



# TRI VALLEY HEALTH SYSTEM THE PULSE

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## Direct access testing starting in January

Tri Valley Health System will begin direct access testing (DAT) on January 2. DAT will allow patients to come in for select tests without a provider's order at a discounted price. DAT eliminates many steps of processing that a typical lab test goes through which allows us to offer the testing at a discounted price.

Insurance or Medicare will not be billed and payment must be made at the time of testing by check, cash, or card.

Other tests will not be able to be completed at the same time of any DAT screenings.

You will receive your confidential lab results in the mail. Lab results will also be available in your patient portal. Results will not be sent to your provider. A provider will be notified if you have a critical test result.

DAT testing is available Monday-Friday from 8am-3pm in Cambridge, the first and third Wednesdays from 8am-10am at the Tri

Valley Health System Arapahoe Rehab location, and the fourth Wednesday from 8am-10am at the St. Catherines Parish Hall in Indianola. Appointments are not necessary, simply come in during testing times and request direct access testing. Contact the TVHS lab with any questions about DAT testing at 308-697-3329.

### Available DAT Screenings

- Comprehensive Blood Panel \$25
- Lipid Panel\* \$25
- Complete Blood Count \$25
- Prostate Specific Antigen \$25
- Vitamin D \$60
- Thyroid Stimulating Hormone \$25
- Free Thyroxine (FT4) \$25
- Hemoglobin A1C \$25
- \*10 hour fast required for lipid panel**

## Clinics embrace use of AI technology

Medical mid-level providers at Tri Valley Health System Medical Clinics will soon be utilizing DAX Copilot, an innovative AI tool, to document patient visits and streamline workflows.

DAX Copilot, developed by Nuance and utilizing Microsoft platforms, functions as an AI-powered assistant, aiding healthcare professionals in numerous tasks such as documentation, data analysis, and decision-making. Leveraging its natural language processing capabilities, the tool assists medical practitioners by generating contextual suggestions and predictive insights, significantly expediting administrative tasks and providing medical research and information.

The integration of DAX Copilot will enable providers to dedicate more time to direct patient care. By automating mundane administrative tasks and offering real-time support in analyzing

vast amounts of medical literature, the tool allows practitioners to focus on delivering personalized and high-quality healthcare services.

Jodi Votapka, Tri Valley Health System Medical Clinic Director, expressed enthusiasm about the implementation of DAX Copilot. "DAX Copilot will improve the overall efficiency of the entire Tri Valley Health System team. It will eliminate the hours of time that providers spend at their desks doing paperwork and will also shorten their turn-around time for billing and coding. It assists us in navigating through complex patient data, offering valuable insights and assisting in clinical decision-making. Tri Valley Health System is committed to leveraging cutting-edge technologies that enhance patient care and provider satisfaction."

## Health resources offered for you

Tri Valley Health System is pleased to be able to offer you several health resources to stay informed of health topics.

A health library has been added to the Tri Valley Health System website at [www.trivalley-health.com](http://www.trivalley-health.com). There are health topics to explore, health tools, and infographics to read. There is also a search feature to research on a health topic.

We also have added several e-newsletters that you can sign up for. These include a keeping well e-newsletter which provides information on the health topics of your choice; this week in health

newsletter which covers new research, product recalls, and lifestyle recommendations; pregnancy newsletter brings you timely tips, articles and advice for staying healthy and enjoying this incredible experience; and a new parent newsletter that is designed for parents of children up to 3 years of age that will include timely information about your child's growth and development.

You can sign up for these newsletters on the website under the more tab or sign the consent form at the clinic.



**TRI VALLEY**  
HEALTH SYSTEM

A MESSAGE FROM THE CEO

# Jordan named Interim CEO

It is with immense pleasure and great anticipation that I extend my warmest greetings to each of you as the Interim CEO of Tri Valley Health System.

I was named Interim CEO on November 29, 2023. I will also continue to serve as Chief Nursing Officer, a role I have held since January 2020. I served as Tri Valley's OB, Trauma, and Education Services Director and have worked in various roles throughout my career including clinical education and public health. I attended McCook Community College in 2009 receiving licensure as a Paramedic. I later pursued the nursing field and received my nursing education through Hutchinson College in Kansas and Purdue University. In 2021, I received Certification from the National Rural Health Association as a Rural Hospital CNO.

Growing up in Southwest Nebraska, I have experienced the importance of having quality healthcare services available close to home. Ensuring Tri Valley Health System is able to provide the highest quality of care possible has been and will continue to be my focus.

As we navigate through this transitional phase, I am eager to collaborate with the talented team here, leveraging our collective expertise and passion for healthcare. Together, we will continue the tradition of excellence, fostering a culture of innovation, inclusivity, and unwavering commitment to our patients' well-being.

I am deeply committed to maintaining the high standards of care and operational efficiency that define Tri Valley Health System.

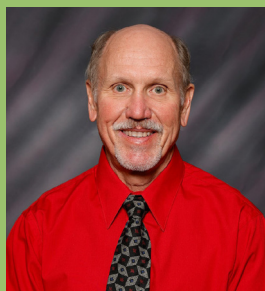
My door is always open, and I am genuinely excited about the opportunities that lie ahead for us as we embark on this journey together. Your insights, dedication, and expertise will be invaluable as we work towards furthering the mission and vision of Tri Valley Health System.

Thank you for your warm welcome and unwavering support. I am eager to meet and collaborate with each of you in the days to come.



**Clay Jordan, Interim CEO**  
**Tri Valley Health System**

## TRI VALLEY HEALTH SYSTEM PROVIDERS



**Lennie Deaver, MD**  
**Family Practice**  
**Obstetrics**



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



**Shiuvaun Jaeger, MD**  
**Family Practice**  
**Obstetrics**

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

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



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



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



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



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



**Candice Haddon, APRN**  
**Family Practice**



**Cheri Mues, APRN**  
**Family Practice**



**Angie Howard, APRN**  
**Family Practice**



**Sally Farquhar, APRN**  
**Wound Care**



**Holly Lashmet**  
**CRNA**



**Angela Dawson**  
**CRNA**



# Dr. Shiuvaun Jaeger receives NHA Caring Kind Award



Nebraska Hospital Association President Jeremy Nordquist presents the Caring Kind Award to Tri Valley Health System's Dr. Shiuvaun Jaeger at the Nebraska Hospital Conference in October.

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 Dr. Shiuvaun Jaeger of Tri Valley Health System, Cambridge.

For 44 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.

Dr. Jaeger's nomination stated, "A rural family medicine physician faces many challenges, but Dr. Jaeger consistently displays a compassionate and caring spirit in her service to others. Dr. Jaeger not only provides primary care in the clinical setting, but also delivers excellent care to patients in the hospital, emergency room and specializes in obstetrics. Dr. Jaeger's patients can speak best on her behalf with the feedback that they provide on patient satisfaction surveys. The common theme from her patients is her unique ability to always listen intently, communicate effectively and show nothing but excellent care and compassion in every way.

Dr. Jaeger is an excellent team player and leader, is committed to and respects others' ideas and wants to aid in improving processes in the delivery of health care. Dr. Jaeger understands that a great team is essential and with her positive attitude that fosters collaboration, she is enhancing our teams in their abilities to provide excellent care."

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.

## Tri Valley Health System Specialty Care Clinics

**Advanced Wound Care:** Tamara Robbins, M.D./Restorix

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

Linda Ferrer, M.D., Platte Valley Medical Group

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

Matthew Johnson, M.D., Bryan Heart Telemedicine

**Dermatology:** John Adams, M.D., Premier Dermatology & Mohs Surgery Center

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

**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

**Oncology:** Cynthia Lewis, M.D., Nebraska Medicine

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

**Orthopedic Surgery:** Ryan Carr, M.D., inReach Health  
Chris Wilkinson, M.D.

**Pain Specialist:** J. Paul Meyer, M.D., Med-Care, Inc.

**Podiatry:** Russell Carlston, DPM, RuralMED  
Richard Raska, DPM, Great Plains Foot & Ankle Specialists

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

Melissa Hoferer, CHI Health

**Urology:** Bruce Koefoot, M.D., Rural Med

### 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  
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 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

**JOIN US FOR**

**NEW YEAR'S EVE**

SUNDAY, DECEMBER 31  
 CAMBRIDGE COMMUNITY BUILDING

**OUR CAUSE**  
 ALL PROCEEDS WILL BENEFIT THE PURCHASE OF A CRYOSURGICAL SYSTEM PACKAGE FOR THE THREE RURAL HEALTH CLINICS.

**EVENT SCHEDULE**  
 5:00 - 6:00 | SOCIAL HOUR  
 6:00 - 7:30 | PRIME RIB DINNER  
 (CATERED BY CAMBRIDGE SUPERMARKET)  
 7:30 - MIDNIGHT | DUELING PIANOS SHOW BY FUN PIANOS!  
 SILENT & LIVE AUCTION THROUGHOUT THE NIGHT

**TICKET INFORMATION**  
 \$550 | TABLE FOR 8 | INCLUDES DINNER, ENTERTAINMENT, & ONE DRINK EACH  
 \$75 | INDIVIDUAL | INCLUDES DINNER & ENTERTAINMENT  
 \$25 | ENTERTAINMENT ONLY | ENTRY AT 7:30 PM

**TICKET SALES**  
 TO RESERVE YOUR SEATS:  
 CALL JAMIE VONTZ @ 308.697.1176 OR  
 EMAIL [foundation@trivalleyhealth.com](mailto:foundation@trivalleyhealth.com)





*"Investing in Tomorrow, Today"*

# Tri Valley Medical Foundation Pro Am

We would like to thank our sponsors, 32 participating teams, 22 pro golfers and more than 50 volunteers that made our 29th Annual Tri Valley Medical Foundation Pro Am a success. This year we raised over \$21,000. All proceeds will benefit the purchase of a neonatal phototherapy system and syringe infusion pumps.

## Masters Sponsorship

Tri Valley Health System

## Ace Sponsorship

Waypoint Bank

First Central Bank

## Eagle Sponsorship

Rutt's Heating & Air

First State Bank

First State Insurance

Edward Jones-Dustin Hartzler

High Plains Radio

Hometown Family Radio

Barney Financial Services-Ron Eckloff

Inspire Rehab

McCook Gazette

Pinpoint

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## Birdie Sponsorship

Cambridge Public Schools

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Extreme Ag

Doug & Tammy Claussen

NCP

Psychiatric Medical Care

The Valley Voice



## Par Sponsorship

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Cambridge Supermarket

Dr. Lennie & Joyce Deaver

Lord's Furniture & Hardware

Core Group

Samway's Floor Covering

Farm Credit Services of America

GTA Insurance Group-Waid Vontz

Syngenta-Jackson Johnson

Channel Seed-Republican River Suppliers

## Tee Sponsorship

Medicine Creek Boat Storage

Jim Jackson & Ross Ebbers

Coppermill Restaurant

Amateur's Bar & Grill

Country Touch Massage

Rhonda Banzhaf

## Flag Prize Sponsors

Scouts Recreation & RPAC Rundown

Meditech

Golf Fit USA-Matt Shaner



# Tri Valley Medical Foundation Raises \$10,826 During Southwest Nebraska Big Give



Tri Valley Medical Foundation raised \$10,826 for new syringe infusion pumps and a neonatal phototherapy and bililight system during the Southwest Nebraska Big Give event held on November 2, 2023.

**SOUTHWEST NEBRASKA**

**Big Give**

**NOVEMBER 2, 2023**

“The purchase of the Novum IQ syringe infusion pumps and the Skylife Neonatal Phototherapy System are invaluable additions to Tri Valley Health System and will enhance our medical capabilities for pediatric patients. The Novum IQ syringe infusion pumps allow nursing staff the ability to more accurately administer small volume infusions especially to pediatric patients.

The Skylife Neonatal Phototherapy System provides nursing staff the ability to administer phototherapy to more areas of a baby’s body which allows them to recover from neonatal jaundice sooner and increases the time intervals in which baby can be removed from the lights to improve bonding. We appreciate the support from all of the gracious donors that continue to invest in Tri Valley Health System and the future of healthcare," said Tri Valley Health System interim CEO Clay Jordan.

Tri Valley Medical Foundation would like to thank all of our generous donors who supported us at Southwest Nebraska Big Give. We are so grateful for your faithfulness to our organization.

## Types of Giving

**Unrestricted Gifts** are those in which the Tri Valley Medical Foundation Board of Directors can vote to grant to meet the most urgent needs.

**Temporarily Restricted Gifts** are for specified programs or events, which Tri Valley Medical Foundation seeks to grant as quickly as possible.

**Permanently Restricted Gifts**, or **Endowments** are established by donors to provide ongoing funding for key needs. A portion of earnings is spent annually for each endowment’s purpose and the remainder is retained to support the purpose in years to come.

## Ways of Giving

**Gifts of Cash**

**Commemorative Giving**

**Trusts & Annuities**

**Charitable IRA Rollover**

**Life Insurance**

**Endowed Named Funds**

**Scholarships**

**Gifts by Will** (Types of Bequests:

Residuary Bequest, Specific Bequest, Contingent Bequest)

**Gifts of Grain & Livestock**

**Real Estate**

To learn more about Tri Valley Medical Foundation or if you are interested in giving, please visit [www.trivalleyhealth.com](http://www.trivalleyhealth.com) or call the Foundation office at 308.697.1176.



# TVHS Hospital Auxiliary benefits many

As the calendar pages bring 2023 to a close, the TVHS Hospital Auxiliary continues to welcome shoppers to the downtown Thrift Shop for a friendly shopping experience. It's been an amazing year with overwhelming donations from wonderful people like yourself. We appreciate those who patronize the store too, as people from the area and counties away give such positive comments about the Thrift Shop. Everyone loves to shop at the Auxiliary Thrift Shop! We began 2023 donating \$59,000 to TVHS to be applied to a new ultrasound imaging machine and bed. This gift was made possible from the sales of your donated items. You make a big difference in our community!

We are thankful for our volunteers too! Special thanks to St. Paul's Lutheran Church, Cambridge, who every spring and fall come into the store and sort and box clothing, shoes, bedding and non-breakable household items for Orphan Grain Train in Grand Island. Pass-on items are donated to Goodwill and Catholic Charities all year long. Sales from your donated items benefit projects at TVHS hospital and clinic, assisted living, scholarships, organizations and individuals in need. This past month a donated cross was given to the Methodist Church, books to TVHS patients, stuffed animals to Compass in Kearney, prizes to the plaza for Wednesday Game Days, new toys along with \$10 gift certificates to the Thrift Shop for the Lions Club Christmas Drive, Raffle items for the TVHS Pancake Feed fundraiser, yarn for caps and fabric for blankets for babies in the NICU, Omaha, yarn for scarves for the Veterans Home residents, DASAS in McCook and clothing for a family who had a fire. We had a coat giveaway this fall with 42 coats claimed. Another giveaway will be held this winter. Kids had fun shopping for free costumes the week of Halloween too. We are here to serve our community and out of town guests.

Shop the Thrift Shop first where racks are filled with work, casual and dressy 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, Husker, Under Armor, Nike, Champion and other specialty brand clothing too. The Book

Nook has books for all ages, movies, music and crafts to help pass the long winter evenings. Enjoy cozy flannel sheets and soft blankets when you retire for the evening. We have a great selection of jewelry and stylish purses too. The housewares department is a favorite with beautiful glassware, decorative items, kitchen items and appliances. A fun place to shop is the basement where every holiday is featured. Shop the Corner Boutique while downstairs for fancy dresses, wedding/reception items too. Now you understand why the Auxiliary Thrift Shop is a favorite destination for many! We have it all and want you to have a fun, pleasant shopping experience.

Volunteers are always welcome. If you would like to work one afternoon or more at the Thrift Shop, contact us at 308-697-3329 or e-mail at [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 team. We are open Tuesday through Saturday 1:00-5:00 p.m. We have special sales quite often - like us on Facebook and keep up to date with what's happening at the Thrift Shop. When making a donation after closing hours, please use the black donation bins located near the front door of the Thrift Shop. We hope to see you soon as we ring in 2024 for another amazing year of service to our community.

## 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



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



# Cough Suppression Strategies/Vocal Hygiene from a Speech Therapist

Behavioral Cough Therapy is a rehabilitation option that may alleviate symptoms of chronic cough with medication (Vertigan et al, 2006).

## What is a Chronic Cough?

An upper chronic cough is a chronic upper airway disorder that is attributed to hypersensitive sensory receptors in the larynx and/or trachea. This may also elicit the need to throat clear due to sensation of contents that are irritating the throat region, also known as a hypersensitive cough. Upper chronic cough may co-occur with reflux, asthma, and paradoxical vocal fold movement.

## Foreign Stimuli may Elicit a Cough:

1. mechanical (talk, laugh, swallow)
2. thermal (changes in air temperature)
3. chemical (fumes/perfumes, cologne)

## Effects of Upper Chronic Cough Conditions:

1. Socio-emotional: Interrupts conversational flow
2. Chest pain from intercostal expansions
3. Voice changes (hoarse, reduced pitch)
4. Embarrassment, shame, isolation, reduced self esteem

ENT and pulmonologist will need to have completed differential diagnosis to investigate possible causes.

## How to Reduce Laryngeal Irritation?

### Vocal Hygiene

1. Water:
  - Drink 8-10 glasses a day

- Drink continuously throughout the day not all at once
2. Decrease Drying Agents:
    - Caffeine: sodas, tea, coffee, chocolate, no-doze, diet pills
    - Antihistamines: Allegra, Clarinex, Zyrtec, Sudafed,-take only when needed
    - Extreme Temperature: very hot, very cold air
    - Use a cool mist humidifier at night near the head of the bed
    - Uncooked Dairy Products: cream, ice cream, milk, yogurt
  3. Glycerin Cough Drops/Lozenges:
    - Use these to moisturize your mouth/throat in place of cough drops
    - Glycerin based will thin secretions –Try Luden’s Cherry
    - No MENTHOL cough drops!

## Cough Suppression Strategies

- Swallow more often with saliva/ suck on mints, lozenge, ice chips
  - Facilitate nose inhalation and mouth exhalation
  - Sniff and swallow (sniffing abducts vocal folds preventing cough reflex position)
  - Yawn-sigh-say (open wide mouth like you’re about to yawn, inhale and say a word or phrase with a stop “egg, hot soup, cook”)
  - Pursed lip breathing (swallow hard, dog panting for pediatrics)
  - Being aware of coughing irritants and reduce exposures
- A.E. Vertigan et al. 2006. Efficacy of speech pathology management for chronic cough: a randomized placebo controlled trial of treatment efficacy. ThoraxBy: Michele Ekberg, M.S. Ed. CCC-SLP

# TRI VALLEY HEALTH SYSTEM REHAB TEAM



## Physical Therapy Services

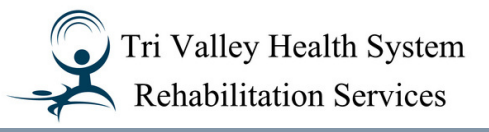
- Orthopedics
- Sports
- Spine
- Neurological
- Geriatrics
- Dry Needling
- LSVT BIG for Parkinson's

## 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





The Assisted Living Residents and Staff stayed busy during October. The residents enjoyed dressing up for Halloween and having trick or treaters visit the Assisted Living, toured gardens and outdoor parks with Bill and Kathy Lewis, and took part in the Tri Valley Health System Pink Out by wearing all pink. If you would like to share a talent or provide some entertainment for residents please contact the Assisted Living Facility.

# 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 Assisted Living

711 Mousel Avenue  
Cambridge, NE 69022

308-697-4423





# ADVANCED WOUND CARE

Dr. Tamara Robbins will provide specialized wound care every Thursday at Tri Valley Health System. Dr. Robbins will treat all wounds, but specializes in those that are slow or difficult to heal.



Tamara Robbins, MD

Dr. Robbins received her medical degree at the Indiana University School of Medicine in 1994 and completed her residency in 2002 from Ball Memorial Hospital in Muncie, Indiana. Dr. Robbins is also board certified.

Dr. Robbins was introduced to Restorix Health wound care services in 2020. The more she learned about healing wounds, the more passionate she became caring for patients in that field. "It's truly amazing and satisfying to watch a patient be surprised at the healing that occurs from visit to visit," she said.

Dr. Robbins will treat slow to heal or non-healing wounds, foot or leg ulcers or wounds, non-healing surgical wounds, non-healing skin grafts or surgical grafts, bone infection, or crush injuries.

Call 308-697-1285 and schedule an appointment.

## UROLOGIST BRUCE KOEFOOT, 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



# TIPS FOR DEALING WITH GRIEF DURING THE HOLIDAYS



You're not alone if you are expecting, preparing or even dreading the thought of experiencing loneliness during the holidays. Many people spend the holidays alone. Whether you are alone by choice or unforeseen circumstances, it is natural to feel a sense of loneliness.

It's OK to feel lonely. Loneliness can help you gain insight into what you need at a particular moment. What's important is that you don't let feelings of loneliness led to unhealthy coping mechanisms. Keep the present in perspective. New traditions, even those you partake in alone, can be just as fulfilling as fondly remembered old ones.

The tips below can help you cope with loneliness during the holidays. If you're feeling overwhelmed by emotions and need mental health support, we can help.

**1. Do things that bring you joy.** Give yourself permission to seek out moments of pleasure. Focus on the things you really enjoy. This could be a favorite hobby, reading a good book, taking a relaxing bath, going to a movie, eating a delicious meal, or learning something new. Doing something for yourself is a form of self-care. Consider creating a holiday season bucket list of things you want to do. Make cookies. Take a holiday light tour. Go for a sleigh ride.

**2. Reframe your expectations.** Social media, TV shows, movies and commercials present the expectation that the holidays are about being surrounded by family, feeling bright and jolly, full of mirth and joy. It's easy to feel as though you're not measuring up. Looking at the holiday season from a different angle may help you remove the emotional pressure. Reassess your expectations for how the season will go instead of how others say it should go. Decide for yourself what a particular holiday is about. If you're going through a difficult time, you could see the holidays as a time to take care of yourself and heal.

**3. Share your time.** Volunteering is a proven buffer against stress and depressive symptoms. Sharing your time with others can be particularly effective in decreasing feelings of isolation. When we focus on helping others it helps us feel better about ourselves. You might donate your time at a local animal or homeless shelter, donate clothing you no longer use, or send someone a card. Even performing small acts of kindness, like giving someone a compliment, paying for a stranger's coffee, offering to pick up groceries for a neighbor, or chatting with someone you haven't seen in a while can go a long way towards making both you and them feel more connected.

If you would like more information, education, or would like to discuss support this holiday season, please reach out to your provider or a member of our team. Your provider or we will provide you with ideas and support to keep you healthy and safe this holiday season.

Senior Life Solutions, Tri Valley Health System's mental health program, is designed to meet the unique needs of older adults experiencing depression and/or anxiety related to life changes that are often associated with aging. If you or someone you know is experiencing a mental health challenge and would like to discuss support, please call 308-697-1299.



# 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

## Cranberry Apple Quinoa Salad

### Ingredients

Salad  
1 cup uncooked quinoa  
1/2 cup diced celery  
2 green onions, sliced  
1 cup diced apple  
1/3 cup toasted pecans, chopped  
1/3 cup dried cranberries  
Vinaigrette  
2 tablespoons apple cider vinegar  
1 tablespoon honey or maple syrup  
1 tablespoon olive oil  
2 teaspoons dijon mustard  
1/4 teaspoon granulated garlic  
Kosher salt and fresh ground black pepper to taste



### Instructions

Cook the quinoa according to the package instructions adding a little salt to the water. Once the quinoa is cooked let it cool to room temperature.

While the quinoa cools add all of the vinaigrette ingredients to a small bowl or jar with a lid. Whisk or shake until combined. Once the quinoa has cooled pour it into a serving bowl along with the remaining salad ingredients. Season with salt and pepper. Pour the vinaigrette over the salad and stir everything together until combined. Taste for seasoning, then serve or refrigerate until ready to serve.

If you plan to make the salad ahead, omit the pecans until ready to serve so that they stay crunchy.

Calories: 218total Fat: 8gsaturated Fat: 1gtrans Fat: 0gunsaturated Fat: 7gcholesterol: 0mgsodium: 60mgcarbohydrates: 33gfiber: 4gsugar: 12gprotein: 5g

## 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."

# HEALTHY COOKING DEMO



With Tonya Koeppen, TVHS Registered  
Dietitian Nutritionist

Come and join us to taste a sampling of high fiber, nutritious, heart healthy, diabetes friendly recipes that are easy to make with locally found ingredients.

RSVPS are appreciated to ensure we have enough food. You can sign up at [www.ttsu.me/cookingdemo](http://www.ttsu.me/cookingdemo) or call 308-697-1153 or scan the QR code.



Monday, May 6, 2024

5:00-6:00pm

Tri Valley Health System



# 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.





## 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!



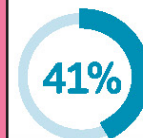
**BETTER, EARLIER  
BREAST CANCER  
DETECTION**

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>





# We Deliver

Expert Care When It Matters Most



*“We are so grateful for this level of care.”*

Oberlin resident, Janene Larson, transferred her care to Tri Valley Health System to deliver her second baby and after receiving nothing but the best care returned to Tri Valley Health System for her third baby. "The doctors and nurses go above and beyond to provide the best care for me and my babies. We are so grateful for this level of care."



## Meet Our Expert OB Providers



**Dr. Lennie Deaver**  
38 years OB  
experience



**Dr. Shelly Kaspar-Cope**  
30 years OB  
experience



**Dr. Shiuvaun Jaeger**  
25 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
- 3D Ultrasound
- Personalized one on one pregnancy and birthing classes
- Education books and emails
- Diaper bag filled with Halo SleepSack, Thermometer, educational booklets, complimentary baby items

**Call us today to arrange a tour of our facility.**

**308-697-3329**

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







follow us on

facebook

facebook.com/trivalleyhealthsystem

# Need a ride?

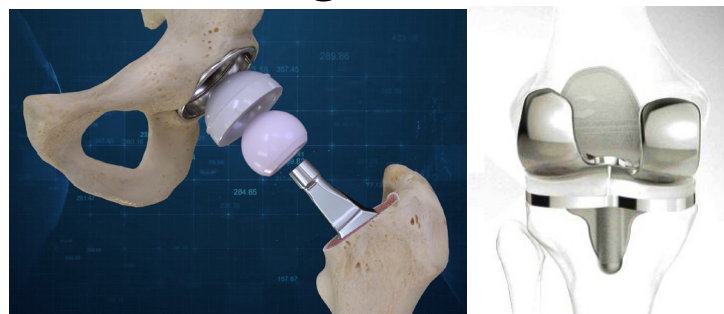
Tri Valley Public Transportation can take you!  
We are DOT Certified and can transport  
anywhere upon request.

Call 308-697-1164

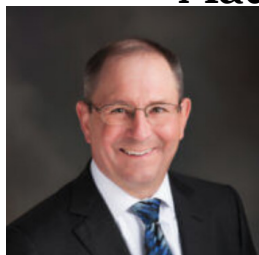
Monday – Friday 7 am – 5 pm



# Tired of Living with Joint Pain?



## Personalized Joint Replacements Made Just for You



Dr. Chris Wilkinson

Orthopedic Surgeons Dr. Ryan Carr and Dr. Chris Wilkinson use implants that are individually designed to fit each patient's unique anatomy for better fit, rotation, and alignment.



Dr. Ryan Carr

Call 308-697-1172 to schedule your appointment to discuss joint replacement with Conformis technology.

# Offering MACI Knee Cartilage Repair

A minimally invasive option to repair cartilage using your own cells.



Dr. Ryan Carr

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\*

Improve function\*

Provide lasting results\*



TRI VALLEY  
HEALTH SYSTEM

Call 308-697-1172

to schedule an appointment

\*Individual results may vary





# 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

Total Joint Replacement · Arthroscopic  
Procedures · Carpal Tunnel Release



Dr. Ryan  
Carr

### Podiatry



Dr. Russell  
Carlston

Foot and Ankle Procedures



Dr. Richard  
Raska

### Surgery



Dr. Thomas  
Sorrell

Gallbladder-Hernia-Infusion  
Ports-Central Line Place-  
ment-Lesion Removal

### Endoscopy



Dr. Shane  
Smith

Upper Endoscopy, Colonoscopy



Dr. Lennie  
Deaver

### 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

# 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.**



# DAISY Nurse Nominations requested from patients

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



Nurses may be nominated by patients, families, and colleagues. The award recipient is chosen by a committee at Tri Valley Health System. 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, Taylor Livingston, and Justine Brott.

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.

# Patient and family advisors wanted

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 on 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). We invite you to join us and work together to make Tri Valley Health System the best it can be.



**TRI VALLEY**  
HEALTH SYSTEM  
Clinics in Cambridge,  
Arapahoe, Indianola

## Welcome to the World!

July - November Babies



Madilyn, 8/31



Jameson, 9/8



Nash, 9/23



Emmett, 10/23



Wren, 10/24



Elsie, 10/31

## 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

## 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

# Tri Valley Health System Senior Leadership



Clay Jordan  
Interim Chief Executive  
Officer/  
Chief Nursing Officer



Diana Swindler  
Chief Financial  
Officer

## Tri Valley Health System Board of Trustees



LaVern Banzhaf  
President



James McGowen  
Vice President



John Paulsen  
Treasurer



Nanette Witte  
Secretary



James Jones



Logan Baker



Derek Downer



Marcus Vontz



Jason Neseth

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



**TRI VALLEY**  
HEALTH SYSTEM

Local  
Postal Customer

PRSRT STD  
ECRWSS EDDM  
U.S. POSTAGE  
CAMBRIDGE, NE  
PERMIT NO. 2

## Serving our area's healthcare needs since 1958

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

## Tri Valley Health System Facilities

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

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

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

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

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

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

## Mission for Tri Valley Health System

To improve the lives we touch by providing care of the highest quality throughout life's journey.

## Tri Valley Health System Vision Statement

Our vision is to be a model of continued excellence as a regional integrated health care system committing ourselves to provide quality, progressive care.

## Tri Valley Health System Core Values

Vision, Integrity, Safety, and Enthusiasm.