



TRI VALLEY HEALTH SYSTEM THE PULSE

Orthopedic Surgeon Dr. Carr specializes in shoulder, hip, and knee



Dr. Ryan Carr

Tri Valley Health System would like to welcome orthopedic surgeon Dr. Ryan Carr. Dr. Carr is a board-certified and fellowship trained orthopedic surgeon who specializes in disorders of the shoulder, hip, and knee.

Dr. Carr performs joint replacement, advanced arthroscopic reconstruction surgery, and fracture management. Dr. Carr is proud to offer the latest in knee replacement technology, the iTotal from Conformis that are designed to match the unique

size and shape of each patient's knee.

Dr. Carr received his medical degree from Chicago Medical School and completed his surgical residency in the Department of Orthopedic Surgery at University of Illinois. Prior to practicing in Denver, he was team physician for both professional and high school sports teams. In 2014, Dr. Carr was awarded the Vernon L. Nickel Research Award from the Orthopedic Research Association.

Dr. Carr will see patients on the 2nd and 4th Mondays of the month. To schedule an appointment with Dr. Carr call 308-697-1172.

For more information and to read reviews on Dr. Carr visit ryancarrmd.com.

Tri Valley Health System awarded \$42,500 for stroke care

The American Heart Association awarded two \$42,500 grants to organizations with ideas to improve and advance care for rural stroke patients in Nebraska during its Nebraska Mission: Lifeline Stroke Advancing Stroke Care Summit on May 4. Tri Valley Health System was one of the recipients.

Tri Valley Health System recognizes that in the acute phase of caring for a stroke patient it can take hours to contact a neurologist. With use of grant funds, Tri Valley Health System will implement the Acute Neurology and Stroke program through a partnership with Bryan Telemedicine. The patients in southwest Nebraska and Northwest Kansas with potential neurological issues will benefit greatly from this program, as they will be able to get the care they need when they need it.

"Tri Valley Health System is so grateful for the grant funding from the American Heart Association. We pride ourselves in providing quality progressive care in both our rural community and the surrounding area. This will be a great benefit to stroke patients as it will allow a quicker diagnosis and recovery period," said Tri Valley Health System Chief Nursing Officer Clay Jordan.



Tri Valley Health System Chief Nursing Officer Clay Jordan and Tri Valley Health System Grant Coordinator Josie Haussermann are pictured with the Bryan Telemedicine and Teledigm Health cart that will allow board certified physicians to be available for 24/7 consultation on stroke patients. This device will enable doctors to interact with the patient and staff as if they are in the room providing high-level stroke diagnosis and treatment at Tri Valley Health System. Tri Valley Health System plans to begin utilizing this system in August.

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Administrator's Letter

Jessica Fisher, CEO



Greetings from Tri Valley Health System and welcome to the eighth 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 our Small-Town Heroes. Tri Valley Health System would like to extend our heartfelt thanks to so many people. We say "Thank You" to all firemen and women, emergency personnel, farmers, healthcare employees, area communities, and organizations that helped support Tri Valley Health System and our Assisted Living

Facility during the fires in April.

I would like to share an update regarding our Strategic Plan. Benefits of strategic planning in healthcare include helping to become more proactive, increases in operational efficiency, enhancements in market share and profitability, and makes the business more durable. The team at Tri Valley Health System is in the final months of our current three-year plan as our plan began in January 2020 and concludes December 2022. I encourage all readers to reference to page 27 in the magazine as this will provide you an overview of our plan. I'm so proud of the team at Tri Valley Health System as we have accomplished 90% of our goals and initiatives on our plan. The two initiatives not yet met will remain as a focal point, and we have goals to accomplish these soon. I'm also excited to announce the team at Tri Valley Health System will soon kick off the planning sessions and development for our next three-year plan. Please watch "The Pulse" for our 2023-2026 plan.

Every three years, the Internal Revenue Services (IRS) requires Tri Valley Health System to conduct a Community Health Needs Assessment (CHNA). The goal of the CHNA is to understand progress in addressing health needs and to collect up-to-date community health perceptions. The team at Tri Valley Health System has successfully completed a three-year CHNA for the years of May 2019-April 2022. I encourage all readers to reference to page 22 in the magazine as this will provide you an overview of the

plan. I'm so proud of the team at Tri Valley Health System as we have accomplished 90% of our goals and initiatives on our plan. Tri Valley Health System recently conducted a Community Health Needs Assessment, and I encourage all readers to reference to page 23 in the magazine as this is our current plan that will be in place from May 2022-April 2025. Tri Valley Health System Community Health Needs Assessment executive summary and plans are also available online at <https://www.trivalleyhealth.com/community-health-needs.html>.

Looking ahead the Annual Meeting is quickly approaching. I would ask that you please plan on joining us on Wednesday, October 12th, 2022 at 9:00 a.m. at the Heritage Plaza. I look forward to reviewing with you all the progress that Tri Valley Health System has accomplished and our future plans. Membership is open for everyone. Dues are \$10.00 and can be paid at the door or in advance in the TVHS Administration Office, mailed to PO Box 488, Cambridge, NE 69022, or paid online at <http://bit.ly/TVHSDues>. We value your input and support to continue to be a strong healthcare system.

I would also like to recognize Dr. Michael Powell and his years of service at Tri Valley Health System. Dr. Michael Powell will complete his tenure at the organization July 2022. We appreciate his leadership as he has served as Chief of Staff for two years and his dedication for caring for patients. On behalf of Tri Valley Health System we wish the best for Dr. Michael Powell and his family in all future endeavors.

I would like to say "thank you" to every one of you for your involvement and support of Tri Valley Health System. There are many challenges coming for everyone in the future, but with challenges come opportunities. I'm excited for each opportunity that Tri Valley Health System has in the communities that we serve. Our team takes great pride in providing you and your families top notch healthcare services and care. Thank you for entrusting and supporting our healthcare team and services offered.

As Tri Valley Health System strives to be your premier healthcare system, we ask for your feedback. I invite each reader to take our healthcare survey. The healthcare survey is located on page 20 in the magazine; please scan the QR code or go to the survey link to access the survey. Your feedback is important to help us meet the healthcare needs in the areas in which we serve.

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 my door is open. If you have any concerns or questions, please feel free to contact me.

Board of Trustee's Letter

James McGowen

Thankful, Gracious, and Kind



Tri Valley Health System is striving to be the premier Critical Access Hospital in the area. What is a Critical Access Hospital? A hospital that is designed to reduce the financial vulnerability of rural hospitals and improve access to healthcare by keeping essential services in rural communities.

Be thankful! Tri Valley Health System has been a blessing to our community! No one could predict the turmoil that has engulfed our world and society since January of 2020, yet here we are in 2022.

Here are some facts from the 2020 Census. Our six county area (Furnas, Frontier, Gosper, Red Willow, Norton, Decatur) has a total population of 27,973. This six county area encompasses

4,644 square miles. This is in contrast to Douglas County, Nebraska which has a total population of 584,526 and a total area of 328 miles. These numbers are simply mind boggling when comparing population density and services offered here at Tri Valley Health System. We are very fortunate to have a local hospital that can provide such great service. The convenience of not having to drive 30 miles or more for a yearly physical, or an emergency, is awesome.

Be Gracious! Tri Valley Health System Providers and staff have chosen our community to practice their profession, taking care of us. We have a number of staff members who's family ties run deep in the local area, also many staff members from outside the area that have chosen to locate here to serve us. These things seem to be often overlooked and under-appreciated. Our community is very fortunate to have educated professionals who choose to return to rural Nebraska to serve our hospital.

Be Kind! Patients at Tri Valley Health System are not simply numbers. Your health and well being are the focus of the providers and staff, without attention to detail communication and compassion Tri Valley Health System would not be the success it is today. The employees at Tri Valley are community minded and enjoy helping patients reach their health goals.

We can all make 2022 an amazing year if we remember to be thankful, gracious, and kind.

TRI VALLEY HEALTH SYSTEM PROVIDERS



Lennie Deaver, MD
Family Practice
Obstetrics



Rachelle Kaspar-Cope, MD
Family Practice
Obstetrics



Shiuvaun Jaeger, MD
Family Practice
Obstetrics

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

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



Kyleen Klinkebiel, PA-C
Family Practice



Karinne Kulwicki, PA-C
Family Practice



Sarah Norton, PA-C
Family Practice



Nicole Viox, PA-C
Family Practice



Candice Haddon, APRN
Family Practice



Cheri Mues, APRN
Family Practice



Angie Howard, APRN
Family Practice



Sally Farquhar, APRN
Wound Care



Holly Lashmet
CRNA

Tri Valley Health System Specialty Care Clinics

Advanced Wound Care: Sally Farquhar, APRN/Restorix.-Every Thursday

Cardiology: Sean Denney, M.D., 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: Ryan Carr, M.D., inReach Health-2nd & 4th Mondays

Chris Wilkinson, M.D., and Adam Schapmann, PA, Platte Valley Medical Group-1st,3rd, 5th Tuesdays

Pain Specialist: J. Paul Meyer, M.D., Med-Care, Inc. -Every Thursday and the last Tuesday and Wednesday of the month.

Podiatry: Russell Carlston, DPM, RuralMED -2nd & 4th Tuesdays

Richard Raska, DPM, Great Plains Foot & Ankle Specialists-2nd & 4th Fridays

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

Urology: Robert Santa-Cruz, M.D., inReach Health-1st & 3rd Fridays

In-House Services

MRI Services: Sundays

Anesthesia: Holly Lashmet, CRNA, Angela Dawson, CRNA

Sleep Studies: Evenings by Appointment

Nutritional Counseling: Tonya Koeppen, RD, LMNT

To make an appointment call 308-697-1172 • www.trivalleyhealth.com



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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 \$11,450 to 22 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 \$1,050,000 has been awarded.

The Tri Valley Medical Foundation Scholarship recipients are Justin Barenberg of McCook, Johnette Hawke of Cambridge, Emily Laure of McCook, Ashlyn McAtee of Beaver City, Lanie Overton of McCook, Amelia Sayer of Cambridge, Kyleigh Scott of Trenton, Holli Thomas of McCook, Bria Tomlin of Cambridge, Aubree Warner of Edison, and Ali Webb of Cambridge.

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 Abigail Andrews of Holbrook, Brittany Alexander of Cambridge, Jadyn Brooks of Bartley, Neleigh Hauxwell of Culbertson, Colton Hearn of Arapahoe, Karinne Jurey of Cambridge, Kass Kisker of Trenton, Raelynn Minary of Indianola, Allison Rippe of Indianola, Shelby Skolout of McCook, and Kori Uerling of Indianola.

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 and Molly Koehler of Cambridge.

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.

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.

Bernard Haag Memorial Nursing Recipients:

Abigail Andrews, of Holbrook, is a junior at the University of Nebraska at Kearney where she plans to obtain an RN degree.

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.

Jadyn Brooks, of Bartley, is a junior at the University of Nebraska at Lincoln. Jadyn plans to obtain a Bachelor of Science degree in nursing.

Neleigh Hauxwell, of Culbertson, is beginning her junior year at the University of Nebraska Medical Center where she will obtain a Bachelor of Science degree in nursing.

Colton Hearn, of Arapahoe, is starting his junior year at the University of Nebraska Medical Center at Kearney where he plans to obtain an RN degree.

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

Kass Kisker, of Trenton, will begin attending the University of Nebraska Medical Center where she will be a junior. Kass is pursuing a Bachelor of Science degree in nursing.

Raelynn Minary, of Indianola, will be a freshman at Mid Plains Community College. She is pursuing her nursing degree to become an RN.

Allison Rippe, of Indianola, is a sophomore at Bryan College of Health Sciences. She is working to obtain a Bachelor of Science in nursing degree with a minor in Healthcare Management.

Shelby Skolout, of McCook, attends Clarkson College where she plans to obtain her Bachelor of Science degree in nursing. She has goals to become a Family Nurse Practitioner.

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

Tri Valley Medical Foundation Recipients:

Justin Barenberg, of McCook, is in his third year at Creighton University as a graduate student pursuing a Doctorate of Pharmacy degree.

Johnette Hawke, of Cambridge, will be a junior at the University of Nebraska at Lincoln where she is majoring in Psychology.

Emily Laurie, of McCook, will be a senior at the University of Nebraska at Omaha. She is working to obtain her Bachelor of Science degree in Communication Disorders. Emily plans to become a Speech Language Pathologist.

Ashlyn McAtee, of Beaver City, will be a freshman at the University of Nebraska at Kearney majoring in Pre-Physician Assistant.

Lanie Overton, of McCook, will be attending the University of Nebraska at Kearney where she will major in Communication Disorders. Lanie plans to become a Speech Language Pathologist.

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

Kyleigh Scott, of Trenton, attends the University of Nebraska Medical Center where she is pursuing her Bachelor of Science degree in Medical Imaging and Therapeutic Sciences.

Holli Thomas, of McCook, will begin her second year at the University of Nebraska Medical Center College of Pharmacy. Holli plans to obtain a Doctor of Pharmacy degree.

Bria Tomlin, of Cambridge, will begin her second year at the University of Nebraska Medical Center College of Pharmacy. Bria is pursuing a Doctorate of Pharmacy.

Aubree Warner, of Edison, is a junior at Fort Hays State University where she is majoring in Communication Sciences & Disorders: Speech-Language Pathology.

Ali Webb, of Cambridge, will be a freshman at Southeast Community College in Lincoln where she plans to obtain a degree to become a Pharmacy Technician.

Congratulations to all of our local scholarship winners! An awards ceremony will be held on June 17th to recognize all of their hard work.

To learn more about Tri Valley Medical Foundation, visit trivalleyhealth.com/foundation.



**28TH ANNUAL
TRI VALLEY MEDICAL
FOUNDATION PRO AM**

**TRI VALLEY
MEDICAL
FOUNDATION**

SEPTEMBER 12 2022

**For more information
or to register your team,
call the Foundation at
308.697.1176 or visit
www.trivalleyhealth.com**

Merle Jane Harpst Awards Presented



Clay Jordan

Mark Harpst

The prestigious Tri Valley Medical Foundation Merle Jane Harpst Awards were presented to one licensed and one non-licensed Tri Valley Health System employee at a recognition event held at Tri Valley Health System on April 19th. The award is presented by the Tri Valley Medical Foundation and was established in 1998 to honor the late Merle Jane Harpst and her 20 plus years as an employee and administrator at Cambridge Memorial Hospital and Tri Valley Health System.

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

This year’s winner for the non-licensed Harpst Award is Mark Harpst. Mark is the Director of Plant Operations and has been employed by Tri Valley Health System for 42+ years. He was hired by Merle Harpst during her time as CEO. Part of Mark’s nomination reads, “Mark is always willing to help out wherever needed and is very dedicated to Tri Valley Health System. He has improved many aspects of Tri Valley Health System over his 40+ years of service.”

The non-licensed nominees included: Julie Schultz, Sara Calvert, Gloria Paisley, Vallie Guess, Mark Harpst, Kelsey Landreth and Kourtney Barnum.

This year’s winner for the licensed Harpst Award is Clay Jordan, RN. Clay has been employed by Tri Valley Health System for 5+ years. Clay was initially hired as the Trauma Coordinator, then took on the additional role of OB Coordinator. In January 2020 he was promoted to Chief Nursing Officer, which remains his title today. Part of Clay’s nomination reads, “Clay is a master of all trades and while serving on the Senior Team as Chief Nursing Officer, never gets too far away from the hospital floor or anywhere else he is needed. He has top of the line clinical skills and is known to be “the guy you want there in every situation.” He is never too busy (and the man is busy!!) to provide assistance to whatever department he is needed. He will serve in the Specialty Clinic, Surgery, Emergency Room, on the hospital floor, the administration office, and even at the greeter’s desk. Clay always has such a sunny disposition and an ear to listen. He makes every employee and patient feel very valued and cared for. Clay is a great person and leader and is very deserving of this honor.”

The licensed nominees included: Jordan Arterburn, Clay Jordan, Melody Dawson, Cristin Soucie and Molly Koehler.

The selection committee was comprised of Tri Valley Medical Foundation Board members, TVHS CEO Jessica Fisher, the previous year’s Merle Harpst Award winners, and HR Manager Helena Perks.

Helberg completes quality improvement residency



Tri Valley Health System Quality Director Barb Helberg recently completed the Nebraska Hospital Association's Quality Improvement Residency Program. The program is intended to serve as an introductory course for novice quality leaders. The objective of this program is to provide a collaborative learning environment focused on mentoring and networking for hospital quality personnel to develop empowered statewide leaders.

Project objectives for participants were to articulate the definition of quality and performance improvement and explain how quality fits into the bigger picture of rural hospitals, adapt learning on surveys and accreditation to prepare and lead through a successful regulatory inspection, articulate and complete mandatory external data reporting requirements, describe best practices related to determining and driving quality and performance improvement, recognize, analyze, abstract, and evaluate good health care data, list compare, and adapt patient safety tools, employ and exercise risk management techniques, select and employ patient and family engagement and emergency management tools and techniques, describe the role of quality and performance improvement specific to medical staff functions, distinguish and adapt quality infection prevention plans, and articulate population health promotion and continuum of care activities needed to adapt to the changing health care reimbursement structure.

Transitional care management started for medicare patients

Tri Valley Health System Rural Health Clinics have implemented a new service, Transitional Care Management (TCM). TCM addresses the safe transition of a Medicare patient, with moderate to high complexity medical problems, from the inpatient hospital setting of care to their home or other outpatient care environment.

TCM initiates when an inpatient is discharged from the hospital and then a 30-day managed care follows with a phone call from the Clinic Care Coordinator in the first few days after discharge. During the initial phone visit, the Coordinator assesses the patient's transition to home, ensuring that the patient is managing well. A clinic visit with the patient's primary care provider is scheduled 7 to 14 days after the hospital discharge which enables the patient's provider to further assess the patient and address any patient care needs during this transitional period. The primary goal of TCM is to manage our patients' care during this transition home, see their provider for a hospital follow-up appointment, and reduce the need for readmission to the hospital.

TCM is a collaborative and coordinated team approach involving the Rural Health Clinics, Hospital Nursing Services, Social Services, Health Information Management, and Patient Accounting departments. Our mission to improve the lives we touch by providing care of the highest quality throughout life's journey will guide our care teams during our patients' transition to home.

Medication safety initiative begins



Tri Valley Health System is starting a medication safety initiative to ensure patients are safely taking the correct prescribed and over the counter medications. Tri Valley Health System will be giving out medication bags at rural health clinic appointments and educating patients about bringing in all of their medications to their appointments.

Tri Valley Health System wants to ensure that we have a correct list of all the medications that you take, including the dosage and instructions for use and to help you understand why and how to take your medications. Prescription and over the counter medications are used frequently to treat thousands of unique health issues, but many times, patients are not openly communicating with their primary care provider about all the medications they are taking. Patients may assume that their primary care doctor is aware of medications prescribed by specialists or other providers, but that is not always the case. Therefore, it is vital that patients bring in their medication bottles or have a detailed, accurate list of all medications they are taking.

Your pharmacist is our medication ally. Your pharmacist can be a helpful resource for patients who have questions or concerns about medications they are prescribed or may be purchasing.

This initiative will help to ensure that you and your primary care provider have a good understanding and that your health needs are being addressed in the best possible way.

Tri Valley Health System helps train med students

Tri Valley Health System is committed to the learning environment, and to the development of future medical providers. In efforts to enhance our commitment to future providers, Tri Valley Health System has initiated a clinical affiliation with the University of Nebraska Medical Center (UNMC), Omaha, Nebraska. UNMC prepares future physicians to meet the health care needs of patients by providing a strong foundation in the basic, clinical and health-systems sciences as well as clinical rotations and training with faculty preceptors at affiliated health care organizations. Tri Valley Health System's family medicine physicians will preceptor and mentor medical students during various stages of their clinical training. UNMC's College of Medicine clinical rotations include six-week clerkships for the 3rd year medical students and clinical rotations for the 4th year medical students.

Tri Valley Health System greatly appreciates the continued efforts and commitment of our providers and staff in fostering students in the learning and clinical environment, and we are delighted to be able to enhance our commitment to our future medical providers.

Auxiliary Thrift Shop offers quality spring/summer items

The TVHS Hospital Auxiliary welcomes shoppers to the downtown Thrift Shop this summer. We promise you a great shopping experience. We would like to extend thanks to St. Paul's Lutheran Church members and youth who sorted and boxed up fall and winter clothing and other items on March 20 which were donated to Orphan Grain Train in Grand Island as well as Goodwill and Catholic Charities. The next day Auxiliary members did some spring cleaning in the store and began to bring out the 2022 spring/summer clothing for all ages. The racks are filled with work, casual and classy clothing styles for men, women and children. We have shoes for all ages – it's the newest shoe store in Cambridge! Come in and shop the household items, glassware and decorative items, along with toys, bedding and linens, books, crafts, movies, music and even jewelry! Spend time in the basement viewing the many holiday items, flowers and the corner boutique offering fancy dresses, men's suits, wedding and reception items.

The Auxiliary is very grateful to the wonderful 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, scholarships, community organizations and individuals in need. The Auxiliary is happy to assist local agencies with their requests for items from the Thrift Shop. We recently helped families affected by the local fires; Cambridge Public School; Domestic Abuse and Sexual Assault Services from McCook; Cambridge Fire Department; Head Start and others.

The Auxiliary recently awarded \$500 scholarships to Brittany Alexander and Molly Koehler to further their education in health care. Both young ladies are currently employed by Tri Valley Health System. The TVHS Auxiliary Maxine Price Memorial Scholarship is given by the Auxiliary in honor of long-time nurse and active Thrift Shop volunteer, Maxine Price. It is awarded to TVHS employees who are pursuing nursing careers.

The Auxiliary volunteers enjoy their role in providing a pleasant place to shop. We welcome volunteers too - if you would like to work one afternoon or more at the Thrift Shop, contact us at 308-697-3329 or e-mail info @trivalleyhealth.com We are a fun group working together to benefit our community and would love to have you join our volunteer team. We are open Tuesday through Satur-

day 1:00-5:00 p.m. Like us on Facebook to keep current on special sales. When making a donation after closing hours, please use our new donation bins located at the front door of the Thrift Shop. Thanks – we appreciate you!

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 Health System Auxiliary Members are pictured with one of the five new transport chairs that they purchased for Tri Valley Health System. The new transport chairs will be used in the specialty clinic, front entrance, and in the emergency room. The chairs cost \$13,627.87. These new transport chairs are more maneuverable with their big wheels and are easy to get in and out of.

Tri Valley Treasures Gift Shop

Tri Valley Treasures Gift Shop is now online at tvhsgiftshop.square.site. Your order can be picked up at the Greeter desk or delivered to a patient or employee. We have \$.99 greeting cards for different occasions (Thinking of You, Get Well, Sympathy, Thank You, etc.) There are Beautiful "Chrystal Expression" magnets and ornaments by Ganz. Plush animals, plush get-well flowers, activity books, colors, colored pencils, etc. Open Monday-Friday 10am-3pm



www.trivalleyhealth.com
308.697.3329
1305 HWY 6 & 34

What role does rehabilitation play in women's health?



Lauren Enochs, Occupational Therapist

TVHS Rehabilitation is qualified to perform evaluations and treatments for conditions related to pelvic floor dysfunction. The National Institute for Health and Clinical Excellence (2019) states that a trial of supervised pelvic floor training should be offered as first-line treatment for women urinary incontinence. The American College of Obstetricians and Gynecologists (ACOG, 2018) recognized therapy as a key component of physical recovery after birth. Improvement is possible!

Pelvic floor rehabilitation is geared towards:

- Urinary and/or bowel incontinence (leakage)
- General pelvic pain
- Painful intercourse
- Pelvic pain conditions
- Pelvic organ prolapse (POP)
- Pregnancy & postpartum complaints
- Diastasis recti
- General pelvic floor dysfunction

Let's start the conversation today. Talk to your provider or reach out to TVHS Rehabilitation with your concerns.

Follow @TriValleyHealthSystemRehabilitation on Facebook for more women's health related posts!



AT LEAST ONE IN FOUR WOMEN WILL REPORT SYMPTOMS FROM A PELVIC FLOOR DISORDER

TRI VALLEY HEALTH SYSTEM REHAB TEAM



Kyle Broadfoot, PTA



Jacob Lunz, 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 residents celebrate Easter



Tri Valley Health System Assisted Living Residents enjoyed crafts and coloring Easter Eggs. Residents and staff were also busy during the month of May celebrating Mother's Days, graduations, sporting events, and Memorial Day. Residents have also been able to get out and enjoy the nice weather. If you would be interested in sharing a talent or provide some entertainment for residents please contact Deanna Weaver to set up arrangements.

Leave your worries behind and let us provide peace of mind



Take a tour of the Assisted Living Facility

Experience carefree senior living at Tri Valley Assisted Living. Call to schedule a tour or a virtual tour is available at www.trivalleyhealth.com/senior-living.

Enjoy the convenience and plentiful amenities for one monthly fee at Tri Valley Health System Assisted Living.

- Your own private apartment with private bath
- Full meals, served restaurant-style
- Fully certified medication aides
- 24/7 staffing by medication aide
- Game room, library, office center, and beauty salon
- Transportation
- Easy access to a continuum of care services
- Planned activities and excursions



Tri Valley Health System Assisted Living

711 Mousel Avenue
Cambridge, NE 69022

308-697-4423



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.



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 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.

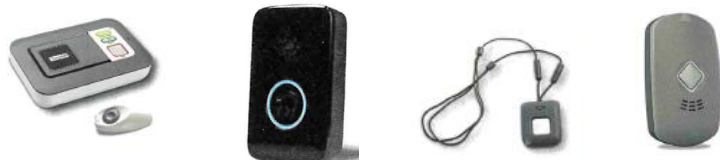
For more information on Tri Valley Health System's virtual clinic appointments, visit www.trivalleyhealth.com or call 1-308-697-3329.

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



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

Email: 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.

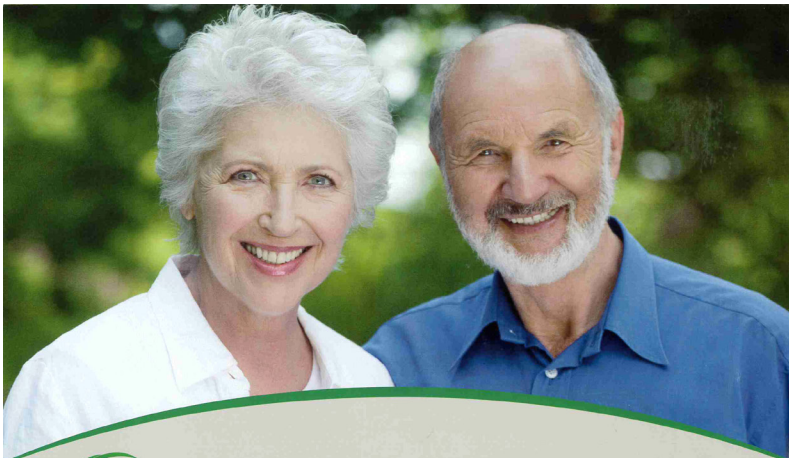
For medication refills please contact your pharmacy.



1305 Highway 6 & 34 Cambridge NE 69022

www.trivalleyhealth.com

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 Specialty Providers

Every week, top medical specialists in a wide range of disciplines keep regular office hours right here at Tri Valley Health System, which means that the advanced care you need for special conditions can be accomplished without the time and expense of a lengthy drive. Contact Tri Valley Health System at 308-697-1172 for an appointment with one of our specialists.

Orthopedics



Dr. Chris Wilkinson
1st, 3rd, 5th
Tuesdays



Dr. Ryan Carr
2nd & 4th
Mondays



Adam Schapmann, PA
1st, 3rd, 5th
Tuesdays

Podiatry



Dr. Russell Carlston
2nd & 4th
Tuesdays



Dr. Richard Raska
2nd & 4th
Fridays

Pulmonology



Dr. Kalpesh Ganatra
Virtually on the
First Wednesday

Cardiology



Dr. Sean Denney
Every Monday

Urology



Dr. Robert Santa-Cruz
1st & 3rd Fridays

Pain



Dr. J. Paul Meyer
Every Thursday and
3rd Wednesday

Ophthalmology



Dr. Thomas Clinch
Every other
month

Oncology



Dr. Cynthia Lewis
2nd Wednesdays

Surgery



Dr. Thomas Sorrell
Every Tuesday

Gynecology



Dr. Todd Pankratz
1st, 2nd, 4th &
5th Wednesday

Extraordinary nurses recognized at Tri Valley Health System

Taylor Livingston recipient of the DAISY award



Taylor Livingston, RN was honored with the DAISY award in May. Also nominated for this year's DAISY Award was Kinsley Pearson. Pictured are left to right: Clay Jordan, Chief Nursing Officer; Kinsley Pearson, RN; Taylor Livingston, RN; Jessica Fisher, Chief Executive Officer.

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.

Taylor Livingston, RN was honored with the DAISY award in May. Kinsley Pearson was the other nominee for this year's Daisy Award.

Taylor's nomination letter said, "My mom had a stroke on 4/5/2022. And Taylor was one of the nurses helping my parents. It was a very traumatic experience obviously for my mom, but for my dad as well being the only person there for her at the time. We've known Taylor all our lives, and she is one of the nicest people in the world. She went out of her way to show my dad that she would help in any way possible and be there if needed. She is an amazing person, and an absolutely exceptional nurse. She helped so much in such a trying time. She deserves all the love and praise possible. Thank you so much Taylor, you have no idea just how grateful we are for you."

The DAISY Foundation is a not-for-profit organization, established in memory of J. Patrick Barnes, by members of his family. Patrick died at the age of 33 in late 1999 from complications of Idiopathic Thrombocytopenic Purpura (ITP), a little known but not uncommon auto-immune disease. (DAISY is an acronym for Diseases Attacking the Immune System.) The care Patrick and his family received from nurses while he was ill inspired this unique means of thanking nurses for making a profound difference in the lives of their patients and patient families.

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

System. Awards are presented during Nurse's Week in May and are attended by the Honoree's colleagues, patients, and visitors. Each Honoree receives a certificate commending her or him as an "Extraordinary Nurse." The certificate reads: "In deep appreciation of all you do, who you are, and the incredibly meaningful difference you make in the lives of so many people." Honorees also receive a DAISY Award pin and a beautiful and meaningful sculpture called A Healer's Touch, hand-carved by artists of the Shona Tribe in Zimbabwe.

"When Patrick was critically ill, our family experienced first-hand the remarkable skill and care nurses provide patients every day and night. Yet these unsung heroes are seldom recognized for the super-human, extraordinary, compassionate work they do. The kind of work the nurses at Tri Valley Health System are called on to do every day epitomizes the purpose of The DAISY Award," said Bonnie Barnes, FAAN, President and Co-Founder of The DAISY Foundation

This is one initiative of The DAISY Foundation to express gratitude to the nursing profession. Additionally, DAISY offers J. Patrick Barnes Grants for Nursing Research and Evidence-Based Practice Projects, The DAISY Faculty Award to honor inspiring faculty members in schools and colleges of nursing, and The DAISY in Training Award for nursing students. More information is available at <http://DAISYfoundation.org>. or visit www.trivalleyhealth.com

Nomination forms can be found in all three clinics, in the Hospital entry way, and also on the website at trivalleyhealth.com. The nomination forms can be brought back in and dropped in the nomination box or can be mailed back to Tri Valley Health System C/O Chief Nursing Officer Clay Jordan PO Box 488, Cambridge NE 69022.

Tri Valley Health System delivers 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.

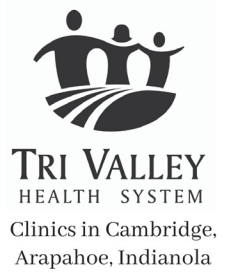
Tri Valley Health System offers two large labor/delivery/recovery suites where patients will be able to stay throughout the whole entire process. These rooms provide upgraded finishes, flat screen televisions, convertible sofas, and free WiFi. The suites also offer in-room water jetted tubs for use during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

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

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

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

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



Welcome to the World!
September-February



Isaac, 9/7



Cooper, 9/14



Remi, 9/20



Augustus, 10/1



Elijah, 10/1



Athena, 10/6



Scottie, 10/6



Porter, 10/13



Sadie, 10/22



Banks, 11/5



Miley, 11/23



Aalayah, 12/10



Wesleigh, 12/20



Luna, 12/29



Skyrace, 1/9



Naava, 1/25



Braxton, 2/4



Caselynn, 2/14

Weight - Highest 9 lbs. 6 oz.
Lowest - 5 lbs. 1 oz.



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

100% received one on one care during labor



Tri Valley Health System welcomed 51 Newborn Deliveries in 2021!

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

Time of Birth
Day Shift - 24, Night Shift - 27



31 natural labors/deliveries
20 C-Sections
39 epidurals



25 boys
26 girls

We are accepting OB patients

Having a baby is an exciting time and we are here to help you prepare for this huge life event every step of the way!

Tri Valley Health System offers free childbirth classes.

You can also schedule a tour of our facility and the labor and delivery suites.

Contact the TVHS OB Coordinator at 308-697-3329.

Our experienced OB providers

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

3-D Digital Mammography Improves Early Detection



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

What can you expect during the exam? The process is virtually the same as your conventional 2D exam. Tri Valley Health System takes your comfort into mind and will provide you with a warm gown to keep you warm during the procedure. She will position you, compress your breast, and take images from different angles. And it only takes a few extra seconds for an exam, with no additional compression required, that is proven to be more accurate.

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

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

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.



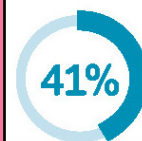
BETTER, EARLIER BREAST CANCER DETECTION

Than 2D mammography alone¹⁻⁷



GREATER PEACE OF MIND

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



MORE ACCURATE

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

What's scarier: A colonoscopy? Or cancer?

WWW.TRIVALLEYHEALTH.COM ■

Don't Regret Putting it Off!

According to *fightcolorectalcancer.org*, it's estimated that over 60% of deaths from colorectal cancer could be avoided with screening. With that in mind, it's recommended that you should begin getting annual colorectal cancer screenings at age 50, until you reach age 75.

Colon cancer is curable 90% of the time when detected early.

Schedule your appointment with Tri Valley Health System today, because early detection could save your life.

Our knowledgeable and professional staff at Tri Valley Health System perform screening colonoscopies as well as surgical interventions.

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



Dr. Lennie Deaver



Be Free From Cataracts

Cataract Surgery NOW available at Tri Valley Health System

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



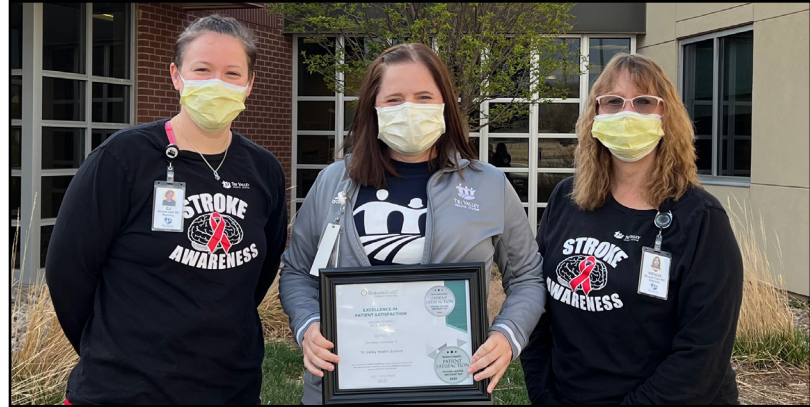
Thomas Clinch, MD

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 receives Patient Satisfaction Award



Tri Valley Health System Advanced Wound Care is a recipient of RestorixHealth's Patient Satisfaction Award. Recipients of this award have met or achieved a patient satisfaction score of 96% or higher.

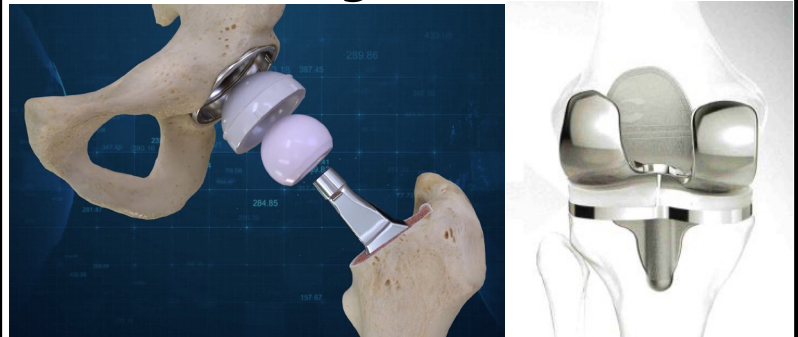
"This achievement reaffirms our commitment to the patient experience and the quality of care we provide our patients every day," said Sally Farquhar, APRN.

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

The center is staffed with Sally Farquhar, APRN; Conchita Einsphar, RN; and Kenda Ekdahl, RN. Integrating a team of wound care professionals optimizes patient care, while offering the most advanced healing options.

Tri Valley Health System Advanced Wound Care sees patients every Thursday. For more information, please call 308-697-1285.

Tired of Living with Joint Pain?



Personalized Joint Replacements Made Just for You

Orthopedic Surgeons Dr. Ryan Carr and Dr. Chris Wilkinson use Conformis patient-specific implants.

Conformis implants are individually designed to fit each patient's unique anatomy, for great fit, rotation, and alignment.

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

Tri Valley Health System offers medication disposal



In recognition of National Prescription Drug Take Back Day on April 30th, the Tri Valley Health System Hospital Pharmacy Department supplied our local area clinics with Drug TakeAway Envelopes. These envelopes will be available to all patients who request them and will provide a safe and convenient way to dispose of prescription medications. These items will also help us in the fight to combat medication abuse. The pharmacy team has put together a template for instructions to follow with these envelopes and a list of what is acceptable and not acceptable to send back for disposal.



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.



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



Tri Valley Health System would like to invite you to take this healthcare survey, whether you use Tri Valley Health System for healthcare or not. Your feedback is important to help us meet the needs in our area. This survey is completely anonymous and you will not be contacted in any way regarding this survey.

You can access the survey at

<https://www.surveymonkey.com/r/FY6BFVB> or scan this QR code.



Thank you for taking the time to help us meet your needs and improve healthcare in the area.

Healthcare for Women

in every
STAGE OF LIFE



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

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



Call 308-697-1172
www.trivalleyhealth.com



OVER \$495,000 AWARDED

Tri Valley Health System recognizes grant funding as a crucial factor in the growth and success of our organization and the services that we are able to offer our patients. Grants are vital to continuing to provide progressive care along life's journey. Our grant writer has obtained a certificate in grant writing from GrantsMagic U. She utilizes Grant Station to search for grants in Nebraska and nationwide whose funding interests match our mission. These two factors allow her to write high quality, critical mission focused grant proposals.

Clinic Rooms Receive Equipment Upgrades and Portable Air Purifiers

The Arapahoe Medical Clinic, Cambridge Medical Clinic, and Indianola Medical Clinic will all be receiving new exam chairs and provider stools. Each clinic will also receive new 40 inch seat exam chairs to accommodate all patients needs. The new equipment will allow for best practices in infection control when cleaning, be more comfortable for examinations,



and allow easier positioning of patients. The new sleek, black upholstery will be a nice update to the exam rooms.

Each clinic room will also receive a portable Medical Grade Air Purification System. These machines eliminate allergens, pollen, dust, pet dander, mold spores, bacteria, viruses and more. The air purifiers will allow for much faster turn around if a room is contaminated by airborne particles.



The grand total for this project closed in on nearly \$200,000. Tri Valley Health System did not have to foot this bill thanks to a \$150,000 Centers

for Disease Control and Prevention Rural Health Disparities Grant and approximately \$50,000 in funding from Health Resources and Services Administration COVID-19 Testing and Mitigation for Rural Health Clinics Grant.

Tri Valley Health System to Implement New Stroke Program

When patients with acute neurology symptoms or stroke signs come to Tri Valley Health System (TVHS), they will soon have improved opportunities for treatment. TVHS will soon be utilizing the Bryan Telemedicine Acute Neurology and Stroke Program. TVHS was awarded \$42,500 by the American Heart Association, Mission: Lifeline Advancing Stroke Grant to cover some of the program build and continuation costs.

When a patient presents to TVHS with acute neurology symptoms or signs of a stroke, they will soon have access to board certified physicians qualified to make medical decisions related to stroke care. The patient will be able to receive consultation immediately via phone and within minutes on the new telemedicine carts. The telemedicine physician will assist the TVHS provider in providing patient oriented care that meets best practices and better meets the guidelines set forth by the American Heart Association for stroke care. These services are available 24 hours per day, 7 days per week, 365 days per year in both the Emergency Department and inpatient setting.

The TVHS nursing staff, physicians, and support staff have gone through extensive training on the new program. We are excited and proud to release this new program.

Hospital to Install Web-Controlled Global Plasma System

A new heating, ventilation, and air conditioning system, specifically the Global Plasma System with Digital Control Upgrades is to be installed in the hospital with a price tag of \$240,000. This will be paid in full by a combination of two grants:

\$100,000 from the Centers for Disease Control and Prevention Rural Health Disparities Grant and approximately \$140,000 in funding from the Health Resources and Services Administration COVID-19 Testing and Mitigation for Rural Health Clinics Grant. This new system improve air quality and reduces certain airborne viruses and bacteria. The digital controls will allow the Plant Operations team to more easily control isolated parts of the system.

Rural Health Clinics Distributing Free At Home COVID-19 Test Kits

Cambridge Memorial Hospital, Inc. dba Tri Valley Health System (TVHS) is providing free at home COVID-19 test kits to community members at their rural health clinics in Indianola, Cambridge, and Arapahoe. The test kits have been made available by the Health Resources and Services Administration (HRSA) COVID-19 Testing Supply Program, a collaboration between HRSA and the Department of Health and Human Services that has directly supplied COVID-19 testing supplies to Medicare-certified Rural Health Clinics at no cost. The clinics have distributed hundreds of test kits thus far. Come get your free COVID-19 test kit today!

COMING SOON: New Quality Reporting Software

Tri Valley Health System has selected to utilize this year's Small Rural Hospital Improvement Program (SHIP) Grant in the amount of \$12,836 for a new quality reporting software. The SHIP grant is available for small rural hospitals across the country annually and can be used for operational improvements including software and training. The Strategic Quality Support System (SQSS) will allow us to reduce the number of software systems necessary. This new system will house information for safety, quality improvement, and policies. Currently, these all have their own systems. SQSS will streamline quality and safety tracking.



2019-2022 COMMUNITY HEALTH

Every three years, Tri Valley Health System assesses the needs in the community. Read below to find out what we have accomplished in the past three years.

Health Area of Need #1: Housing	Timeline		
Goals and Initiatives	Complete	In Progress	On Hold
1. Restore Heritage Plaza to allow apartments to rent that are available to community members	X		
Health Area of Need #2: Primary Care Provider Recruitment / Add Visiting Specialists and network with other clinics	Timeline		
Goals and Initiatives	Complete	In Progress	On Hold
1. Add a visiting Urologist: Dr. McCalla (now retired); Dr. Santa Cruz	X		
2. Add Advanced Wound Care services: Sally Farquar, APRN	X		
3. Add a telemedicine Endocrinologist - evaluated and determined that the telemedicine clinic is not a good fit at this time			X
4. Recruit primary care providers: Dr. Powell, MD; Cheryl Mues, APRN	X		
5. Add one full time and one part time Certified Nurse Anesthetist: Holly Lashmet, CRNA; Angela Dawson, CRNA	X		
6. Contract with a mobile MRI company: Shared Medical Services	X		
7. Add a visiting Ear, Nose, and Throat provider		X	
8. Add a visiting Dermatologist		X	
Health Area of Need #3: Healthcare Staffing Shortages	Timeline		
Goals and Initiatives	Complete	In Progress	On Hold
1. Establish a contract with Workforce Connections Program to select and support non-traditional students	X		
2. Fund the Workforce Connections Program with Tri Valley Medical Foundation funds and the Human Resources budget	X		
3. Support Workforce Connections Program students	X		
Health Area of Need #4: Healthcare Insurance Options	Timeline		
Goals and Initiatives	Complete	In Progress	On Hold
1. Add third insurance option for employees.	X		
2. Switch retirement plan administrator to increase satisfaction	X		
Health Area of Need #5: Child Care Services	Timeline		
Goals and Initiatives	Complete	In Progress	On Hold
1. Partner with Furnas and Harlan county extension offices to provide supplies for babysitting clinic that draws interest of younger community members	X		
Health Area of Need #6: Build Community Awareness / Support	Timeline		
Goals and Initiatives	Complete	In Progress	On Hold
1. Create a scheduled plan marketing for each year based on awareness months and department needs	X		
2. Meet with specialists to effectively market their services	X		
3. Marketing to remove all old logos and update with new logo at all TVHS locations	X		
4. Marketing to keep TVHS website updated monthly	X		
5. Partner with Nex-Tech Marketing to create a marketing plan	X		
6. Mail out a quarterly newsletter "The Pulse"	X		
7. Do monthly radio advertising	X		
Health Area of Need #7: Drugs (Opioids, Meth, Marijuana)	Timeline		
Goals and Initiatives	Complete	In Progress	On Hold
1. Add Dispose RX receptacle outside of TVHS and distribute Dispose RX packets	X		
2. All TVHS providers use e-Prescribe	X		
3. TVHS Pharmacists review patient medication lists and provide recommendations	X		



2022-2025 NEEDS ASSESSMENT

Every three years, Tri Valley Health System assesses the needs in the community. Read below to find out what needs were identified and our plan to address them.

1. MENTAL HEALTH

- Collaborate with local schools to educate students on mental health
- Distribute and promote mental health service options in the communities
- Promote suicide prevention training at local schools and in the communities
- Continue to develop mental health referral relationships
- Continue to educate Emergency Department staff regarding mental health delivery issues
- Continue to encourage area providers to look for and make referrals for the Senior Life Solutions program
- Increase clinic screening and identify where improvement is needed
- Promote the 24-hour crisis hotline

2. SENIOR HEALTH

- Continue senior transportation for healthcare and mental health services
- Support senior activities and work together to establish senior activities for them to engage in
- Contact the Agency on Aging to get more ideas on how to provide services to allow older adults to “age in place”
- Increase access (promotion) to home health and assisted living options in the area
- Consider fulfilling Tri Valley Assisted Living bucket list items

3. CHILD CARE

- Continue to support child care education through 4-H babysitting classes
- Continue to support working parents through business benefits that allow them to make enough money to pay for child care, so they can continue to work
- Pitch summer internship program to local public schools and local Economic Development to support a summer camp, so that they can carry it out if interested

4. UNINSURED / UNDERINSURED

- Continue to monitor changes to federal health insurance policies for rural health organizations
- Continue to partner with Nebraska Hospital Association to advocate for this population to legislators

4. UNINSURED / UNDERINSURED CONTINUED

- Promote Marketplace enrollment
- Promote financial assistance program at Rural Health Clinics
- Learn more about how to work with Medishare companies

5. AWARENESS OF HEALTHCARE SERVICES

- Continue marketing activities to promote existing services, facilities, and specialists
- Increase marketing through email marketing
- Send hospital leadership and staff to local events and programs
- Start up and host Tri Valley Health System night at local sporting event
- Host annual career fair
- Host a 5K walk/event focused on healthy living and have booths focusing on services we provide

6. DENTAL SERVICES TAKING MEDICAID

- Determine feasibility of organizing neighborhood dental fair
- Discuss with local dentists the need for Medicaid dental care in order to make them aware of the issue
- Ask local dentists for help advocating to legislators regarding the need

7. NUTRITION - HEALTHY FOOD

- Continue to support the backpack program at local schools
- Market and promote the local farmers market
- Continue a program to show people how to shop on a budget
- Continue Meals on Wheels program
- Support food drives for the food pantry
- Continue health fairs, cooking demos, and other classes

8. SCHOOL HEALTH

- Support the local school guidance counselor programs
- Promote the initiatives of Southwest Nebraska Public Health Department in relation to healthy lifestyles in youth.
- Evaluate and determine effective youth media modes to promote healthy eating and exercise
- Support health education classes at local schools



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

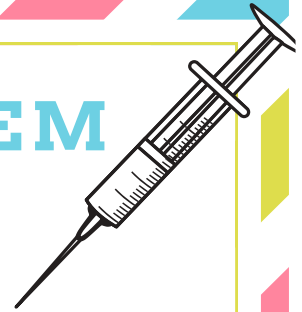
- Skilled Services may include: IV therapy, medication management, dressing changes, rehabilitation services (physical therapy, occupational therapy, and speech therapy), and pain management.
- Flexibility for patients to stay close to home allowing family and friends to visit, and be part of the healing 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 HEALTH FAIRS



Tri Valley Health System will be offering health fairs, PSA tests, A1C tests, and TSH screenings in four communities.

June 17, 2022 7-9 a.m.

Cambridge Community Building
722 Patterson St., Cambridge, NE 69022

July 1, 2022 7-9 a.m.

Ella Missing Center
411 6th Street, Arapahoe, NE 68922

July 15, 2022 7-9 a.m.

Beaver City Community Building
318 10th Street, Beaver City, NE 68926

August 12, 2022 7-9 a.m.

St. Catherine's Parish Hall
815 D St, Indianola, NE 69034

Health Fair \$35

A1C Test (Avg. 3-month blood sugar) \$25

PSA Test (Men) \$15

TSH Screening (Thyroid) \$20

Health Fair forms will be available on our website at www.trivalleyhealth.com, on our Facebook page, at all three clinics, and will be available the day of the event. For more information, contact Tri Valley Health System at 308-697-3329 or email info@trivalleyhealth.com

Instructions for the Blood Draw:

- 1. Fast 10 hours before the draw.**
This includes no cough drops, gum, cough syrup, etc.
- 2. Drink plenty of water, especially if you are hard to draw.**
- 3. You may take prescribed medications**



**TRI VALLEY
HEALTH SYSTEM**

You can bring this form with you to one of the scheduled health fairs. Forms are also available at www.trivalleyhealth.com, on our Facebook page or will be available at the health fairs.

2022 Health Fair



TRI VALLEY
HEALTH SYSTEM

Please use your correct **MAILING ADDRESS!**

PLEASE WRITE NEATLY INSIDE THE ADDRESS BOX BELOW. WE USE THIS FORM TO MAIL YOUR RESULTS TO YOU.

_____ NUMBER

For Tri Valley Health System Use

NAME: _____

MAILING ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____

DATE OF BIRTH: ____/____/____

AUTHORIZATION

I, the undersigned, authorize Tri Valley Health System to perform diagnostic laboratory tests. I also understand that upon receiving the health fair results, if I have any questions or concerns, I am to contact my medical provider for an appointment.

PRIVACY NOTICE WRITTEN ACKNOWLEDGEMENT: I have received a copy of the notice. I am the patient or am authorized Initial _____ to act on behalf of the patient to sign this acknowledgment of receipt.

Signature

Witness

Documentation of Good Faith Effort

_____ **Attempted** to distribute the Notice of Privacy Practices to the patient/parent/legal guardian, **but** the patient/parent/legal guardian **declines** to acknowledge the receipt of the Notice of Privacy Practices.

_____ Patient/Parent/Legal Guardian stated they had **already received** the Privacy Notice at another TVHS service location.

_____ Other _____ Signature of TVHS Representative attempting to deliver Privacy Notice

Please select which tests you are requesting:

Profile \$35

PSA (men) \$15

TSH (thyroid) \$20

A1C (avg. 3-month blood sugar) \$25

You will receive a guide with an explanation of the “normals” with your test results.

Testing performed at Cambridge Memorial Hospital Laboratory,
PO Box 488, Cambridge, Nebraska 69022

***** TVHS will NOT send your results to your Medical Provider. You *** are responsible to provide a copy to your Medical Provider if you would like them to have a copy of the results.**



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	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
		X
		X
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	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



LaVern Banzhaf
President



James Jones
Vice President



Drew Cramer
Treasurer



James McGowen
Secretary



Dale Fahnholz



Ginger tenBensel



John Paulsen



Logan Baker



Nanette Witte

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**
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.