



# TRI VALLEY HEALTH SYSTEM THE PULSE

## INSIDE THE PULSE

- 2 Letter from the CEO
- 2 Letter from the Board
- 3 TVHS Providers
- 3 Specialists Schedule
- 4-8 Foundation
- Scholarships, Pro Am
- Tournament
- 9 Fisher, Jordan receive
- certifications
- 9 Farr receives Caring
- Kind Award
- 9 Dr. Kaspar-Cope
- certified menopause
- provider
- 9 Designated Trauma
- Center
- 10 Auxiliary Thrift Shop
- 10 TVHS Gift Shop
- 11 Rehabilitation Services
- 12 Assisted Living
- 13 Recipe for Iron
- 13 Diabetes Support Group
- 14 Outpatient Services
- 14 Upgraded MRI
- 14 Preventative Care
- 15 Virtual Health Available
- 15 Public Transportation
- 15 Call Care Services
- 16 Same Day/Walk In
- 16 Pain Services
- 16 Senior Life Solutions
- 17 Medical Clinics Open
- 18 Surgical Services
- 19 OB Services
- 20 3-D Mammography
- 20 Colon Screenings
- 21 Cataract Surgery
- 21 Wound Care Receives
- Award
- 21 Orthopedic Services
- 22 Continuous Glucose
- Monitoring
- 23 Press Ganey Surveys
- 23 Years of Service Awards
- 23 OB/GYN Services
- 24 Swing Bed Services
- 25 TVHS participates in PA
- Student Program
- 25 Advance Directives
- 25 DAISY Nominations
- Needed
- 26 Stroke Awareness
- 27 Strategic Plan
- 28 About Us

## Tri Valley Health System adds new urologist



**Dr. Santa-Cruz**

Tri Valley Health System is pleased to welcome urologist Dr. Robert Santa-Cruz to our line of specialist providers.

Dr. Santa-Cruz will see patients on the first and third Fridays.

Dr. Santa-Cruz is a fellowship-trained, board certified Urologic surgeon who specializes in minimally invasive techniques that treat male and female urologic cancers, urinary incontinence,

benign prostatic hyperplasia, and sexual dysfunction.

Dr. Santa-Cruz received his medical degree from the University of Miami School of Medicine. He completed his residency in Urologic Surgery from Duke University Medical Center and his fellowship in Urologic Oncology & Laparoscopy from the University of North Carolina.

Dr. Santa-Cruz is a 20 plus year member of the American Urology Association and the Society of Robotic Surgery. He enjoys bringing state of the art medicine to more rural medical practice locations.

To schedule an appointment with Dr. Santa-Cruz call 308-697-1172.

## A Time For Care

**M**ost everyone finds themselves in need of care once in a while, and especially nearly 100 year old individuals, but Phyllis Coolidge is not your typical soon to be 100 year old. Phyllis will turn 100 in May and lives completely on her own and doesn't have any need for help. She has always been in great health and doesn't have any problems getting around.

Phyllis unfortunately endured a broken hip on November 14 and underwent surgery and then found herself in need of temporary care to rehabilitate. Phyllis didn't want to stay in Kearney, which was over two hours away from her home in McCook, so was transitioned to a swing bed patient at Tri Valley Health System for six weeks. Phyllis received regular therapy and daily nutritional meals from a team that she called "just excellent." Phyllis said, "It has been a wonderful experience. These people are the best group, they are all so cheerful and happy to do their jobs." Phyllis



**Ninety-nine year old Phyllis Coolidge received care from the Tri Valley Health System's swing bed team for six weeks while she rehabbed from her hip surgery. Pictured surrounding Phyllis are a few of the team members who cared for her including social services director, dietary team, physical therapy and occupational therapists, and nursing staff.**

enjoyed her room with a great view and spent her time doing word searches, completing an entire book of word searches during her stay. Staying at Tri Valley Health System enabled Phyllis to see more family and friends and she said, "I was even able to go home for Christmas and see family that came from Wisconsin."

Phyllis returned to her home on January 13 and Tri Valley Health System would like

to wish her well and were thankful that we were able to provide care for her while she was here.

Tri Valley Health System offers patients transitional care, called swing bed, who are recovering from an acute hospitalization of at least 3 consecutive days. Patients receive care from the swing bed team who may include providers, nurses, social services, dietitian, physical, occupational, and speech therapists, respiratory therapists, and wound care. For more information about Tri Valley Health System's swing bed services call 308-697-1163.

# Administrator's Letter

Jessica Fisher, CEO



Greetings from Tri Valley Health System and welcome to the seventh edition of the Pulse. It is with great pleasure that on behalf of Tri Valley Health System we dedicate this edition of "The Pulse" to the employees of Tri Valley Health System. As many of you are aware healthcare is experiencing unprecedented times and the team at Tri Valley Health System continues to adapt and change with ever changing times. The team members of Tri Valley Health System are dedicated, caring,

hardworking, and focused on delivering excellent customer service and exceptional patient care. The team focuses on caring for our patients as if they are our own family members. I'm so proud of the Tri Valley Health System team and to that I say "thank you" to all employees for all that you do. It's a true pleasure to care for patients in all communities in which we provide healthcare services in. Whatever we do, rest assured that we always have you in mind with every decision that is made.

I continue to see the impact that Tri Valley Health System has on the area though and was delighted to read that Cambridge was one of the few towns in Southwest Nebraska that has gained in population. Tri Valley Health System has also grown and added several new full-time positions and I'm hopeful that by providing additional jobs to the area this has played some part in the population growth to the area.

On another positive note, we always want to be able to provide for all your medical needs right here at Tri Valley Health System and have heard many of your requests for additional lines of

services that are needed. One of the main focuses at Tri Valley Health System is continuing to provide high quality health care at affordable rates. It is with great pleasure that I inform you that we have added Dr. Santa-Cruz, a new urologist. Tri Valley Health System continues to recruit to bring on a neurologist, additional pulmonologist, additional cardiologist, gastrologist, and an ear, nose and throat specialist. We also continue to search for a dermatologist, with hopes of securing one soon.

Several of these specialty lines were identified by the community from our last community health needs assessment that we had in 2019. We will be having another community health needs assessment in February. The community health needs assessment is a systematic process involving the community to identify and analyze community health needs. We are required to complete one every three years, and we need your input to complete these. We receive direction from the public and work to meet your health concerns and needs. I encourage each of you to continue to share valuable input on the community needs. Your feedback matters and we want your feedback.

I would like to thank everyone of you for your involvement with Tri Valley Health System. There are many challenges coming for everyone in the future, but with challenges come opportunities and I am hopeful that Tri Valley Health System will grow from these times.

I would like to welcome newly elected Tri Valley Health System Board of Trustee Nanette Witte. Nanette was elected at the annual meeting in October. Witte will fill a three-year term on the board.

I hope you enjoy this edition of the Pulse and it is with great pleasure to share updates and communicate with each of you. On behalf of Tri Valley Health System please know that my door is open if you have any concerns or questions, please feel free to contact me.

## Board of Trustee's Letter

Logan Baker



What a year, I couldn't begin to guess what it was like to be a healthcare professional during our current pandemic. I want to first thank EVERY staff member at Tri Valley Health System, no matter what your role is you have helped keep things running as they should. We watch on the news and social media what is happening in our big hospitals and I think many of us don't realize that's happening here in our very own. So again, I thank you for the long hours spent in the past and in the coming months. I recommend we all listen and ask our providers

on what we can do to help make their jobs easier through this pandemic and I pray for all you reading this to take proper care for yourselves.

I am now going on my second year on the Board of Trustees and I have been very blessed to sit on with the other dedicated members we have and learn what goes on behind the doors here and meet the many great people that work to keep the lights on. I, like many, go about our everyday lives not once thinking what it takes to run a facility like TVHS. We just show up, do what needs to be done and leave and never have it cross our minds what it takes. Many people and many dedicated hours to proficiently run a business. Just ask my wife, as a board member alone consumes a lot more hours than one thinks. But I couldn't be happier to be

a part of such an amazing facility. If you are ever wanting to be a part of the Tri Valley Health family, they are always looking for volunteers and always looking to grow their workforce. So, reach out and ask what you can do to help keep our facility moving in the right direction.

Tri Valley Health System has over 170 employees in their locations, that's 170 plus people caring for your wellbeing. I'm only 29 years old and to many yes, I'm just a kid but I have been trusting TVHS since I was an infant (granted I had no say when I was a child but you get what I mean) and I continue to put trust in them for myself and also my family, I hope you can do the same. Since 2010 I have been a part of Cambridge EMS and unfortunately, have brought in several that needed immediate care. I say that because not many get to see (thankfully) the things I have seen and to this day it catches my breath what our very own health care facility is capable of. Not just when you walk in the ER doors, but when you walk into any door here at TVHS there is always someone there to care for you and help you in whatever way it may be. The care and concern for the public is real and I hope everyone can see that and take my word for it.

With my short time on the board, I have seen many new services be added and continue to be added in the facility. If you travel for whatever it may be, I urge you to get on the website at [trivalleyhealth.com](http://trivalleyhealth.com) and see what we have to offer. It may shock you in knowing what can be done here. I can't imagine the day that we no longer have our very own LOCAL health facility.

On behalf of the Tri Valley Health System Board of Trustees I thank you for your continued support of our state-of-the-art facility. I challenge you, in whatever you may need, look to TVHS for your healthcare needs.



# TRI VALLEY HEALTH SYSTEM PROVIDERS



**Lennie Deaver, MD**  
Family Practice  
Obstetrics



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



**Shiuvaun Jaeger, MD**  
Family Practice  
Obstetrics



**Michael Powell, MD**  
Family Practice

## Accepting NEW Patients

Call **308-697-3317** to schedule an appointment.

TVHS Clinic Hours  
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., Brooke Huxoll, PA-C, Platte Valley Medical Group-Mondays  
Joseph Kummer, M.D., Bryan Heart (Telemedicine)  
Matthew Johnson, M.D., Bryan Heart Telemedicine

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

**Mental Health:** Katherine Andrews, MA, LIMHP, Ambience Counseling Center  
Trisha Jobman, APRN, Bryan Medical Center (Telemedicine)  
Richard Young Counseling Center (Telemedicine)  
Bryan Telehealth -3rd Tuesdays (counseling)

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

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

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

**Orthopedic Surgery:** Eric Verploeg, M.D., Rural Partners in Medicine-1st, 3rd, 5th 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 Health Cooperative-2nd & 4th Tuesdays  
Dusty Christensen, DPM, Great Plains Foot & Ankle Specialists-2nd & 4th Fridays

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

**Urology:** Robert Santa Cruz, M.D., Rural Partners in Medicine-1st & 3rd Fridays

### In-House Services

**MRI Services:** Sundays

**Anesthesia:** Holly Lashmet, CRNA

**Sleep Studies:** Evenings by Appointment

**Nutritional Counseling:** Tonya Koeppen, RD, LMNT

To make an appointment call **308-697-1172** • [www.trivalleyhealth.com](http://www.trivalleyhealth.com)





## TVMF Board of Trustees

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Marcus Vontz-Vice President/Treasurer  
Barb Langley-Secretary  
Cathy Kubik  
Judy Jackson  
Betty Jorgensen  
Kristy Witte  
Ginger tenBensel-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 \$15,400 to 28 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 \$1,039,000 has been awarded.

The Tri Valley Medical Foundation Scholarship recipients are Justin Barenberg of McCook, Jady Brooks of Bartley, Jordan Carfield of Trenton, Macy Hill of McCook, Kass Kisker of Trenton, Alec Langan of McCook, Lanie Overton of McCook, Josh Paisley of Cambridge, Amelia Sayer of Cambridge, Kyleigh Scott of Trenton, Rebecca Sehnert of McCook, Holli Thomas of McCook, Bria Tomlin of Cambridge, Aubree Warner of Edison, Kailey Wilcox of Indianola, Baylor Winters of McCook, and DeLaina Wulf of Cambridge.

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

The Bernard Haag Memorial Nursing Scholarship is presented in memory of Bernard, a previous patient of Tri Valley Health System. He and his wife Nelda have provided scholarships for our nursing students for 15 years. Recipients of the Bernard Haag Memorial Nursing Scholarship are Trinity Bantam of Orleans, Amanda Bennett of McCook, Johnette Hawke of Cambridge, Karinne Jurey of Cambridge, Allison Rippe of Indianola, Lexie Sines of Cambridge, Kori Uerling of Indianola, and Cailee Zwickle of McCook.



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

**TVHS Auxiliary Maxine Price Memorial Recipient:**

**Brittany Alexander**, of Cambridge, plans to attend the University of Nebraska Medical Center where she will be pursuing a Master of Science in Nursing degree. Brittany is currently employed at Tri Valley Health System as an RN in the clinic.

**Amanda Bennett**, of McCook, is attending the University of Arkansas' online program where she is working to obtain her Bachelor of Science in Nursing degree. Amanda is currently employed by Tri Valley Health System as an LPN for Cambridge Memorial Hospital.

**Molly Koehler**, of Cambridge, is currently employed by Tri Valley Health System as an LPN for the rural health clinics. Molly plans to further her education to become an RN.

**Allison Rippe**, of Indianola, will be a freshman at Bryan College of Health Sciences where she plans to obtain her RN degree. Allison is currently employed at Tri Valley Health System as a CNA for Cambridge Memorial Hospital.

**Bernard Haag Memorial Nursing Recipients:**

**Trinity Bantam**, of Orleans, will be a freshman at the University of Nebraska at Kearney where she plans to obtain a Bachelor of Science degree in nursing.

**Amanda Bennett**, of McCook, is attending the University of Arkansas' online program where she is working to obtain her Bachelor of Science in nursing. Amanda is currently employed by Tri Valley Health System as an LPN for Cambridge Memorial Hospital.

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

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

**Allison Rippe**, of Indianola, will be a freshman at Bryan College of Health Sciences where she plans to obtain her RN degree.

**Lexie Sines**, of Cambridge, is a sophomore at the University of Nebraska at Lincoln where she plans to obtain a Bachelor of Science degree in nursing.

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

**Cailee Zwickle**, of McCook, attends McCook Community College where she is in the LPN to RN bridge program. She hopes to one day obtain her Bachelor of Science in nursing.

**Tri Valley Medical Foundation Recipients:**

**Justin Barenberg**, of McCook, is currently enrolled at Creighton University as a graduate student pursuing a degree in Pharmacy.

**Jadyn Brooks**, of Bartley, will be a sophomore at the University of Nebraska at Lincoln where she will major in Nutrition, Exercise, and Health Sciences with minors in Psychology and Business Administration. She plans to obtain her doctorate in Physical Therapy.

**Jordan Carfield**, of Trenton, is an incoming freshman at Wayne State College studying pre-med.

**Macy Hill**, of McCook, will be a junior at the University of Nebraska at Kearney studying pre-med. She aspires to go to Optometry School once done with her undergrad.

**Kass Kisker**, of Trenton, is currently enrolled as a sophomore at Wayne State College where she is studying Pre-Nursing and Public and Global Health.

**Alec Langan**, of McCook, will be a freshman at Chadron State College where he will be studying Pre-Pharmacy.

**Lanie Overton**, of McCook, will be a first-year student at Mid Plains Community College where she plans to get her Associates of Science. From there, she wishes to obtain her Bachelor's in Communication Disorders and her Master's in Speech-Language.

**Joshua Paisley**, of Cambridge, will be a second-year student at Mid Plains Community College where he plans to obtain his Associate of Science degree to work towards his doctorate degree in Physical Therapy.

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

**Kyleigh Scott**, of Trenton, will be attending the University of Nebraska Medical Center and majoring in Radiography.

**Rebecca Sehnert**, of McCook, is in her final year at the University of Nebraska Medical Center College of Pharmacy where she is working to obtain her Doctor of Pharmacy degree.

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

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

**Aubree Warner**, of Edison, is a sophomore at Fort Hays State University where she plans to obtain a degree in Communication Sciences and Disorders/Speech Language Pathology.

**Kailey Wilcox**, of Indianola, is sophomore at University of Nebraska at Lincoln where she is working to obtain a degree in Psychology and Clinical Counseling.

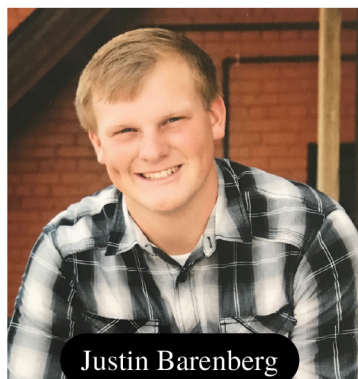
**Baylor Winters**, of McCook, will be a freshman at the University of Nebraska at Omaha where he will obtain his Bachelor of Science in Chemistry with a minor in Biology. He hopes to become a medical doctor.

**DeLaina Wulf**, of Cambridge, is entering her final year at the University of Nebraska at Kearney where she is working to obtain her Bachelor's in Social Work.

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



Brittany Alexander



Justin Barenberg



Jadyn Brooks



Jordyn Carfield





Johnette Hawke



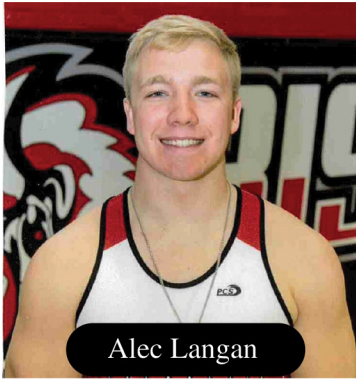
Macy Hill



Karinne Jurey



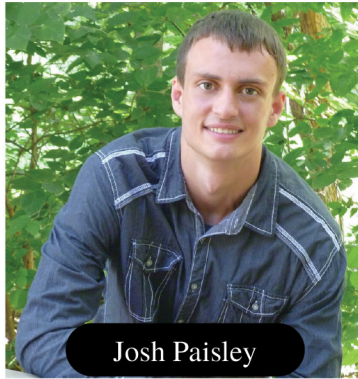
Kori Uerling



Alec Langan



Lanie Overton



Josh Paisley



Allison Rippe



Amelia Sayer



Kyleigh Scott



Rebecca Sehnert



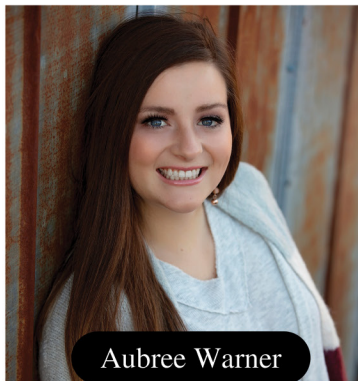
Lexie Sines



Holli Thomas



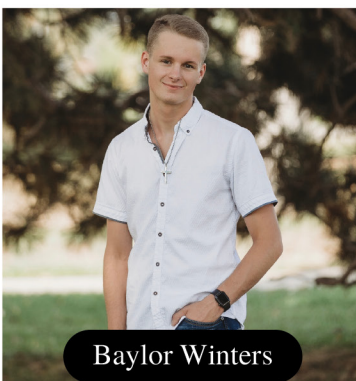
Bria Tomlin



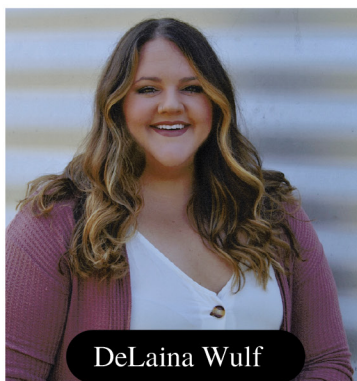
Aubree Warner



Kailey Wilcox



Baylor Winters



DeLaina Wulf

Not pictured:  
Trinity Bantam  
Amanda Bennett  
Kass Kisker  
Molly Koehler  
Cailee Zwickle





*"Investing in Tomorrow, Today"*

# Tri Valley Medical Foundation Pro Am

We would like to thank our sponsors, 25 participating teams, 9 pro golfers and more than 50 volunteers that made our 27th Annual Tri Valley Medical Foundation Pro Am a success. This year we raised over \$20,000. All proceeds will benefit our hospital nursing department with the purchase of new blanket warmers.

## Masters Sponsorship

Tri Valley Health System

## Ace Sponsorship

Waypoint Bank  
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Subway—Arapahoe  
Cambridge General Store  
Farm Credit Services of America  
Walmart  
State Farm—Linda Maiden  
Northwestern Mutual—Steve Johnson  
Cobblestone Inn & Suites—Cambridge  
Medicine Creek Boat Storage  
Ross Ebbers & Jim Jackson

## Par Sponsorship

Jessica Fisher  
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Adams Construction  
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Lord's Hardware, Furniture, & Appliances  
Cambridge Supermarket  
Dr. Lennie & Joyce Deaver  
Rural Sleep Solutions  
Samway Floor Covering & Furniture  
Frontier Home Medical  
Warner Real Estate  
Eide Bailly LLP





# Fisher and Jordan complete certification programs



Tri Valley Health System CEO Jessica Fisher and CNO Clay Jordan were awarded completion plaques from the National Rural Health Association after completing their CEO and CNO certification programs. Pictured in the presentation are left to right: Diana Swindler, CFO; Kyleen Klinkebiel, PA; Sarah Norton, PA; Nicole Viox, PA; Dr. Michael Powell; Clay Jordan, CNO; Jessica Fisher, CEO; LaVern Banzhaf, Board of Trustees Chairman; Ginger tenBensel, Board of Trustees; Dale Fahnholz, Board of Trustees; and Drew Cramer, Board of Trustees. Fisher and Jordan chose to participate in this program developed by the National Rural Health Association and successful rural hospital CEOs and CNOs to help strengthen their leadership skills and lead the hospital to success.

## Dr. Kaspar Cope certified as a Menopause Practitioner



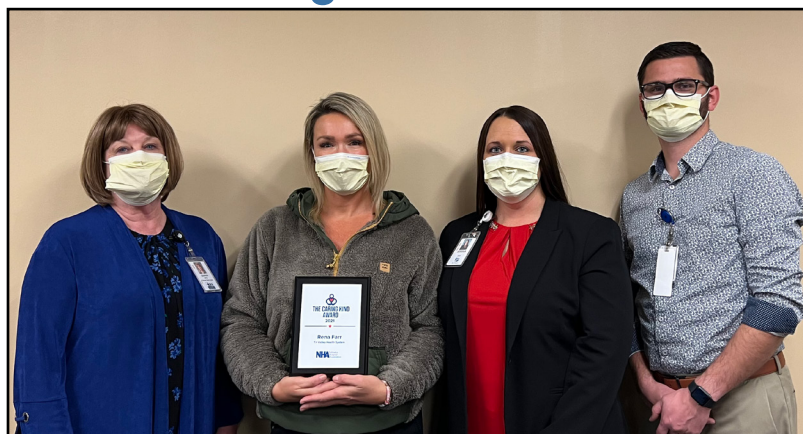
The North American Menopause Society (NAMS) is pleased to announce that Dr. Rachelle Kaspar-Cope has successfully met the criteria and passed the examination necessary to become a NAMS Certified Menopause Practitioner (NCMP). Founded in 1989, NAMS is North America's leading nonprofit organization dedicated to improving health and quality of life through an understanding of menopause. Those who hold the NCMP certification have demonstrated special interest and competency in the field of

menopause. These include physicians, physician assistants, nurse practitioners, nurse midwives, nurses, pharmacists, and others. We congratulate Dr. Kaspar-Cope on achieving this important certification. If you have questions or concerns about menopause call 308-697-3317 to schedule an appointment with Dr. Kaspar-Cope.

## Tri Valley Health System committed as a trauma center

The Nebraska Department of Health and Human Services has recommended that Tri Valley Health System be designated as a Basic Level Trauma Center through December 31, 2025. Dr. Gary Anthonie, Chief Medical Officer, commended Tri Valley Health System on its commitment to provide quality care to trauma patients. The statewide trauma program ensures Nebraska hospitals meet the standards to be designated as a trauma center. Trauma designation is based on the resources a hospital has available and by successfully meeting regulatory requirements.

## Rena Farr honored with NHA Caring Kind Award



Pictured in the Caring Kind Award Presentation are Diana Swindler, Chief Financial Officer; Rena Farr Caring Kind Award Winner; Jessica Fisher, Chief Executive Officer; and Clay Jordan, Chief Nursing Officer.

The Nebraska Hospital Association (NHA) recognized Nebraska member hospital employees by bestowing them with the organization's prestigious The Caring Kind award. Among the awarded was Pharmacy Technician Rena Farr of Tri Valley Health System, Cambridge.

For 42 years, The Caring Kind award has been given to Nebraska's most caring and compassionate hospital employees. The award honors outstanding health care employees who have demonstrated compassion for patients, cooperation with co-workers and dedication to excellence in their job responsibilities.

Hospitals across the state each select one award recipient from within their respective institutions to be recognized during the NHA Annual Convention. Rena's nomination stated, "Rena does whatever she can for whoever is needing assistance. She is always willing to help out whether she is on call or not. Rena stays late to make sure the hospital has what it needs from the pharmacy. She is always smiling and friendly and is a joy to work with. She works well with all the employees at Tri Valley Health System and she is an asset to our facility."

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



# Thrift Shop donations make a difference

The fall and winter seasons are here and the TVHS Hospital Auxiliary welcomes shoppers to the downtown Thrift Shop for all your needs. We promise you a friendly shopping experience! We appreciate St. Paul's Lutheran Church members who sorted and boxed the Thrift Shop 2021 spring and summer items on September 19 which were donated to Orphan Grain Train in Grand Island as well as Goodwill and Catholic charities. The following day the Auxiliary members did some fall cleaning in the store and began bringing out the 2021 fall/winter merchandise to display. The racks are beginning to fill with work, casual and classy clothing styles for men, women and kids, along with winter gear of coats, snow pants, coveralls, hoodies, boots, hats, gloves and scarves. We have Trojan and Husker gear, Under Armour, Nike, Champion and other specialty brand clothing.

Thanks to recent donations, beautiful glassware, dishes, kitchen items, appliances and decorative home items are on display and selling fast. You can shop for any holiday item in the basement and while there, visit the corner boutique for fancy dresses, wedding/reception items. Help pass the cool evenings with your family as you enjoy books, movies, music, crafts, toys or games from the Thrift Shop. The Auxiliary is grateful to the generous people who donate items for sale at the Thrift Shop. We also appreciate the many shoppers, with all sales benefiting projects for TVHS hospital and clinic, assisted living, medical student scholarships, community organizations and individuals in need.

The Hospital Auxiliary awarded project funds to TVHS and four medical student scholarships totaling \$46,730 for the year 2021 so you see your Thrift Shop donations do make a difference in our community. The 2021 projects included a Pella window and door plus labor at the Assisted Living for \$6,067; two Simmons Beauty Rest adjustable beds for the two sleep labs for \$2,995; a warmer for mammography gowns and towelettes in the Imaging Dept. for \$810; Infant hearing screening equipment to identify correctable hearing loss in infants for the Nursery for \$21,231; five Stryker wheelchairs for the Specialty Clinic, Greeters Desk and Emergency Area for \$13,627; and four \$500 scholarships to health care students, Brittany Alexander, Amanda Bennett, Molly Koehler and Allison Rippe.

The Auxiliary volunteers enjoy their role in providing a pleasant place to shop. We welcome volunteers – 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](mailto:info@trivalleyhealth.com). We would love to have you join us; we have a good time working, visiting and laughing. The Thrift Shop is open 1:00-5:00 p.m. Tuesday through Saturday. We have Thrift Shop sales quite often – like us on Facebook and keep up to date on the special offers. Donating items when we are closed? – please drop your items into the bins near the Thrift Shop front door. Thanks – we appreciate you!



**Thrift Store volunteers (l-r) Peggy Rawn, Sharon Lightle, Marilyn Klinkebiel, Mae Groshong, Val Bond and Carol Ault share a photo of the Infant hearing screening machine (ALGO5) which was purchased with Hospital Auxiliary funds for \$21, 231. It is used to identify correctable hearing loss in infants at the TVHS Nursery.**

## Tri Valley Health System Auxiliary Officers

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

The Cambridge Memorial Hospital Auxiliary meets every other month.

# 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 10am-3pm



[www.trivalleyhealth.com](http://www.trivalleyhealth.com)  
308.697.3329  
1305 HWY 6 & 34



# Tri Valley Rehab Team provides fall prevention solutions



lead to a fall:

**Balance and gait:** As we age, most of us lose some coordination, flexibility, and balance - primarily through inactivity, making it easier to fall.

**Vision:** In the aging eye, less light reaches the retina - making contrasting edges, tripping hazards, and obstacles harder to see.

**Medications:** Some prescriptions and over-the-counter medications can cause dizziness, dehydration, or interactions with each other that can lead to a fall.

**Environment:** Most seniors have lived in their homes for a long time and have never thought about simple modifications that might keep it safer as they age.

**Chronic conditions:** More than 80% of older adults have at least one chronic condition like diabetes, stroke, or arthritis. Often, these increase the risk of falling because they result in lost function, inactivity, depression, pain, or multiple medications.

There are many steps that can be taken to help minimize falls. Tri Valley Health System Rehab Team can help improve balance, strength, and gain through exercise. Physical therapists may also suggest a cane or walker and provide guidance on how to use these aids. Proper fit and guidance on how to use these aids can help. Tri Valley Health System Occupational Therapists can also perform a walk-through safety assessment of the home to identify potential fall hazards. Occupational therapists can evaluate the lighting in the home, stairs, bathroom, kitchen, and bedroom to make suggestions on simple modifications or equipment to reduce the risk of falls in the home. Please contact Tri Valley Health System Rehab team to help minimize your risk for a fall at 308-697-4178 or in Arapahoe at 308-962-5402

**D**id you know that one in four older Americans fall every year? Falls are the leading cause of both fatal and nonfatal injuries for people aged 65+. Falls can result in hip fractures, broken bones, and head injuries. And even falls without a major injury can cause an older adult to become fearful or depressed, making it difficult for them to stay active.

Helping you or a loved one reduce a fall risk is a great way to help stay healthy and independent as long as possible. The good news about falls is that most of them can be prevented. The key is to know where to look. Here are some common factors that can

## TRI VALLEY HEALTH SYSTEM REHAB TEAM



Kyle Broadfoot, PTA



Jacob Lunz, PT



Allison Johnson, PT



Deidra Broadfoot, PTA



Tosha Mowry, PTA



Paige Marquardt, SLP



Katie Brooks, OT



Lauren Enochs, OT

### Physical Therapy Services

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

### Speech Therapy Services

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

### Occupational Therapy Services

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



Tri Valley Health System  
Rehabilitation Services

### GENERAL CLINIC INFORMATION

Arapahoe Location - Physical, Occupational, and Speech Therapy  
658 Pine St., Arapahoe, NE 68922 308-962-5402

Cambridge Location - Physical, Occupational, and Speech Therapy  
1305 HWY 6&34, Cambridge, NE 69022 308-697-4178



TRI VALLEY  
HEALTH SYSTEM



# Tri Valley Assisted Living enjoy various outings



## Leave your worries behind and let us provide peace of mind



Take a virtual tour of the Assisted Living Facility  
Experience carefree senior living at Tri Valley Assisted Living through the virtual tours 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 Assisted Living**  
711 Mousel Avenue  
Cambridge, NE 69022  
308-697-4423







# Monthly diabetes support group offered

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

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

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

Date	Location at TVHS	Topic
February 7, 2022	Meadowlark Room	 <b>Diabetes Awareness Month,</b> HgbA1c test for \$25 from 4:30-6:00pm, check in at front, greeter's desk at TVHS  Virtual Supermarket tour with Tonya Koeppen, RD, LMNT, 5:00-6:00pm, meet in Meadowlark room.
March 7, 2022	Meadowlark Room	TVHS Provider presenting
April 4, 2022	Meadowlark Room	Diabetes and Foot Care by  Joan Magorian, RN
May 2, 2022	Republican River Room	Live Cooking Demo by Tonya Koeppen, RD, LMNT.  Please call 308-697-1153 to RSVP. <i>Will be on video via Facebook if not able to have live.</i>

## Recipe to boost iron levels after donating blood

The American Red Cross is facing a national blood crisis - its worst blood shortage in over a decade, posing a concerning risk to patient care. Supplying 40% of the nation's blood, the Red Cross has had to limit blood distributions to hospitals in recent weeks. In fact, on certain days, some hospitals may not receive as much as one-quarter of the blood products requested. Blood cannot be manufactured or stockpiled and can only be made available through the kindness of volunteer donors. The Red Cross asks the country to roll up a sleeve to help ensure people receive the care they need. Make an appointment to give blood or platelets as soon as possible by using the Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767). A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

It's a good idea to fuel up with iron-rich foods before and after donating. Provided by Family Features is a recipe to help boost iron levels to aid blood donation recovery.



**Marinated Skirt Steak**

Recipe courtesy of chef Nate Appleman on behalf of Abbott

**Vinaigrette:**

- 1/4 cup oil
- 1/4 cup fish sauce
- 1/4 cup rice wine vinegar
- 1/4 cup water
- 2 tablespoons raw sugar
- 1 cup chopped fresh cilantro
- 1 lime, juice only
- 1 clove garlic, minced
- 1 small Thai bird chile or serrano chile, chopped

**or serrano chile, chopped**

- 1/4 head finely shaved green cabbage
- 1/4 head finely shaved purple cabbage
- 2 carrots, thinly julienned

**Skirt steak:**

- 1 1/2 pounds trimmed skirt steak
- 1/2 cup coconut milk
- 3 cloves garlic, minced
- 2 tablespoons lime juice

1/4 cup chopped fresh cilantro

2 tablespoons sriracha salt, to taste

3 cups cooked brown rice

1/2 cup crushed peanuts

1 lime, quartered, for garnish

To make vinaigrette: In large bowl, mix oil, fish sauce, rice wine vinegar, water, sugar, cilantro, lime juice, garlic and chile. Toss cabbage and carrots in vinaigrette; refrigerate until ready to serve.

To make skirt steak: Marinate steak in coconut milk, garlic, lime juice, cilantro, sriracha and salt, to taste, at least 1 hour, or up to 24 hours.

Heat grill to high.

Grill 3-4 minutes each side until medium rare.

Let rest 3 minutes.

Thinly slice steaks against grain and serve with vinaigrette, rice and crushed peanuts; garnish with lime wedges.

**HEALTHY COOKING DEMO**

With Tonya Koeppen, TVHS Registered Dietitian Nutritionist

**Join us for a FREE Cooking Demo**  
**Monday, May 2 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

Cooking demo is limited to 20 participants. Please sign up at [www.ttsu.me/cookingdemo](http://www.ttsu.me/cookingdemo) or call 308-697-1153.

 **TRI VALLEY HEALTH SYSTEM**

1305 HWY 6&34  
 Cambridge, NE  
 308.697.3329





# Bring Out Your Best Body



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

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

# Don't miss out on free preventive care

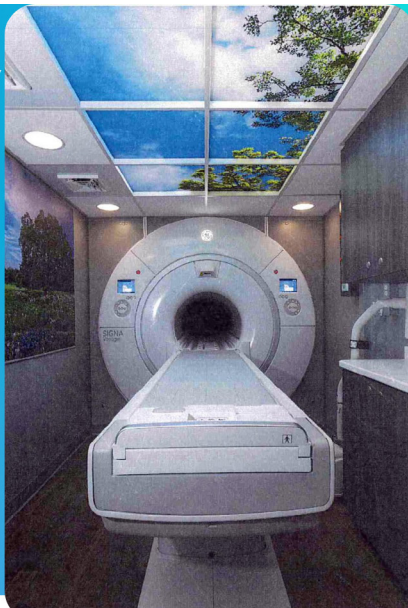
Most insurance companies cover a yearly preventive care visit at no charge to you. It's the best way to get the screenings and vaccinations which keep you healthier and ultimately reduce your health care costs.

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

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

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

# Tri Valley Health System uses upgraded MRI



MRI provided onsite at Tri Valley Health System by Shared Medical Services (SMS)

## Improving Patient Comfort and Image Quality

Largest Bore Opening on the Market, 550 Pound Table Weight

State of the Art Digital Imaging

50 cm Field of View

Most non-head exams can be done feet first

Customizable ambiance lighting, with virtual skylight

Quieter scan with acoustic reduction technology, with complete music system with headphones



# OUTPATIENT SERVICES

Tri Valley Health System has a dedicated nurse and room for your outpatient service needs.

## Outpatient services provided include:

- Blood and blood component therapy
- Central line access and management
- Lab draw off of central lines
- Catheter management
- Wound Care
- Drain management
- Intravenous hydration
- Intravenous therapy
- Injections

Fax all outpatient orders to central scheduling at 308-697-3212 or call 308-697-1172.



Make an appointment  
Call us 308-697-1172

For more information visit  
www.trivalleyhealth.com



308-697-3329  
1305 HWY 6&34  
Cambridge, NE





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

The Patient Portal allows you to:

- Access Health Information
- Request Appointments
- Pay Bills online

Enrollment is easy!

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



# Virtual Clinic Appointments available with TVHS Providers

## Perfect option for college students or while gone from home

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

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

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

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

For more information on Tri Valley Health System's virtual clinic appointments, visit [www.trivalleyhealth.com](http://www.trivalleyhealth.com) or call 1-308-697-3329.

## 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**

## 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



## NOW HIRING

We are looking for professional individuals to join our team! An up-to-date job listing and application is available at [www.trivalleyhealth.com/careers](http://www.trivalleyhealth.com/careers)



**TRI VALLEY HEALTH SYSTEM**

EQUAL OPPORTUNITY EMPLOYER



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

Email: [info@trivalleyhealth.com](mailto:info@trivalleyhealth.com)

## UROLOGIST ROBERT SANTA-CRUZ, MD

Accepting patients at Tri Valley Health System



## 10 REASONS TO SEE A UROLOGIST

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



Call 308-697-1172 to schedule an appointment

## Knock pain out of your daily living



Dr. J. Paul Meyer

Dr. J. Paul Meyer specializes in the treatment of chronic and acute pain including cancer-related pain, arthritis, reflex-sympathetic injuries, spinal conditions and injuries, degenerative diseases, fibromyalgia, traumatic injuries, lumbar pain, spinal stenosis, neuropathic pain, headaches, and herniated discs.

Dr. Meyer is board certified in anesthesiology and pain medicine. Dr. Meyer is at Tri Valley Health System every Thursday and third Tuesday and Wednesday.

**To schedule an appointment call 308-697-1172.**

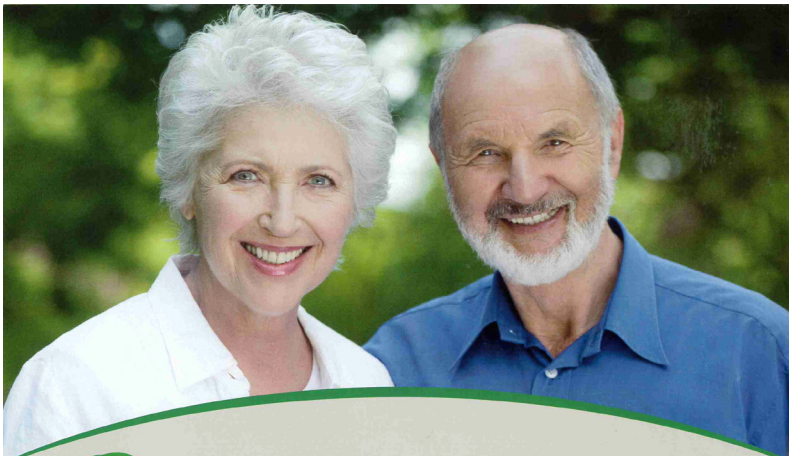
**For medication refills please contact your pharmacy.**



1305 Highway 6 & 34 Cambridge NE 69022

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

308-697-3329



## Senior Life Solutions®

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

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

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

(308) 697-1299





# Offering You Top Notch Care

## Three Medical Clinics Open to Serve You

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



ACCEPTING  
NEW PATIENTS  
AT ALL  
LOCATIONS



### Arapahoe Medical Clinic

305 Nebraska Avenue, Arapahoe, NE

Open Monday-Friday 9am-5pm

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



### Cambridge Medical Clinic

1305 HWY 6&34, Cambridge, NE

Open Monday-Friday 9am-5pm,

Saturday morning 10am-12pm

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



### Indianola Medical Clinic

119 S. 4th St. Indianola, NE

Open Monday-Friday 9am-5pm

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





# Tri Valley Health System Surgical Services

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

## Surgical procedures available at Tri Valley Health System

### Orthopedic Surgery



Dr. Chris Wilkinson  
Dr. Eric Verploeg  
Adam Schapmann, PA  
Total Joint Replacement · Arthroscopic Procedures · Carpal Tunnel Release

### Podiatry



Dr. Russell Carlston  
Dr. Dusty Christensen  
Foot and Ankle Procedures

### Surgery



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

### Endoscopy



Dr. Michael Powell  
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



# Providing Expert OB Care



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



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



**Shiuvaun Jaeger, MD**  
23 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. We offer free childbirth classes.

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.

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](http://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 April-September Babies



Easton, 4/27



Karsen, 4/27



Knox, 4/27



Rex, 5/2



Marie, 5/3



Dixie, 5/6



Bradyn, 5/6



Makenzie, 5/7



Emmory, 5/12



Charles, 5/15



Everly, 5/19



Aliyah, 5/27



Lincoln, 6/7



Emrick, 6/9



Kitt, 6/11



Azariah, 6/12



Ara, 7/7



Maverick, 7/19



Orbery, 8/3



Draxton, 8/8



Renley, 8/10



Everly, 8/13



Tamarie, 8/21



Kropper, 8/23

**We are accepting OB patients**

Having a baby is an exciting time and we are here for you every step of the way!

Take a virtual tour of our OB delivery suites or call 308-697-3329 to schedule a tour.



# 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!



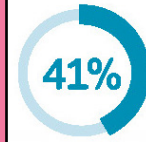
**BETTER, EARLIER BREAST CANCER DETECTION**

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>

## What's scarier: A colonoscopy? Or cancer?

[WWW.TRIVALLEYHEALTH.COM](http://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. Mike Powell

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





# Be Free From Cataracts

## Cataract Surgery NOW available at Tri Valley Health System

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



Thomas Clinch, MD

Get back to experiencing what's important to you with the confidence of improved vision. A cataract procedure can help you rediscover the joy of seeing life.

Call for information or scheduling 308-865-2760

## Advanced Wound Care Recognized for wound healing rates



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

Tri Valley Health System Advanced Wound Care Team is a recipient of RestorixHealth's Clinical Distinction Award. Recipients of this award meet or exceed national quality benchmarks over a set period of time.

"This achievement reaffirms the quality of care Tri Valley Health System Advanced Wound Care provides its patients every day," said Advanced Wound Care Program Director Sally Farquhar, APRN. "I am proud to be a recipient of an award that recognizes the hard work and dedication of our staff."

RestorixHealth launched its Clinical Distinction recognition program to recognize those centers that have demonstrated success by meeting or exceeding patient safety goals along with a 90% healing rate.

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

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

**WHEN IT COMES TO ATHLETIC INJURIES, IT'S GOOD TO HAVE A HOME FIELD ADVANTAGE**

Tri Valley Health System has two Orthopedic Specialists who come every other week and specialize in:

- SPORTS MEDICINE
- JOINT REPLACEMENT
- TREATMENT FOR INJURIES TO THE BONES, MUSCLES, TISSUES AND JOINTS
- DEGENERATIVE JOINT DISEASE
- ARTHRITIS

An injury doesn't have to take you out of the game or out of town. Call to schedule your appointment at Tri Valley Health System with Dr. Verploeg or Dr. Wilkinson at 308-697-1172.

**TRI VALLEY HEALTH SYSTEM**



# “This device has been a game changer!”

Liz struggled with type 2 diabetes and high blood sugar - until a CGM put her in charge! - BY KATHLEEN ENGEL

Not only does Liz Cambron smash her squats and lunges in exercise class, but she also has a PhD in cellular and molecular biology. The 29-year-old from State College, PA, may spend her daytime hours in research labs, but it's her physical lifestyle that fuels her. Six workouts a week - these days, in the mornings “to start the day off right!” And weekends are no exception to her on-the-go routine. “That's when I usually go for long hikes with my dog and future husband, Jamie!”

## “Diabetes? I was insulted!”

Liz was actually taken aback when in fall 2014 she learned she had type 2 diabetes. “I am a first generation Mexican-American. The majority of my family members suffer from diabetes,” says Liz. “But even knowing how widespread the disease is in the Hispanic community, I was surprised by my diagnosis, because I was the ‘healthiest’ of my family. I have always worked out and tried to eat well - it felt almost insulting to be diagnosed with diabetes.” *I did everything I could and still I got it*, she recalls thinking. “It made me feel, *This is out of my control - why should I even to fight it?*”

Despite taking her medicine faithfully over the year's Liz's frustration would only grow over time. “I was eating healthy and working out daily as a health coach. Still, my blood sugar was in the 170s-to-180s and sometimes as high as 230,” she says. “That's not what I wanted. I wanted to feel like my diabetes was well-managed and under control.”

## “I spoke up!”

“I'd ask my endo for a continuous glucose monitoring (CGM) system [a device that tracks blood sugar levels in real time, without the need for constant finger pricks]. He kept telling me I didn't need one. But I hated pricking my finger, so I never did it,” she admits. “And I would always forget my glucose monitor at home. “It wasn't until I moved to a different state and began working with a different doctor that I got my CGM.” And that was game-changing, she reports. “It's been so much easier! Once I could track my sugar levels better, I was finally able to see changes in my body and my diabetes.”

## “I'll never go back to finger pricks”

Since she started using a CGM two years ago, Liz's blood sugar levels and A1C have both gone down - so much so that her doctor has lowered the dose of one of her diabetes medicines. She would use the info about her sugar levels and notice which foods caused spikes and which foods had less of an effect. Now she hopes to stop that medicine entirely and lower the dose of another. She's lost body fat, too. “My clothes are fitting better - and that's been an added benefit!”

The better blood sugar numbers, the looser clothing, plus feeling stronger during her workouts and more in control at mealtimes - it's the proof Liz needed that all those squats, hikes and healthy meals are paying off. And it's given her the motivation she'd been looking for her to stay the course with her treatment plan and healthy lifestyle goals. “I'll never go back to pricking my finger!”



“I've been able to see changes in my body and my diabetes,” says Liz. Weekend hikes with her future husband, Jamie, and her wire-haired terrier-schnauzer mix, Burberry, have helped!

## Stay on top of your diabetes!

Here, Liz offers the strategies that help her feel in control of her health.

### Adopt a positive mindset

Initially discouraged by her type 2 diagnosis, Liz eventually committed to working with her doctor to manage her diabetes. “Understanding how my genes play a role and taking the emotion out of it helped. As a medical researcher, I understood what was physiologically happening to me. I know how the body uses insulin, and I focused on that. In my body, the pieces are not there, the body is not working. Once I started thinking of it in that sense, it got so much easier. It wasn't me fighting against my body, it was me fighting with my body.”

**Do your part.** “The meds have helped me with feeling full and not being as hungry all the time.” But the meds alone are not enough, she says. “Finally seeing that my hard work - eating properly and exercising - has paid off, that my efforts have enabled me to lower the dosage of one med and think about getting off the other, has encouraged me. It helps me fight the mental battles, like on days I'm tired and don't feel like working out.”

**Experiment to see what works for you.** “Managing your diabetes takes trial and error. You're going to have to try different foods and meds to see what works for your body,” says Liz. “At the beginning, I got a lot of advice and it was all well-intentioned.” But she discovered this: “Not everything that works for someone else will work for you. This whole process of managing diabetes is very personal - it's not ‘one size fits all.’”

**Have patience.** “Living with diabetes is a very long journey. I've been a person with diabetes for only six or seven years, and I'm still learning how my body responds to things and how to manage my diabetes. The process may seem overwhelming, especially at the beginning. But have patience with yourself and with your healthcare providers. Remember you're a team and you're working together.”

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Tri Valley Health System offers continuous glucose monitoring for assessing glycemic variability. We can also assist you with obtaining your own personal glycemic glucose monitoring device. Ask your Tri Valley Health System Provider or Tri Valley Health System Registered Dietitian Nutritionist Tonya Koeppen at 308-697-3329.



# PATIENT EXPERIENCE SURVEYS

Tri Valley Health System uses all of the patient experience surveys and comments to make process changes and to provide employee recognition.

**107 PATIENT EXPERIENCE SURVEYS RETURNED IN AUGUST**

**86% RATED TVHS IN THE HIGHEST CATEGORY**

**MULTIPLE EMPLOYEES AWARDED FOR POSITIVE COMMENTS**

**ANALYZE SUGGESTIONS FOR IMPROVEMENTS**

**ACTION PLANS IMPLEMENTED BASED ON PATIENT EXPERIENCES AND EVENTS**

Thank you for filling out the patient experience surveys. If you have any questions about these surveys please call the Quality Director at 308-697-3329



## YEARS OF SERVICE AWARDS FOR 2021

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

**5 Years**

- Mallory Palmer
- Anne McCarville
- Jordan Lueking
- Karinne Kulwicki
- Abigail Jones
- Angela Howard
- Amanda Greenlee
- Torey Fleischer
- Staci Dack
- Kitt Callaway

**10 Years**

- Loyd White
- Helena Perks
- Gloria Paisley
- Ashlee Minard
- Kelsey Landreth
- Dr. Shiuvaun Jaeger
- 15 Years**
- Wendy Witte
- Joan Magorian
- Joyce Deaver

**20 Years**

- Michele Lewis
- Deborah Gregg

**25 Years**

- Dr. Rachelle Kaspar-Cope
- Charity Gonzales
- Ross Ebbers

**30 Years**

- Julie Sayer

**35 Years**

- Jan Mowry



## Healthcare for Women

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

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



Call 308-697-1172  
[www.trivalleyhealth.com](http://www.trivalleyhealth.com)





Tri Valley Health System's Skilled Swing Bed provides a bridge between acute care and home, providing additional skilled care to those needing extra time to heal before returning home. Our Swing Bed program allows patients to move from acute care to skilled rehabilitation at Tri Valley Health System. Qualified patients may include: post surgery patients, joint replacement, stroke, injury, or extended illness.



## Benefits of Skilled Swing Bed Program

- Skilled Services may include: IV therapy, medication management, dressing changes, rehabilitation services (physical therapy, occupational therapy, and speech therapy), and pain management.
- Flexibility for patients to stay close to home allowing family and friends to visit, and be part of the healing processes.
- Patients are cared for by a top notch Medical Team.
- Customized patient treatment plan under the direction of a Medical Provider.
- Access to new and improved medical equipment and technology to provide the best care.
- Support activities of daily living customized per patient's request.
- Patient education including: Medication and Nutrition Services.
- Patient preference and selection of daily dietary meals.



**CONTACT TRI VALLEY HEALTH SYSTEM'S  
 CASE MANAGEMENT DEPARTMENT AT  
 308-697-3329 FOR MORE  
 INFORMATION ABOUT SKILLED SWING  
 BED SERVICES OFFERED.**



# Tri Valley Health System develops future medical students



**Kyleen Klinkebiel, PA**

Tri Valley Health System, through clinical affiliations with the University of Nebraska Medical Center (UNMC) and Union College in Lincoln, plays a vital role in the education and development of Physician Assistant (PA) and Medical students. The UNMC’s PA Program and the College of Medicine, and Union College’s PA Program provide students various clinical rotation experiences including Family Medicine Clerkships, Women’s Health Clerkships, Primary Care Clerkships, and Medical Student clinical rotations. The Tri Valley Health System Medical Staff guides, mentors, and teaches students to help shape

them into tomorrow’s future medical providers. During the clinical rotations, students apply knowledge and concepts learned in the didactic curriculum of their respective programs to develop and refine clinical skills in preparation to serve and deliver high-quality, compassionate health care.

Tri Valley Health System and patients benefit from the clinical

## Extraordinary Nurses recognized at Tri Valley Health System

### Nominations requested from patients



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

provide patients and families every day.

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 were Monique Steinmetz and Dixie Jauken.

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.

experiences and care provided by PA and Medical Students.

- Students increase our patient’s overall satisfaction and experiences by encouraging in-depth discussions and observations.
- Students also streamline practice efficiency and can allow patient visits to be overlapped, allowing our providers to divide their time efficiently with our patients while the students are doing their initial assessments.
- Students are learning the most advanced medical practices in their respective programs and share that knowledge during their clinical rotations with TVHS staff.

TVHS greatly values and appreciates the commitment of our providers and staff in fostering students in the learning and clinical environment.

We especially want to spotlight Kyleen Klinkebiel, PA-C. Kyleen has been a preceptor since joining our Medical Staff team in 2008.

Kyleen is passionate about the learning and education of our patients as well as students in the ongoing delivery of high-quality care and serving our communities health needs.

We greatly appreciate Kyleen’s long lasting commitment to the learning environment at TVHS.

## Advance Directives help you and your loved ones

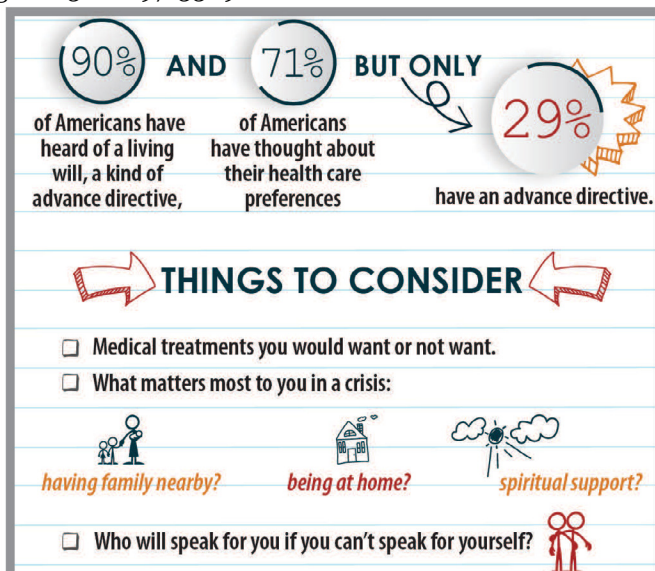
We plan for many occasions in life but few have an end of life plan. Having a discussion with your loved ones and developing an advance directive – a written statement of your wishes regarding medical treatment – is a gift to your loved ones. It is not difficult to accomplish, but does require some thought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

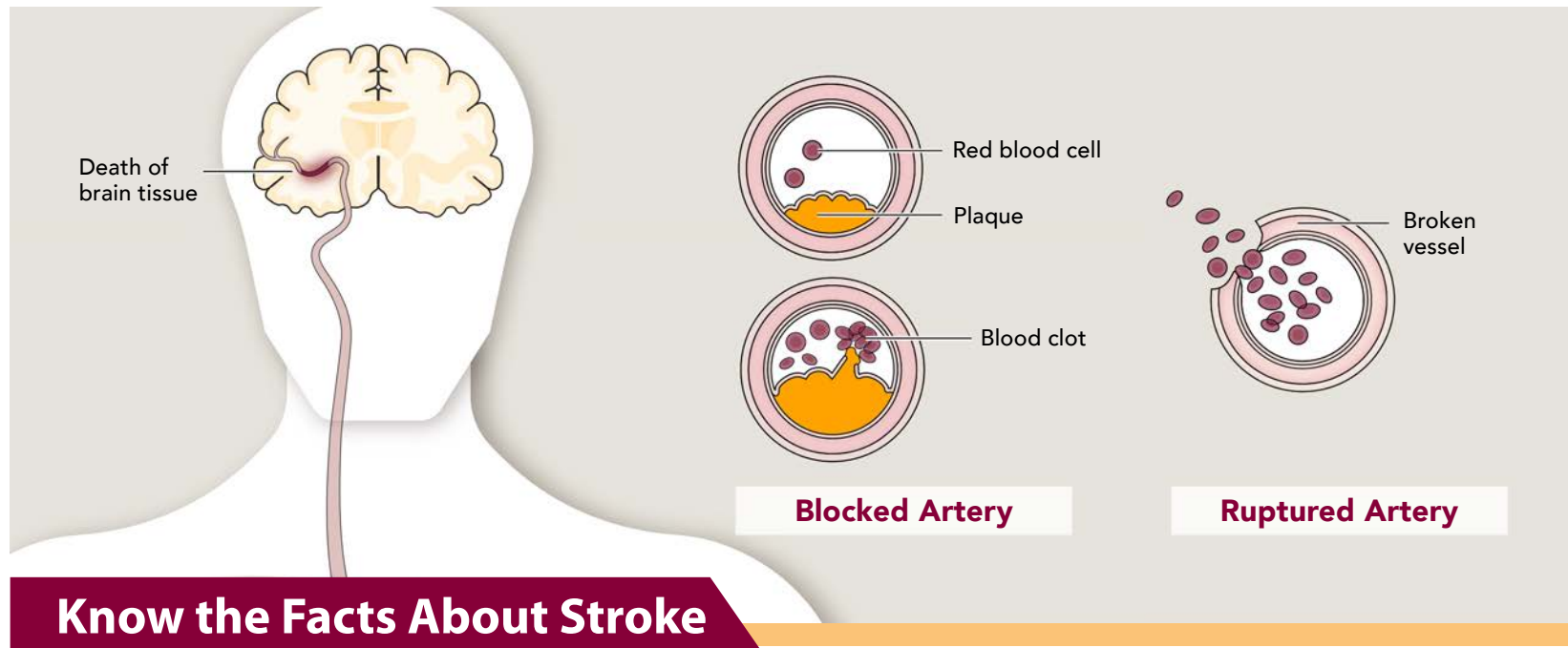
Deciding what types of treatment you would or would not want should you be diagnosed with a life-limiting illness. Sharing your personal wishes with your loved ones.

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](http://www.caringinfo.org) or call Tri Valley Health System Social Services Manager at 308-697-3329.







## Know the Facts About Stroke

### What is stroke?

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

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

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

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

### Are you at risk?

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

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

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



### F—FACE DROOPING

Ask the person to smile. Does one side droop?



### A—ARM WEAKNESS

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



### S—SPEECH DIFFICULTY

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



### T—TIME TO CALL 9-1-1

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





**2020-2022**

# Strategic Plan Timeline

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

### Strategic timeline (x means completed)

#### Goals and Initiatives

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

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

X	X	
	X	
X	X	

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

### Strategic timeline (x means completed)

#### Goals and Initiatives

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

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

	X	
X	X	

## Strategic objective #3: Smart Growth

### Strategic timeline (x means completed)

#### Goals and Initiatives

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

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

X	X	
X	X	
X	X	
X	X	

# 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



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



TRI VALLEY  
HEALTH SYSTEM

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## Serving our area's healthcare needs since 1958

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

## Tri Valley Health System Facilities

**Cambridge  
Clinic and  
Hospital**  
1305 HWY 6 & 34  
Cambridge, NE

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

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

**TVHS  
Arapahoe  
Rehab**  
658 Pine St.  
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.