice if needed. The system's charting system is also easy to use and time efficient allowing more time to provide care for patients. Tri Valley Medical Foundation helped provide funding for this system.



## Tri Valley Health System delivers expert OB care



**Lennie Deaver, MD**  
37 years OB experience

**Rachelle Kaspar-Cope, MD**  
29 years OB experience

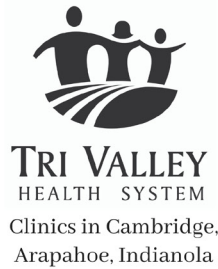
**Shiuvaun Jaeger, MD**  
24 years OB experience

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

### Tri Valley Health System offers:

- Two labor/delivery/recovery suites
  - OBIX fetal monitoring
  - Hydrotherapy tubs
- Surgical room close by for cesarean section
- Nitrous oxide as a safe alternative for pain management
  - CRNA on site for epidural
  - Child preparation classes
  - Lactation trained nurses

Call us today to arrange a tour of our facility



Welcome to the World!

February - June Babies



Syllas 2/8



Carson, 2/14



Merrick, 2/21



Lydiah, 3/10



Briar, 3/16



Cypress, 3/16



Sady, 4/12



Aiden, 4/19



Emberlynn, 5/12



Jace, 5/30



Maverick, 6/13

### 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

# Alexander has perfect recipe for stroke recovery

**(Continued from page one)** for walks, which always involves holding hands with Larry. Mary and Larry have 2 children, 8 grandchildren, and 18 great grandchildren. Three grandchildren are nurses so Mary said they have been able to provide her lots of help and information.

Tri Valley Health System provided Mary meals, therapy, and any assistance that she needed. Mary said, "The care has been incredible. They are there every time I need them 24 hours a day. The therapy departments have been helping me regain skills. The care is here, we just have to use it."

Recovery from a hemorrhagic stroke is very difficult, but no one was going to tell Mary that as she has made a nearly miraculous recovery. Tri Valley Health System staff attributed her recovery to Mary's attitude and determination. Mary said, "I just took it day by day, and I wanted to get better. I have many more memories to make and new babies to meet."

# Library donates Chrome Books to Assisted Living



The Butler Memorial Library donated five Chromebooks, a printer, and printer cartridges to the Tri Valley Assisted Living in May. The Library interns will be teaching the residents how to use the new technology. We appreciate this great partnership with the Library

# 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<sup>\*1</sup>

Improve function<sup>\*1</sup>

Provide lasting results<sup>\*1</sup>

\*Individual results may vary



**TRI VALLEY**  
HEALTH SYSTEM

Call 308-697-1172

to schedule an appointment

# 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		

# FREE MEDICARE WELLNESS VISIT

Seeing your medical provider is important when you're not feeling well, but what about when you're feeling fine?

Benjamin Franklin once said, "An ounce of prevention is worth a pound of cure."

Preventative care is an important aspect of your healthcare, and if you have traditional Medicare with Part B coverage, an annual wellness visit is included at no additional cost to you. An annual Medicare wellness visit is a time for you and your provider to develop a preventative care plan that is personalized just for you. During this visit there is typically no physical examination, and this time is set aside to focus solely on preventing health problems from arising.

Below are some of the things your health care team may review.

- **A review of your medical and family history.** This allows us to identify medical conditions you may be at higher risk of developing.
- **Cognitive assessment.** While you may not have cognitive concerns these assessments are still important as they allow us to monitor for cognitive changes overtime more effectively.
- **Advanced Directives.** These are legal documents you put in place such as Durable Power of Attorney and Living Will. These documents tell your health care team your medical wishes in the event you are unable to answer for yourself.
- **Routine measurements.** We check things such as your height, weight, and blood pressure to be able to identify changes over time that could indicate health concerns.
- **Home safety measures.** We discuss ways to make your home safer as you age such as installing grab bars in your bathroom and handrails by stairs. It is best to be prepared by having safety measures in place before you ever need them.

## Preventative Care

### DEXA Scan

A DEXA scan measures the density of your bones to screen for osteoporosis or osteopenia. If you have low bone density, there are a variety of treatments available that help prevent further bone density loss and may even increase your bone density.



### Abdominal Aortic Aneurysm Screening

An abdominal aortic aneurysm is a life-threatening condition so if you have a family history or smoking history (65-75 years), this onetime screening ultrasound could detect a potential precursor to this type of aneurysm.

### Colorectal Cancer Screening

Colon cancer is one of the top 3 leading causes of cancer related deaths in the United States. If colon cancer is diagnosed early, there is a 90% 5-year survival rate. There are several screening options available that your provider can discuss with you.



### Screening Lab Work

Lipid Panel, Hemoglobin A1C, Hepatitis C Antibody Screen, PSA (Prostate Specific Antigen)

### Mammogram

Breast cancer is the 2nd most common type of cancer in women. A mammogram screens for breast cancer and on average you can have a screening mammogram every 1-2 years.



### Vaccinations

Pneumonia, Influenza, Zoster, TDAP

### Low Dose Lung CT

Lung cancer is the 3rd most common type of cancer in the U.S. More people die from lung cancer than from any other cancer. This yearly exam screens for lung cancer for current smokers or those who have quit less than 15 years ago (50-77 years) and increases early detection which decreases mortality by 14-20%.



**A Medicare wellness visit focuses on preventative healthcare strategy to ensure you're doing all you can to optimize your health and well-being.**

**Call the TVHS Medical Clinics today at (308)697-3317 to schedule your Medicare wellness visit.**

# Nurses recognized with the DAISY Award



**Pictured are: Clay Jordan, Chief Nursing Officer; Justine Brott, RN; Jessica Fisher, CEO; and Ashlee Minard, RN.**

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.

This year’s DAISY Award winner is Justine Brott. Justine’s nomination letter from a patient said, “We found Justine to be so kind and caring and going the extra mile by asking little things that made us feel valued and well taken care of. She even thought of the potential IV admin, when she took blood samples so as not to put another needle in. She was always asking if I needed anything and even bringing me ice for the soda and crackers. She is very professional and exemplifies the core values of TVHS. She even got the medications from the pharmacy, knowing that they would be closed by the time we were released from the ER.” Justine was presented the Healer’s Touch Sculpture along with a special Daisy Pin. Also nominated were Ashlee Minard, Kristi Shoemaker, and Amanda Bennett.

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](http://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.



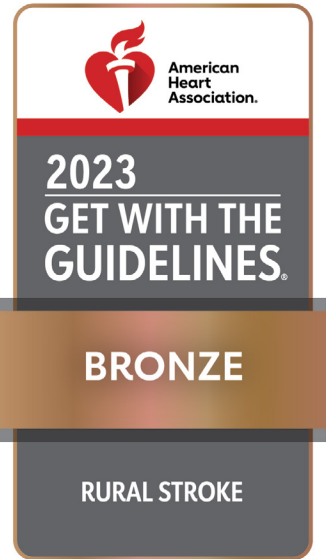
# Tri Valley Health System receives stroke award

People who live in rural communities live an average of three years fewer than urban counterparts and face a 30% increased risk for stroke mortality – a gap that has grown over the past two decades. Tri Valley Health System is committed to changing that.

For efforts to improve stroke care and eliminate rural health disparities, Tri Valley Health System has received the American Heart Association’s Get With The Guidelines® - Stroke Rural Recognition Bronze award.

The American Heart Association, the world’s leading nonprofit organization focused on heart and brain health for all, recognizes that people in rural areas face a unique set of challenges to accessing health care and that rural hospitals must work with varied patient care dynamics. For that reason, all rural hospitals participating in Get With The Guidelines® - Stroke are eligible to receive award recognition focused on a unique set of performance metrics.

“We are proud that our team at Tri Valley Health System is being recognized for the important work we do every day to improve the lives of people who are affected by stroke, giving them the best possible chance of recovery and survival,” said Tri Valley Health System Chief Nursing Officer Clay Jordan. “Meeting the unique needs of our community is critical to improving health outcomes.” Learn more at [heart.org/ruralrecognition](http://heart.org/ruralrecognition).



## 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](mailto:heritageplaza@trivalleyhealth.com)  
submit an online request at [trivalleyhealth.com/senior-living](http://trivalleyhealth.com/senior-living) or call the Plaza Coordinator 308-697-3329



**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	x		
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  
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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.