



# TRI VALLEY HEALTH SYSTEM THE PULSE

## INSIDE THE PULSE

- 2 Letter from the CEO
- 2 Letter from the Board
- 3 Tri Valley Providers
- 3 Specialists Schedule
- 4-5 Foundation Purchases  
ABI Machine, Cooler,  
Electric Stretchers
- 6 Foundation Accepting  
Scholarship Applications
- 7 Auxiliary Thrift Shop
- 7 TVHS Gift Shop
- 8 Rehabilitation Service
- 8 Women's Health  
Services Started
- 9 Posture & Ergonomics
- 10 Assisted Living
- 11 Healthy Muffin Recipe
- 11 Diabetic Support
- 12 Public Transportation
- 12 Call Care Services
- 12 Virtual Health Available
- 13 Advanced Wound Care  
Coordinator wins award
- 13 Advanced Wound  
Care
- 13 Senior Life Solutions
- 14 Medical Clinics Open
- 15 Surgical Services
- 16 OB Services
- 17 Safety Award
- 17 Caring Kind Award
- 17 Years of Service
- 17 Child Preparation Class
- 18 Stroke Awareness
- 19 Cataract Surgery
- 19 Age-Friendly Program  
Started
- 20 New Fiberoptic  
Intubation Device
- 20 Quality Award
- 20 Price Transparency
- 21 COVID-19 Vaccinations
- 22 Heritage Plaza
- 23 Strategic Plan
- 24 About Tri Valley

## Tri Valley Health System expands pain clinic with additional providers

Tri Valley Health System expands pain specialist clinic with the addition of PA-C Alyssa Bengtson due to the high demand and number of patients seeking pain treatment at Tri Valley Health System's pain specialty clinic.

Bengtson will be working directly with Dr. Meyer and has been specializing in treatment of pain for several years.

Dr. J. Paul Meyer, Tri Valley Health System Pain Specialist, believes that pain should not be something people suffer from and provides high-quality pain management to patients for all types of acute and chronic pain and is pleased to be able to expand his clinic to be able to meet the needs of more patients.

The pain clinic offers multiple treatment options for cancer-related pain, arthritis, reflex-sympathetic injuries, spinal conditions and injuries, degenerative diseases, fibromyalgia, traumatic injuries, lumbar pain, spinal stenosis, neuropathic pain, and herniated discs.

## New Dexcom glucose monitoring system available for patients

Tri Valley Health System is now offering the Dexcom G6 Professional continuous glucose monitor for assessing glycemic variability. The Dexcom G6 Professional continuous glucose monitor can help you lower your A1C and decrease hypoglycemia.

The continuous glucose monitor is placed on you at Tri Valley Health System and worn for 10 days.

Unlike a single reading from a blood glucose meter, continuous glucose monitoring (CGM) provides dynamic information about the direction of glucose change, giving you continuous and timely feedback on nutrition, activity, and insulin requirements to help make informed diabetes treatment decisions. CGM is a powerful therapy management tool that can provide better diabetes treatment decisions, ultimately leading to tighter glycemic control than using a blood glucose meter alone.

Ask your provider or call Tonya Koeppen, RDN, LMNT at 308-697-3329.



Pain clinics will be offered at Tri Valley Health System every Thursday and the last Tuesday and Wednesday of every month. Make an appointment for treatment and management of your pain. Request a referral to the Tri Valley Health System's pain clinic from you primary care provider. For any questions call 308-697-1172.

## Tri Valley Health System upgrades digital x-ray machine at Arapahoe

Tri Valley Health System has upgraded its x-ray machine at the Arapahoe Medical Clinic with a digital state-of-the-art Fujifilm machine. The Fujifilm provides high-quality images while reducing the radiation dose. New features on the x-ray machine will also provide improved workflow and patient



experience. New flooring was also installed in the x-ray room at the Arapahoe Medical Clinic. The newly upgraded machine will allow more x-ray studies to be offered for patients at the Arapahoe Medical Clinic. Tri Valley Health System CEO Jessica Fisher said, "We are excited to be able to make this investment and improve the quality of services offered at the Arapahoe Medical Clinic. Tri Valley Health System strives to continue to provide great service to patients in all of the communities we serve."



# Administrator's Letter

Jessica Fisher, CEO



Greetings from Tri Valley Health System and welcome to the fifth edition of the Pulse. It is with great pleasure that on behalf of Tri Valley Health System we dedicate this edition of "The Pulse" to the employees of Tri Valley Health System, the true healthcare heroes. Tri Valley Health System is proud to employ one hundred and seventy-five (175) employees. All employees of TVHS are true healthcare heroes. I'm so proud of their dedication, hard work, exceptional customer service, and exceptional care that is provided to our patients, families, and loved ones, going above and beyond each and every day they come to work to follow the mission and vision of TVHS. Tri Valley Health System's mission is, "to improve the lives we touch by providing care of the highest quality throughout life's journey." Tri Valley Health System's vision is, "to be a model of continued excellence as a regional integrated health care system committing ourselves to provide quality, progressive care." I'm so proud of the team at TVHS and it's a true pleasure to care for patients in all communities in which we provide healthcare services in.

I really want to focus on healthcare heroes. All of the employees at Tri Valley Health System are heroes. I had the privilege to have a conversation with an employee's eight year old daughter named Michaela Wulf. She asked me if she could work at Tri Valley Health System someday the same as her mommy, Cherry Wulf does. During this conversation I truly believe this is a great testament to the kind of work that Tri Valley Health System employees do. She is as inspired by the Tri Valley Health System employees, as I am. The team at TVHS continues to amaze me each and every day.

Healthcare organizations have truly had the world on our shoulders through the COVID-19 pandemic. If I can say one good thing that has come from COVID-19 is that it has truly prepared health care systems for any future pandemics. As a healthcare system we had to evaluate the entire organization and ensure we had processes, procedures, and measures in place to care for patients in the communities which we provide healthcare services in. Tri Valley Health System has implemented new processes, procedures, and equipment that ensure high levels of safety are met, implemented new infection control measures, implemented virtual visits to allow access at any location for our patients,

implemented screening practices for all entering into a TVHS location, and focused on communication to share education and updates as they were available.

Tri Valley Health System is proud to be able to partner with the Southwest Nebraska Public Health Department to provide COVID-19 vaccinations to the entire area at no charge. To date Tri Valley Health System has provided nearly 1,000 vaccinations. Tri Valley Health System is dedicated to these vaccination clinics and requires many hours to prepare and hold these clinics but it's a service that we are grateful to provide and together we are working to help end this pandemic.

March is colorectal cancer awareness month and I would just like to remind everyone that this screening along with many other screenings and regular exams are extremely important for preventative treatment and ensuring your health. COVID-19 caused delays with some of these regular appointments and screenings, but we encourage all patients to schedule your preventative treatment and regular exams as our facility is safe and our team is ready to care for you and your families.

We look forward continuing to meet your healthcare needs. Tri Valley Health System is continuously improving and implementing new lines of service and state-of-the-art equipment to best serve you. Several initiatives that we have already implemented include offering vascular ultrasound services every day, offering Dexcom continuous glucose monitoring, utilizing new patient satisfaction software, and participating in an Age-Friendly Program. More information is included in more detail in the pages of this edition of the Pulse.

Tri Valley Health System continues to focus on our Strategic Plan timeline and have made great progress to-date. Tri Valley Health System has three strategic objectives to meet within this time and they include: Improve processes and procedures at Tri Valley Health System Clinics, change the electronic health records to a system that would work for TVHS, and smart growth. The team at TVHS takes great pride in meeting and accomplishing the goals we have set on this timeline. We continue to focus on achieving the remainder of the objectives provided on the timeline (see Timeline on page 23), and I look forward to providing you updates on our progress in future issues of the Pulse.

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

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

## Board of Trustee's Letter

John Paulsen



As a relatively new member of the TVHS board of directors, it is my pleasure and role to do all that I can to ensure that quality healthcare remains in rural Nebraska. TVHS has made a great turn around in recent history to not only serve those that are close in Cambridge, Arapahoe, Bartley and Indianola, we are also getting quite a reputation pulling from Norton, McCook, and others. Last month, there were 244 out-patients served, 40 surgeries/procedures, 98 emergency department visits from 17 different zip codes, 3 deliveries and 29

admits from 6 different zip codes. Part of the recipe for success is the utilization of specialty doctors that come in to perform specialty procedures. This makes it easier for our local patrons to take advantage of specialists that are choosing to utilize our facilities.

TVHS has also renewed a commitment to making sure that our clinics in Cambridge, Arapahoe and Indianola are staffed through the week not merely a few days a week. You may have also noticed remodeling and façade improvements to the various clinics.

As a city councilman in Arapahoe, I have seen a pleasant change in communication with TVHS. In the past, it was a challenge to have any communication with the hospital, now our CEO is present at all city council meetings.

As the Ambulance Chief in Arapahoe, I desire that the emergency department we take our patrons to is competent and pleasant for the patients. Our statistics bear this out. People choosing to drive into our area to visit our ED is more evidence. TVHS is committed to the area EMS squads as they donated monies to each area squad for students that are presently taking an EMT class in Arapahoe.

Patrons need to know that TVHS is not only committed to the surrounding towns but willing to create a consistent opportunity for them to get reliable timely care. Over the years there has been a migration of patients to other hospitals, however we are seeing them come back as they see the TVHS commitment to excellence and patient service. This is OUR (OUR includes YOU) hospital.

# TRI VALLEY HEALTH SYSTEM PROVIDERS

**Accepting New Patients  
at All Clinic Locations  
Call 308-697-3317 for an  
Appointment**



**Lennie Deaver,  
MD  
Family Practice  
Obstetrics**



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



**Shiuvaun Jaeger,  
MD  
Family Practice  
Obstetrics**



**Michael Powell,  
MD  
Family Practice**

**Arapahoe Medical Clinic  
Open Monday-Friday**  
TVHS Providers at Arapahoe Medical Clinic include Dr. Kaspar-Cope, Dr. Powell, Karinne Kulwicki, PA-C, and Cheryl Mues, APRN

**Cambridge Medical Clinic  
Open Monday-Friday  
Saturday Walk-in Clinic available  
10 a.m. - Noon**  
TVHS Providers at Cambridge Medical Clinic include: Dr. Deaver, Dr. Kaspar-Cope, Dr. Jaeger, Dr. Powell, Kyleen Klinkebiel, PA-C, Karinne Kulwicki, PA-C, Sarah Norton, PA-C, Candice Haddon, APRN, Cheryl Mues, APRN, and Angie Howard, APRN.



**Josh Hill  
CRNA**



**Holly Lashmet  
CRNA**



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



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



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

**Indianola Medical Clinic  
Open Monday-Friday**  
TVHS Providers at Indianola Medical Clinic include: Dr. Deaver, Dr. Jaeger, Kyleen Klinkebiel, PA-C, and Candice Haddon, APRN.



**Candice Haddon,  
APRN  
Family Practice**



**Cherl Mues,  
APRN  
Family Practice**



**Angie Howard,  
APRN  
Family Practice**



**Sally Farquhar,  
APRN  
Wound Care**

## 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)-3rd Fridays  
Matthew Johnson, M.D., Bryan Heart Telemedicine -4th Mondays

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

**Oncology:** Cynthia Lewis, M.D., Heartland Hematology & Oncology P.C. -2nd Wednesdays

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

Robert Hinze, DPM, High Plains Podiatry -3rd Fridays  
Dusty Christensen, DPM, Great Plains Foot & Ankle Specialists- 2nd & 4th Fridays

**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)

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

**Pain Specialist:** J. Paul Meyer, M.D., Alyssa Bengtson, PA-C, Heartland Pain Clinic-Every Thursday and the last Tuesday and Wednesday of the month.

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

**Orthopedic Surgery:** Eric Verploeg, M.D., Rural Partners in Medicine-1st, 3rd, 5th Mondays  
Chris Wilkinson, M.D., Platte Valley Medical Group-1st,3rd, 5th Tuesdays

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

**Urology:** Kenneth McCalla, M.D., Rural Partners in Medicine- Every other Friday

**MRI Services:** Sundays

**Anesthesia:** Josh Hill, CRNA; Holly Lashmet, CRNA

**Sleep Studies:** Evenings by Appointment

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

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



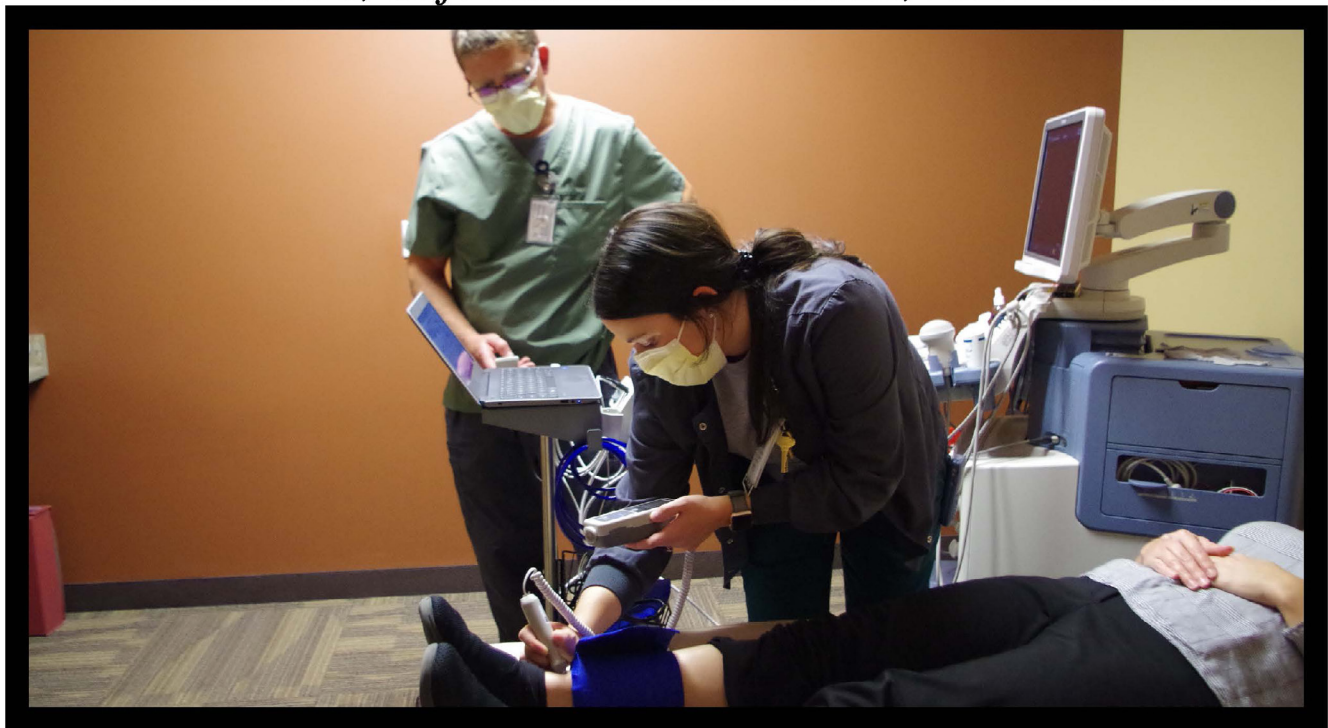
## TVMF Board of Trustees

Jackie Shoemaker-President  
Marcus Vontz-Vice President/Treasurer  
Barb Langley-Secretary  
Cathy Kubik  
Judy Jackson  
Betty Jorgensen  
Kristy Witte  
Ginger tenBensel-TVHS Board Rep.  
Brad Nelson-TVHS Employee Rep.

Jamie Vontz-Director

## Foundation provides funds for equipment purchases

*ABI Machine, Café Merchandiser Cooler, Electric Stretchers*



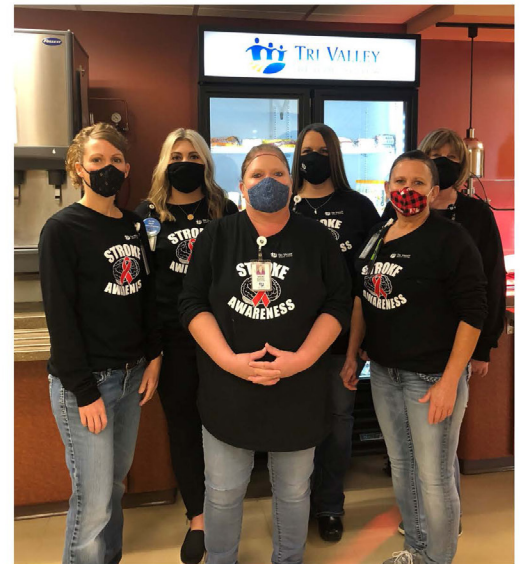
Ross Ebbers, Director of Imaging and Cardiopulmonary, and Breanna Witte, Registered Vascular Technologist and Imaging Technologist, are pictured using the ABI Machine.

The Tri Valley Medical Foundation provided more than \$87,000 in funds to three different departments of Tri Valley Health System needing new equipment.

An Ankle Brachial Index (ABI) machine was purchased for a total of \$7,790. The ABI Machine is required prior to most arterial doppler ultrasound studies of the upper and lower extremities. Previously these studies were done by the Platte Valley Medical Group who is only onsite at TVHS a couple times a week. Patients that weren't able to wait for the available testing were being sent elsewhere. With Imaging Technologist Breanna Witte recently passing her ultrasound boards to become a Registered Vascular Technologist, the Imaging Department recognized that bringing an ABI Machine in house was vital to Tri Valley Health System as there would no longer need to be delays in certain vascular

Machine in house was vital to Tri Valley Health System as there would no longer need to be delays in certain vascular studies. Ross Ebbers, Director of Imaging, also noted that this service will be beneficial to our Wound Care Clinic as it continues to grow and other outside facilities as they plan to utilize this service, as well.

The Foundation also purchased a new café merchandiser cooler for \$3,417 for the Nutrition Services Department. The purpose of the merchandiser cooler is to provide nourishing grab and go meals and snacks to employees and visitors between meals and after hours. The new cooler with double doors replaces the previous open faced cooler that was over 10 years old and no longer in service. The double door feature will now allow for the Nutrition Services Department to stock alternative food items that have been requested by employees and visitors due to preferences, allergies or intolerances, that they were unable to stock previously due to restrictions with the open faced cooler.



Pictured with the cooler are (back row, from left) TVMF Foundation Director Jamie Vontz, TVHS CEO Jessica Fisher, TVHS CFO Diana Swindler (front row, from left) TVHS Director of Nutrition Services Tonya Koeppen, Nutrition Services staff Vicki Brown and Jan Mowry.

Electric stretchers for the Surgery Services Department were also purchased by the Foundation in the amount of \$75,864. The new electric stretchers will allow for a higher standard of patient safety and comfort, which is of utmost important to TVHS, as well as meet the surgery staff's satisfaction and ergonomics. The previous stretchers did not include holders for oxygen tanks and were manual in the sense of pushing and steering and applying and releasing the brakes. They also required staff to crank the head of the stretcher



Pictured is a Stryker Prim Zoom Electric Stretcher that will be utilized in the Surgical Services Department.

down in emergent situations. The new electric stretchers solve all of these issues as well as provide additional comfort to the patient. The electric stretcher has a standard of care gel mattress and lowers to 22 inches for ease of entry for the patient. The patient can electronically control the head and knee sections for individualized comfort pre-and post-surgery when they need to change positions. Another safety factor is welded seams on the mattress cover and no Velcro, for infection control between patients. The stretcher is also motorized for a smooth ride and excellent cornering ability. Staff are also able to lower the head easily in emergent situations and oxygen is readily available. The Foundation provided funds to purchase four electric stretchers.

These purchases were made possible from funds generously given by our faithful donors. If you are interested in learning more about the foundation or in making a donation to the Tri Valley Medical Foundation please contact Jamie Vontz at 308-697-1176.

TRI VALLEY MEDICAL FOUNDATION  
ACCEPTING APPLICATIONS FOR SCHOLARSHIPS

**SCHOLARSHIP  
APPLICATIONS  
NOW BEING ACCEPTED**



Tri Valley Medical Foundation is currently accepting scholarship applications for students in our area. High School seniors and students currently enrolled in college pursuing careers in the medical field and nursing programs are encouraged to apply.

The three scholarships available to students are the Tri Valley Medical Foundation Scholarship, Bernard Haag Memorial Nursing Scholarship, and the Tri Valley Health System Auxiliary Maxine Price Memorial Nursing Scholarship.

The Tri Valley Medical Foundation Scholarship began early in the 1970's when a patient of long-time doctor, R.R. Morgan, wanted to provide a lasting contribution to the hospital. At that time, loans were provided for the education of students interested in pursuing advanced education in a medically related field. The program

became known as the William H. Druse Scholarship and the students repaid the loan with nominal interest, unless they returned to Cambridge using the fruits of their education to provide service to the hospital and community for two years. When that requirement was met, the loan was forgiven.

The success of this program was quickly realized, and the principal grew through subsidies from the Kitty M. Perkins Foundation and by the repayment of the loans from students who did not return to serve Cambridge. The program even expanded to include non-medically related education to students in the service area of Tri Valley Health System.

In 1995, the repayment requirement was dropped. At that time over \$600,000 was loaned to students during the 22 years of the loan program. The Board of Trustees of Tri Valley Health System then entrusted the scholarship program to the Tri Valley Medical Foundation.

In 2002 the criteria were changed again to accepting applications only from students going into medically related fields due to the shortage of those pursuing a career in these professions.

The Tri Valley Medical Foundation Scholarship is open to high school seniors and students currently enrolled in college pursuing a degree in healthcare.

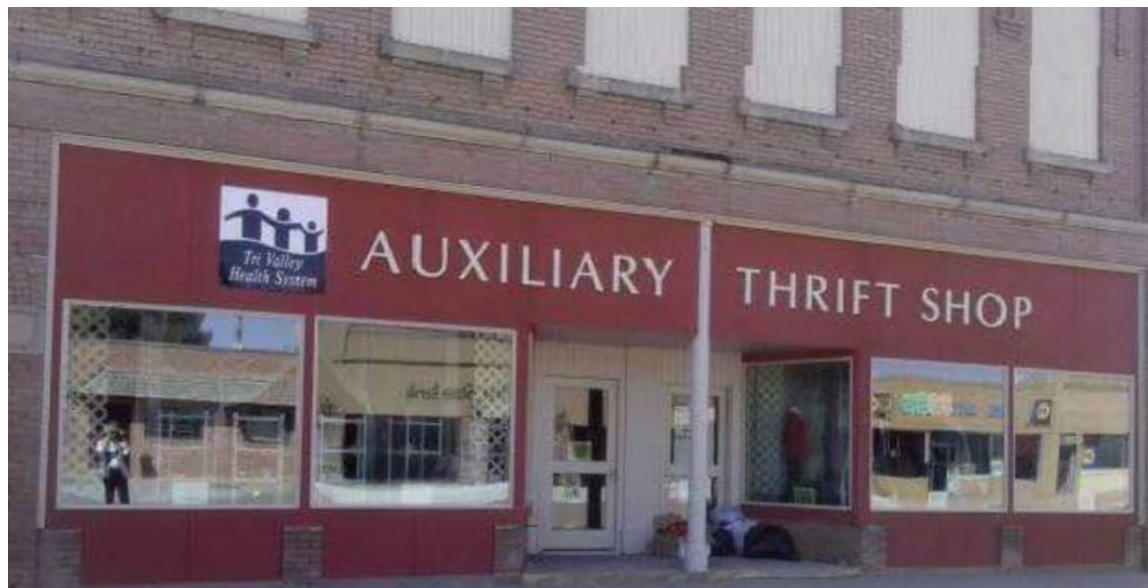
The Bernard Haag Memorial Nursing Scholarship is presented in memory of Bernard. He was a patient of Tri Valley Health System, and he and his wife, Nelda, have provided scholarships for our nursing students. Bernard was grateful for the wonderful care he received from the Tri Valley Health System nurses. This scholarship is open to students pursuing a degree in nursing.

The Tri Valley Health System Auxiliary Maxine Price Memorial Nursing Scholarship is named in honor of a long-time registered nurse at our hospital, Maxine Price. Maxine was very active at the Thrift Shop for many years. She was known for taking the "older people to the doctor" that were younger than her! The Auxiliary scholarship is specifically for TVHS employees who are pursuing nursing careers. The Auxiliary earns its funds mainly through the operation of the Thrift Shop in downtown Cambridge.

Since the inception of this program, over \$1,023,000 has been awarded. Last year, 21 scholarships totaling \$12,800.00 were awarded to students in our service area of Southwest Nebraska.

Applications are due to the Tri Valley Medical Foundation by April 1, 2021. You may obtain the applications online at [www.trivalleyhealth.com](http://www.trivalleyhealth.com) or at the Foundation office located in the hospital. For any questions, please call Jamie Vontz, Foundation Director, at (308) 697-1176 or send an email to [foundation@trivalleyhealth.com](mailto:foundation@trivalleyhealth.com). Scholarships will be awarded in June.

# Auxiliary Thrift Shop offers winter items for sale



The Cambridge Memorial Hospital Auxiliary extends thanks to the community for their support for the Tri Valley Health System Thrift Shop during an historic 2020. During the early months of COVID-19, donors cleaned closets, attics, basements and garages and overwhelmed the Thrift Shop volunteers with clothing, books, toys, shoes, seasonal items and unique housewares items. Auxiliary volunteers sorted and cleaned these items to offer an enjoyable shopping experience to local and area shoppers. We have been busy and the daily sales have been great so that we are able to fund projects requested by the TVHS hospital and clinic, medical student scholarships and to support individuals in need.

The Auxiliary extends thanks to the members of St. Paul's Lutheran Church, Cambridge, who sorted and boxed clothing, shoes, toys and household items for Orphan Grain Train, Grand Island, on Sunday, September 20th. The volunteer group of 47 people of all ages enjoyed their time working together. Orphan Grain Train dis-

tributes these items around the world and here in the U.S., wherever there is a need. The following day the Thrift Shop volunteers cleaned the store and began to unpack the fall/winter merchandise for the new season.

Volunteers and shoppers continue to wear masks and use sanitizer for the health and safety of everyone. Please remember that the Thrift Shop is closed on Mondays so department leaders can update and arrange their areas, but will continue to be open Tuesdays through Saturday 1:00-5:00 p.m.

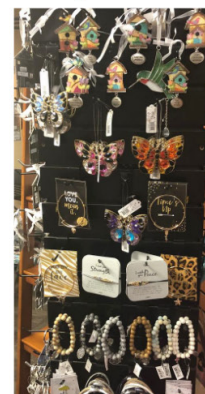
Visit the Thrift Shop for your winter gear. We have ski pants, coats, boots, gloves and scarves for all ages. We have camo clothing for hunters and chore clothes for farmers and farmhers. Are you looking for Trojan or Husker gear? We have team shirts, hoodies,

jackets and more at the Thrift Shop. We have beautiful sweaters and jackets, fleece blankets, quilts and throws to keep you warm on those cold evenings. Stock up on toys, games, puzzles and books for all ages to help pass time on those snowy days. Auxiliary volunteers unpack donations daily so every day is a new shopping experience that you don't want to miss. We offer a variety of items at reasonable, low prices and have frequent sales throughout the store or in designated departments.

The Hospital Auxiliary Thrift Shop is a blessing for the community thanks to the donors and shoppers. This is your community shopping center so come and enjoy your time at the Thrift Shop. We are looking for more Thrift Shop volunteers...if you would like to help, even for one afternoon a month, contact us at 308-697-3329 or e-mail [info@trivalleyhealth.com](mailto:info@trivalleyhealth.com). We are a fun group working together for the benefit of our community and would love to have you join our volunteer team.

## Tri Valley Treasures Gift Shop

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



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

# Tri Valley Health System Rehab launches Women's Health Services



Tri Valley Health System Rehabilitation Department is excited to announce a new service geared towards improving women's health and wellbeing. Lauren Enochs, Occupational Therapist, is qualified to treat pelvic floor dysfunctions such as urinary incontinence, pelvic organ prolapse, pelvic pain conditions, and other dysfunctions of bladder, bowel, sexual health, and pain complaints. Lauren received specialized training from the accredited Herman & Wallace Pelvic Rehabilitation Institute in August 2020.

She is one of few therapists with this specialized training between North Platte and Kearney. Through offering this service, TVHS Rehabilitation hopes to bring this unique form of treatment to all surrounding communities to increase awareness and improve the quality of life of women throughout all stages of life. This service is offered Monday-Friday in both the Cambridge and Arapahoe Locations. Call us at 308-697-4178 to learn more about this service.

## Treatment Techniques

Pelvic Floor Rehabilitation (PFR) is necessary to provide both a condition-and client-specific treatment plan. PFR is more than just "kegels." Common techniques include, but are not limited to:

- Education and behavioral training
- Strength, coordination, and postural/ergonomic training
- Pelvic floor muscle training
- Functional activity training
- Soft tissue mobilization, massage, trigger-point release, stretching
- Biofeedback

Biofeedback note: Biofeedback is a treatment tool used as an adjunct to treatments listed above. Biofeedback measures electrical impulses from muscle activity, therefore can show timing of muscle contraction and relaxation. This allows the user to know when the muscle is, or is not activated. Biofeedback does NOT measure strength, however provides reinforcement for correct muscle activation throughout the treatment session. TVHS offers this tool to those referred to PFR.

## TRI VALLEY HEALTH SYSTEM REHAB TEAM



Kyle Broadfoot, PTA



Jacob Lunz, PT



Allison Johnson, PT



Deidra Broadfoot, PTA



Tosha Mowry, PTA



Paige Marquardt, SLP



Katie Brooks, OT



Lauren Enochs, OT

### Physical Therapy Services

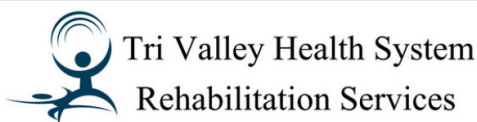
- Orthopedics
- Sports
- Spine
- Neurological
- Geriatrics
- Dry Needling
- LSVT BIG for Parkinson's

### Speech Therapy Services

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

### Occupational Therapy Services

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



TRIVALLEYHEALTH.COM

### 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



# SHOULDER POSTURE



- o Keep your shoulders and shoulder blades down and back. Avoid a forward-shoulder position. Much like the neck and head, screen time and a modern lifestyle tend to keep our shoulders rolled forward which can lead to shoulder, arm, and finger pain or numbness.
- o Perform shoulder blade squeezes. Pretend there's an egg in between your shoulder blades and you're going to try to crack that egg by drawing your shoulder blades down and back.
  - Try 20 squeezes twice a day.
    - Hourly posture checks
- o Get used to performing hourly checks or self-assessments of your posture. Every hour on the hour, take stock of where your neck, head and shoulders are. More than likely, they have fallen forward over the previous hour and need to be reset.

# HEAD & NECK POSTURE



- o Position your head and neck to be back over your shoulders and avoid a forward-head position. Screen time and modern lifestyles lend themselves to a forward-head position and we must negate this tendency with proper positioning.
- o Perform head/neck retractions. Think of giving yourself a "double-chin." Do not look up or down necessarily, but keep your head in a neutral position and retract your neck back over your spine. Try 10 retractions twice daily.

# POSTURE AND ERGONOMICS

Posture and ergonomics are two aspects of your daily life that you may be neglecting. Poor posture or improper ergonomics can negatively impact your mobility and increase your likelihood of injury or pain. Here are some pointers to improve both posture and ergonomics. With so many people working remotely, many of us do not have a home office setup to promote good body mechanics. Let's be honest, even at the office your workspace needs adjusted to your body. Utilizing poor body mechanics for extended duration is putting you at risk for several ergonomic related injuries. Ergonomic equipment can be pricey and can require some trial and error so you want to check that it can be tried and returned if needed. Here are some simple adaptations you can make to improve the setup of your workstation.



- Adjust height of table/desk Elbows should be at approximately 90 degrees with wrists at neutral when typing or using the mouse. You may need a keyboard tray to achieve this or raise your chair and add a foot support.
  - Use a good sturdy chair. Back support is important to maintain good posture and support the natural curves of your body. Depth of the chair also effects your overall posture. A chair that is too deep can cause stress on your nerves and usually "sleeping"/numb feet when you go to get up. There should be a gap approx. the size of your clenched fist from the back of your knee to the pad of the seat cushion.
  - Keep your feet flat on the floor. You can use a stool or sturdy box to achieve this if the desk height isn't adjustable.
    - Raise Your Monitor. The top of your monitor should be level with your eyes.
    - Laptops Try an angled laptop stand or 3 ring binder under the laptop to raise the monitor but keep the keyboard slanted at an angle that is comfortable to type at. If you can, use a detached keyboard/mouse so you can adjust the height of your laptop/ipad more efficiently.
    - Lights. Make sure you have good lighting and no glare on the screen from lights or windows to protect yourself from eye and neck strain.
- In addition to the setup of your workstation, remember to drink water and take breaks to stretch throughout the day as breaks, even in optimal environments, are needed to refresh your mind and body.

# Assisted Living residents celebrate winter season



Tri Valley Health System Assisted Living Residents celebrated the winter season with the help of staff and community members. Residents had a Christmas party with gifts, music, and food. Residents were also treated to community children building snowmen at the Assisted Living. If you would like to schedule a visit with an Assisted Living resident please contact the Assisted Living at 308-697-4423 to schedule a time.

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



Take a virtual tour of the Assisted Living Facility

Experience carefree senior living at Tri Valley Assisted Living through the virtual tours available at [www.trivalleyhealth.com/senior-living](http://www.trivalleyhealth.com/senior-living).

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

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



Tri Valley Health System Assisted Living

711 Mousel Avenue  
Cambridge, NE 69022

308-697-4423

# 'Berry' bountiful muffins



*Blueberries are tiny powerhouses of nutrition and eating more of them can be an easy way to get the antioxidants necessary to fend off many different diseases. While blueberries are nutritional allies, they also happen to taste delicious, whether it's all on their own or mixed into various cereals or baked goods.*

*This take on muffins pairs blueberries with whole grains and chips for a go-to breakfast or any-time-of-day snack.*

*Blueberry Bran Chocolate Chip Muffins*

- Makes 30 muffins*  
 3 cups all-bran cereal  
 1/3 cup canola oil  
 1/3 cup plain Greek yogurt  
 1 cup hot tea  
 2 large eggs  
 2 tablespoons lemon juice + enough milk (skim or 1%) to equal 2 cups  
 1/2 cup firmly packed brown sugar  
 1/2 cup molasses or honey  
 2 1/2 cups whole wheat flour  
 2 teaspoons ground cinnamon  
 2 teaspoons baking soda  
 1 teaspoon baking powder  
 Zest of 1 orange  
 1 1/2 cups fresh or frozen blueberries

- 1/2 to 3/4 cup chocolate chips (semisweet or sugar-free)*  
 1. In a very large mixing bowl, combine bran with oil and yogurt. Pour hot tea over the mixture and let stand for 5 minutes. Stir well.  
 2. Add eggs, milk mixture, brown sugar, and molasses. Stir until combined.  
 3. Add flour, cinnamon, baking soda, and baking powder. Mix until blended.  
 4. Stir in orange zest, blueberries, and chocolate chips, just until combined.  
 5. Either let batter stand for 30 minutes, until thickened, or cover and refrigerate for up to 3 weeks.  
 6. Preheat oven to 375 F. Spray compartments of a muffin pan (or muffin pans) with nonstick spray.  
 7. Scoop batter into the muffin pan(s), filling each compartment about two-thirds full.  
 8. Bake 22 to 25 minutes, or until tops spring back when lightly touched.


## Tri Valley Health System offers monthly diabetic support group

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

The group meets the first Monday of every month from October through May from 5:00-6:00 p.m. at Tri Valley Health System. Participants learn about important topics and tips in managing and living with diabetes. The support group environment is one of acceptance and openness. Our group provides a venue to meet others who share similar medical concerns and can understand your experience firsthand.

There's no need to pre-register for the diabetes support group. Participants can enter through the Wellness Center/Conference Rooms Entrance and will be screened. Masks are required, if you don't have one, a sanitized one will be provided. For more information call Tonya Koeppen, RD, LMNT at 308-697-3329.



Date	Location at TVHS	Topic
April 5, 2021	Meadowlark Room	Diabetes and Foot Care by Joan Magorian, RN 
May 3, 2021	Republican River Room	Live Cooking Demo by Tonya Koeppen, RD, LMNT <b>Will be on video via Facebook if not able to have live.</b>



### 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 started, provide us with your email address during your visit or call 308-697-3329. We will give you your medical record number to enroll at [www.trivalleyhealth.com](http://www.trivalleyhealth.com).

### 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**

## Need a ride?

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

Call 308-697-1164

Monday – Friday 7 am – 5 pm



## Tri Valley offers Virtual Clinic Appointments

### Convenient access to medical care via smartphone, tablet or computer

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

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

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

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

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

## NOW HIRING

We are looking for professional individuals to join our team!

An up-to-date job listing and application is available at

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



**TRI VALLEY**  
HEALTH SYSTEM

EQUAL OPPORTUNITY EMPLOYER

# Advanced Wound Care Nurse awarded Hero Award



*Conchita (CJ) Einspahr, RN, WOCN, is the Clinical Coordinator at Tri Valley Health System. CJ has been with Restorix Health since April 2018.*

Conchita (CJ) Einspahr, RN, the Clinical Coordinator for Tri Valley Health System Advanced Wound Care received the Restorix Health Hero Award.

CJ reflects what it means to truly be a servant leader. She ‘owns’ her centers and her passion for care drives her to manage patients as ‘family’. Her effective working relationships with providers and staff are clearly one of her many strengths, while giving 110% at everything and ALWAYS with a positive outlook. She always puts her patients first no matter the situation and often returns to a clinic on off days to see patients, if the need arises. Her willingness to help a teammate was recently displayed when a nurse at a facility was out unexpectedly. After working her clinic, she drove to another state, stayed the night, covered at that clinic, then drove 5 hours home on a Friday - yet did it all with a smile. She said it was a “learning opportunity” and loved seeing how other clinics operated.

# Cherry Wulf provides therapy services for Senior Life Solutions



**Tri Valley Health System Senior Life Solutions Staff include: Cherry Wulf, Therapist; Tara Anderson, Patient Coordinator; and Laura Kugler, Program Director**

Cherry Wulf, Licensed Mental Health Practitioner, is the new therapist for the group and individual counseling at Senior Life Solutions Program at Tri Valley Health System. Senior Life Solutions offers intensive outpatient services that are designed to provide assistance and support to individuals typically over the age of 65 who may be experiencing symptoms of loneliness, depression, grief and loss, decreased energy, anxiety, crying, life transitions, and low self-confidence. Cherry Wulf has a passion for helping others and strives to give her clients every advantage for success. Wulf said, “I am excited to be a part of this program and help others reach goals that they have set for themselves.” If you or someone you know could benefit from the Senior Life Solutions program please contact them at 308-697-1299.



Recipient of the Clinical Distinction Award

# Tri Valley Health System Advanced Wound Care

We provide advanced wound care for those patients with difficult-to-heal and/or non-healing wounds. Our center is staffed by Sally Farquhar, APRN who specializes in wound care.

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




## HOW TO IDENTIFY OLDER ADULTS AT RISK IN 2021

**LOOK FOR THE FOLLOWING:**

- Older Adults with chronic health conditions
- Older Adults who are isolated, living alone, or disconnected to family, friends, and community due to COVID-19
- Older Adults living in closed living facilities due to COVID-19
- Older Adults who recently received a new health diagnosis
- Older Adults who are caregivers

**OLDER ADULTS WHO DISPLAY/REPORT ANY OF THESE SYMPTOMS:**

- Persistent sad, anxious, or “empty” mood
- Feelings of hopelessness, guilt, worthlessness, or helplessness
- Irritability, restlessness, or having trouble sitting still
- Loss of interest in once pleasurable activities, including sex
- Decreased energy or fatigue
- Moving or talking more slowly
- Difficulty concentrating, remembering, making decisions
- Difficulty sleeping, early-morning awakening, or oversleeping
- Eating more or less than usual, usually with unplanned weight gain or loss
- Thoughts of death or suicide, or suicide attempts
- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause and/or that do not ease with treatment
- Frequent crying, expressed Fear of leaving the house
- Failing to keep routine appointments
- Expressed fear, anxiety, sadness, anger, or confusion due to COVID-19
- They received a new habit/life-style altering diagnosis

**IF YOU ENCOUNTER SOMEONE WHO MEETS ANY OF THESE DESCRIPTIONS CONTACT SENIOR LIFE SOLUTIONS! CALL US, AT: 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

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, Saturday morning

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

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



# Tri Valley Health System Surgical Services

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

## Surgical procedures available at Tri Valley Health System

### Orthopedic Surgery



Dr. Chris  
Wilkinson



Dr. Eric  
Verploeg

Total Joint Replacement · Arthroscopic  
Procedures · Carpal Tunnel Release

### Podiatry



Dr. Russell  
Carlston



Dr. Dusty  
Christensen

Foot and Ankle Procedures

### Endoscopy



Dr. Michael  
Powell



Dr. Lennie  
Deaver

Colonoscopy

### Surgery



Dr. Thomas  
Sorrell

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

### Urology



Dr. Kenneth  
McCalla

Bladder, Kidney, Prostate  
Procedures

### Pain



Dr. J. Paul  
Meyer

Pain Procedures



Aissa Bengston,  
PA-C

### 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



Josh Hill,  
CRNA

Anesthesia, PICC Lines



Holly Lashmet  
CRNA

# Tri Valley Health System delivers expert OB Care

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 provides certified lactation consultation



Tri Valley Health System Nurses Yolanda Brown RN, Justine Brott RN, and Kitt Callaway RN recently received certification as lactation consultants and now can provide new mothers lactation and breastfeeding support at Tri Valley Health System. Tri Valley Health System is extremely proud to be able to offer this support for new mothers. These nurses have received the necessary training to provide clinical breastfeeding counseling and management support to families who are thinking about breastfeeding or who have questions or problems during the course of breastfeeding/lactation. This is just one of the many benefits of choosing to deliver at Tri Valley Health System.

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

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

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

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



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

Welcome to the World!  
June-November 2020 Babies



Olivia, 6/26



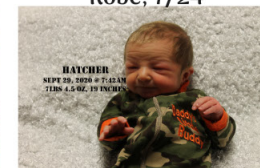
Kobe, 7/24



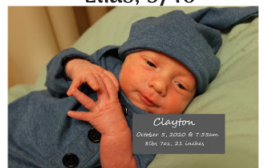
Elias, 9/10



Riata, 9/28



Hatcher, 9/29



Clayton, 10/5



Rowen, 10/6



Mason, 10/19



Walter, 10/27



Maisyn, 11/2



Ellia, 11/9



Carly, 11/16



Harlowe, 11/20

Weight - Highest 9 lb. 2 oz.  
Lowest - 4 lbs. 14.5 oz.



100% lactation counseling  
100% skin-to-skin in the first hour  
9 natural labors/deliveries  
17 epidurals and 14 spinal

100% received one on one care during labor



Time of Birth  
Day Shift - 30, Night Shift - 10

First Time Moms - 15, of those only 1 c-section

Average Length of Stay for c-sections and first time moms - 2 Days



Tri Valley Health System welcomed 40 Newborn Deliveries in 2020!

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



18 boys  
22 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!

### Our experienced OB providers

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

Tri Valley offers free childbirth classes. You can also schedule a tour of our facility and the labor and delivery suites. Contact Katie Shifflet, RN, OB Coordinator at 308-697-3329.



## Tri Valley Health System recognized for safety



Tri Valley Health System Human Resources Director Helena Perks and Jessica Fisher, CEO are pictured with the 2020 Hospital Bronze Safety Award from the Nebraska Hospital Association and its subsidiary company NHA Services, in partnership with LMC Insurance and Risk Management. Hospitals were selected based upon the following criteria: A 12-month loss ratio of 0%; an experience modification factor of .85 or less; no incurred costs for fall related claims; and no incurred costs for lifting and/or muscle strain related claims

There are three levels of these safety awards: Gold (all 4 criteria are met); Silver (3 out of 4 are met) and Bronze (2 out of 4 are met). "Safety in our hospitals is vital to the health and wellbeing of not only the facility but the patients it serves," commented Jon Borton, Vice President, NHA Services, Inc.

## Kitt Callaway receives NHA Caring Kind Award



The Nebraska Hospital Association (NHA) recognized 75 Nebraska member hospital employees by bestowing them with the organization's prestigious The Caring Kind award. Among the awarded was Employee Health/Infection Prevention Nurse Kitt Callaway of Tri Valley Health System, Cambridge.

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. Kitt's nomination stated, "Kitt has demonstrated a sincere spirit of compassion during our recent experience with COVID19. Her job was very demanding with much accountability as we stepped into this unknown territory. It was largely her responsibility to accommodate our travel requests as well as restrictions. I am sure it was a tough decision but she did it fairly and with grace. Her spirit of caring came through in these decisions. She used teamwork skills to communicate with us the good, bad and the ugly of the sometimes hourly changes at the beginning. She is a dedicated professional who adds so much to our world on a daily basis."

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

[WWW.TRIVALLEYHEALTH.COM](http://WWW.TRIVALLEYHEALTH.COM) ■

### Don't Regret Putting it Off!

According to [fightcolorectalcancer.org](http://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.

**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.*

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

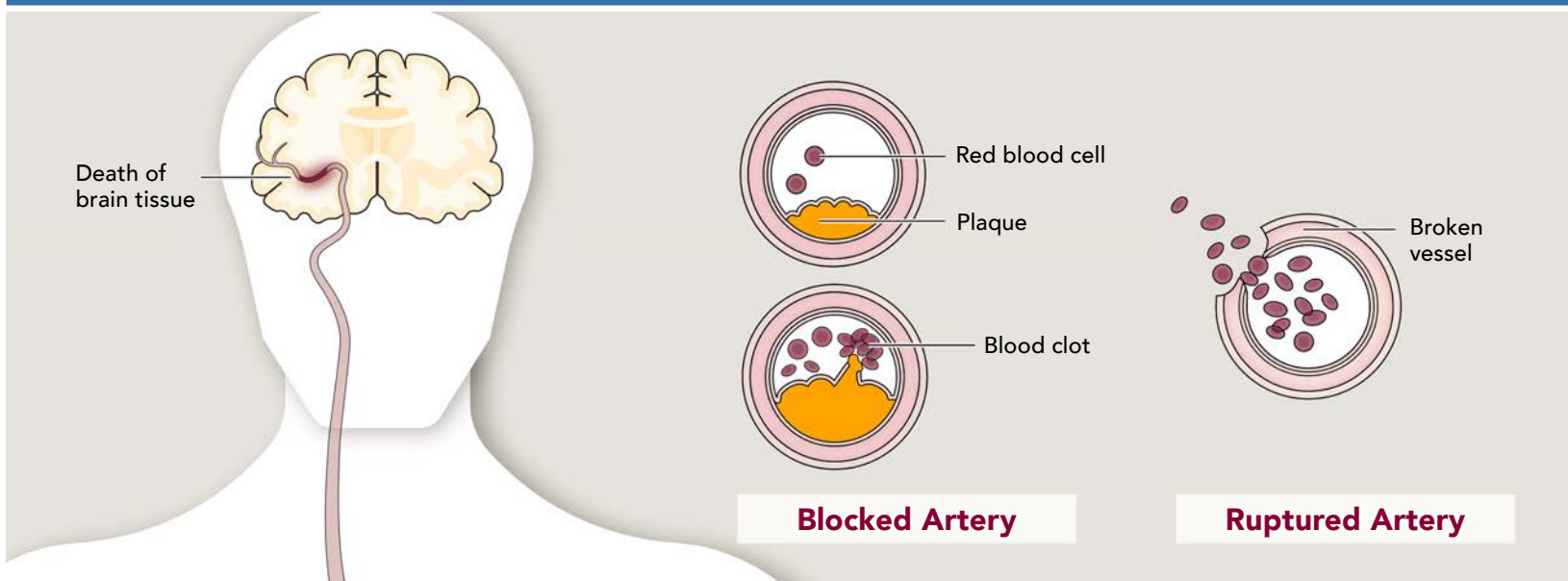


Dr. Lennie Deaver



Dr. Mike Powell

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



# Know the Facts About Stroke

## What is stroke?

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

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

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

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

## Are you at risk?

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

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

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



### F—FACE DROOPING

Ask the person to smile. Does one side droop?



### A—ARM WEAKNESS

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



### S—SPEECH DIFFICULTY

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



### T—TIME TO CALL 9-1-1

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



# 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

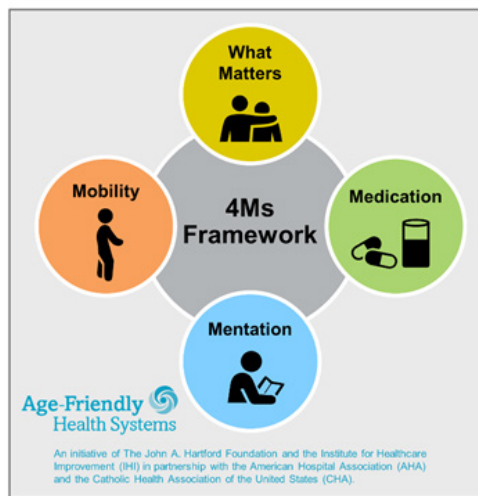
Get back to experiencing what's important to you with the confidence of improved vision.

A cataract procedure can help you rediscover the joy of seeing life.

Call for information or scheduling  
308-865-2760

## Tri Valley Health System participates in Age-Friendly Program

*Age-Friendly Health Care: What patients need and deserve*



**What Matters**

Know and align care with each older adult's specific health outcome goals and care preferences including, but not limited to, end-of-life care, and across settings of care.

**Medication**

If medication is necessary, use Age-Friendly medication that does not interfere with What Matters to the older adult, Mobility, or Mentation across settings of care.

**Mentation**

Prevent, identify, treat, and manage dementia, depression, and delirium across settings of care.

**Mobility**

Ensure that older adults move safely every day in order to maintain function and do What Matters.

Older adults are living and working longer, redefining later life, and enriching our communities. The future of health care requires bold approaches that value older adults, address their unique needs, and provide them with the best care possible. Improving the way we care for older adults also makes good business sense for hospitals and health systems: Delivering better care to older adults in every setting can help us achieve fewer avoidable hospital readmissions, better outcomes, more satisfied patients and families, and lower overall costs.

This is why Tri Valley Health System has joined Age-Friendly Health Systems, an initiative led by The John A. Hartford Foundation and the Institute for Healthcare Improvement in partnership with the American Hospital Association and the Catholic Health Association of the United States. It's a movement to deliver safe, reliable, high-quality health care in every setting based on what matters most to older adults as individuals.

As part of the Age-Friendly Health Systems Action Community, Tri Valley Health System is testing and implementing a set of evidence-based interventions proven as the essential initial elements needed to provide older patients better care. We call them the "4Ms":

- **What Matters:** Know and align care with each older adult's specific health outcome goals and care preferences including, but not limited to, end-of-life care, and across settings of care.
- **Medication:** If medication is necessary, use Age-Friendly medication that do not interfere with What Matters to the older adult, Mobility, or Mentation across settings of care.
- **Mentation:** Prevent, identify, treat, and manage dementia, depression, and delirium across settings of care.
- **Mobility:** Ensure that older adults move safely every day in order to maintain function and do What Matters.

"It is our hope that as we implement and refine our processes, we'll be able to provide more older adults with the care that they want, need, and deserve. Tri Valley Health System has always been on the forefront of patient care, and that's why we want to participate in this vital effort. We look forward to both sharing our best practices and learning what's working for others," said Barb Helberg, Tri Valley Health System Quality Director.

## Tri Valley utilizes fiberoptic intubating device

Tri Valley Health System CRNA Josh Hill is pictured with the new fiberoptic intubating device by Glidescope. This device is used with a viewing screen and is used for difficult intubations or when cervical spine mobility is compromised. Hill said, "We are so fortunate to have this device to use for difficult intubations. This is one of many new devices we have at our disposal for advanced patient care at Tri Valley Health System."



## Tri Valley recognized for Excellence in Quality



Tri Valley Health System CEO Jessica Fisher and Quality Director Barb Helberg are pictured with the 2020 Rural Provider Excellence in Quality Award Tri Valley received from the Nebraska Office of Rural Health.

## Price Transparency Tool implemented on website

Centers for Medicare & Medicaid (CMS) issued a final rule requiring all hospitals to comply with Pricing Transparency starting January 1, 2021. We have added a new link on our Tri

Pictured is the price transparency tool link from our home page on our website at [www.trivalleyhealth.com](http://www.trivalleyhealth.com)

Valley Health System website ([www.trivalleyhealth.com](http://www.trivalleyhealth.com)) to access our new pricing transparency information. This new regulation requires that we make available our current pricing for all the services offered here at our facility. This new link will also provide our patients the ability to obtain an estimate cost of services by their specific insurance plan contract pricing. We emphasize these are just estimates; the actual cost of services could vary depending on each patient needs/situation. We ask that you please read the information on estimates thoroughly and if you need additional information an email link has been provided.

The new pricing transparency regulation also requires a list of at least 300 shoppable services along with the corresponding pricing for each of those services. Each of these shoppable services includes the following amounts: Gross Charge, Discounted Cash Price, Payer-Specific Negotiated Charges, De-Identified Minimum Negotiated Charge, and De-Identified Maximum Negotiated Charge. CMS designated 70 of the 300 shoppable services included on the list. These 70 shoppable services are required to be listed for all health systems and the remaining 230 will vary by facility.

We hope that the new pricing transparency is useful and user friendly to our patients. If you need additional information or pricing assistance please use the contact information available on our website or call 308-697-3329.

Tri Valley Health System was the recipient of a 2020 Rural Provider Excellence in Quality Award from the Nebraska Office of Rural Health. The Award was presented during the virtual Nebraska Critical Access Hospitals and Rural Health Clinics Conference on Quality. The 2020 "Rural Provider Excellence in Quality Award" recognizes Top 10 overall performance in quality among Nebraska's 64 Critical Access Hospitals.

Tri Valley Health System CEO Jessica Fisher said "We are honored to receive this quality award from the Nebraska Office of Rural Health. Tri Valley Health System is always focused on providing quality care for everyone and quality is in our mission statement "To improve the lives we touch by providing care of the highest quality throughout life's journey." We are are proud to receive recognition for our efforts."

Now in its third year, the Rural Provider Excellence in Quality Award leverages the Hospital Strength INDEX® framework to analyze Medicare Beneficiary Quality Improvement Project (MBQIP) measures for the 64 Critical Access Hospitals in Nebraska. The analysis percentile-ranks performance for each facility across 24 equally weighted, core MBQIP metrics. Hospitals ranking in the top 10 are recognized with the Provider Excellence in Quality Award.

"While this year has brought about unexpected challenges and a new reality for Critical Access Hospitals across Nebraska, the commitment to community and providing quality care has not wavered," said Nancy Jo Hansen, Flex and SHIP Program Manager, Nebraska Department of Health. "We are immensely proud to recognize the efforts of these 10 facilities who are setting the standard within our state for excellence in quality."

"Nebraska's Critical Access Hospitals are among the nation's best when it comes to quality, performing at the 92nd percentile," said Michael Topchik, National Leader, The Chartis Center for Rural Health. "We are delighted to join the Nebraska Department of Health in recognizing this year's Rural Provider Excellence in Quality Award winners."

## State of Nebraska Develops Registration Portal to Sign up for the Vaccine

The Nebraska Department of Health and Human Services has a COVID-19 vaccine registration portal now available to sign up to receive the vaccine. To register to receive the vaccination visit [vaccinate.NE.gov](http://vaccinate.NE.gov) or call the State hotline at 833-998-2275. If you have already signed up on the Southwest Nebraska Public Health District's list, you do not need to sign up on the state's portal; all names will be transferred to the State's portal. To register you will fill out a short questionnaire and you will then receive an email confirming your registration if you provide an email address. When you are selected in the phase you are eligible for, you will receive an email with instructions on how to schedule your vaccination. If you don't have an email address, but enter a phone number, you will be contacted by either text or phone call. This is only open to Nebraska residents, if you are not a Nebraska resident please register with your state of residency.

Tri Valley Health System will be partnering with the Nebraska Department of Health and Human Services and the Southwest Nebraska Public Health Department for distribution of COVID-19 vaccines in Nebraska. Communication about any Tri Valley Health System clinics will be posted on our Facebook page and our website at [www.trivalleyhealth.com](http://www.trivalleyhealth.com) with instructions on how to sign up. Our hotline is open Monday-Friday from 8 a.m. to 5 p.m. at 308-697-1000 to answer any COVID-19 related questions and assist with signing up on the portal.

### 4 Things to Know about the COVID-19 Vaccine

**1 The safety of COVID-19 vaccines is a top priority.** The U.S. vaccine safety system ensures that all vaccines are as safe as possible. CDC has developed a new tool, v-safe, as an additional layer of safety monitoring to increase our ability to rapidly detect any safety issues with COVID-19 vaccines. V-safe is a new smartphone-based, after-vaccination health checker for people who receive COVID-19 vaccines. Sign up with your smartphone's browser at [vsafe.cdc.gov](http://vsafe.cdc.gov).

**2 COVID-19 vaccination will help protect you from getting COVID-19. Two doses are needed.** Depending on the specific vaccine you get, a second shot 3-4 weeks after your first shot is needed to get the most protection the vaccine has to offer against this serious disease.

**3 CDC is making the recommendations for who should be offered the vaccine in tiers.** To see the recommended tiers please go to [www.dhhs.ne.gov/Documents/COVID-19-Vaccine-Phase-1B-Prioritization.pdf](http://www.dhhs.ne.gov/Documents/COVID-19-Vaccine-Phase-1B-Prioritization.pdf).

**4 COVID-19 vaccines are one of many important tools to help us stop this pandemic.** It's important for everyone to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions. Cover your mouth and nose with a mask when around others, stay at least 6 feet away from others, avoid crowds, and wash your hands often.

# COVID-19 Vaccine Information

## Pfizer

- 95% effective
- 30 mcg doses given 21 days apart
- 5 dose vials
- Must be diluted with 0.9% sodium chloride
- Stored at -112 to -76 degrees Fahrenheit
- 36,621 trial participants
- Approved for use in people over the age of 16
- Published safety and final efficacy results from Phase 3 on December 10, 2020

## Moderna

- 94.5% effective
- 100 mcg doses given 28 days apart
- 10 dose vials
- No dilution required
- Stored at -13 to -5 degrees Fahrenheit
- 30,350 trial participants
- Approved for use in people over the age of 18
- Announced primary efficacy analysis in Phase 3 on November 30, 2020

## BOTH ARE MRNA VACCINES

COVID-19 mRNA vaccines provide instruction for our cells to make a harmless piece of what is called the "spike protein." The spike protein is found on the surface of the virus that causes COVID-19.

COVID-19 mRNA vaccines are given in the upper arm muscle. Once the instruction (mRNA) are inside the muscle cells, the cells follow the instructions and make the protein piece. After the protein piece is made, the cell breaks down the instructions and gets rid of them.

Next, the cell displays the protein piece on its surface. Our immune system recognizes that the protein doesn't belong there and begins making antibodies.

After developing antibodies, our immune system has learned how to protect against future infection.

The benefit of mRNA vaccines, like all vaccines, is those vaccinated gain this protection without ever having to risk the serious consequences of getting sick with COVID-19. mRNA technology was discovered over 30 years ago and has been studied for vaccine purposes for nearly two decades.

- The vaccine cannot give someone COVID-19.
- The vaccine does not affect or interact with our DNA in any way.

## INGREDIENTS IN THE VACCINE

Include:  
mRNA

Lipids (including ((4-hydroxybutyl)azanediyl)bis(hexane-6,1-diyl)bis(2-hexyldecanoate), 2 [[(polyethylene glycol)-2000]-N,N-ditetradecylacetamide, 1,2-Distearoyl-sn-glycero-3-phosphocholine, and cholesterol)

Potassium Chloride

Monobasic potassium phosphate

Sodium chloride

Dibasic sodium phosphate dihydrate

Sucrose.

The vaccine does not contain aluminum, mercury, or food allergens.

## SIDE EFFECTS/IMMUNE RESPONSE

Most commonly reported side effects include: Injection site reaction, fatigue, headache, muscle pain, chills, joint pain, fever. This is called an "immune response."

These short-term, easily managed side effects are significantly less risky than taking your chances with COVID-19.

## BENEFITS

The vaccine benefits outweigh the known risks of contracting COVID-19. When the vaccine reaches the public please get the vaccine. The sooner we develop herd immunity the sooner we can return to normal.

## Tri Valley Health System offers Rapid COVID-19 Antigen Testing

Arapahoe Medical Clinic 305 Nebraska Avenue, Arapahoe, NE 68922  
Cambridge Medical Clinic 1305 HWY 6834, Cambridge, NE 69022  
Indianola Medical Clinic 119 S. 4th St., Indianola, NE 69034

Results available approximately 30 minutes after testing.  
SAME DAY APPOINTMENTS AVAILABLE.  
CALL 308-697-3317 TO SCHEDULE AN APPOINTMENT

# Independent by choice, living life on your terms



## Rates

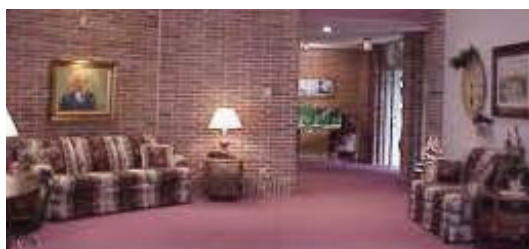
Rates vary based upon unit size and selected amenities.

Call 308-697-3329 today or email [info@trivalleyhealth.com](mailto:info@trivalleyhealth.com) to request a rate quote or schedule a tour.



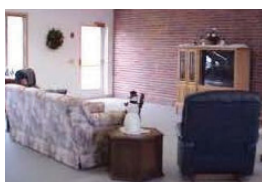
# Heritage Plaza

Living at the Heritage Plaza provides an active, independent and secure lifestyle without the concerns and expenses of managing your own home.



## The Heritage Plaza features:

- Blend of privacy, sociability, and friendship
- Beautifully decorated commons areas, puzzle room and game room
- Simple monthly rental terms
- Easy access to medical facilities
- Two full buffet-style meals per day
- 14 steel garages available
- Computer lab and library with internet service
- Weekly housekeeping service
- Beauty shop
- Chapel
- Guest rooms for overnight guests
- Security: All public access doors lock from 6:00 p.m. until 7:00 a.m.
- Public transportation service available
- Many group and community activities



## Live Life on Your Terms

### Your Apartment

Each apartment has its own outside entrance, kitchenette equipped with built-in oven, stove, refrigerator and sink. Window coverings are furnished. Storage includes coat closet, linen closet and double walk-in bedroom closet. Decorate with your own furniture and linens. Apartments range in size from economy room to large two-bedrooms.



Call today for a tour. 308.697.3329



**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	X	X	
3. Achieve overall patient satisfaction			
4. All TVHS Clinics be open five days a week	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	

**Strategic objective #3: Smart Growth**

**Strategic timeline**  
(x means completed)

Goals and Initiatives	2020	2021	2022
1. 2% net revenue	X		
2. 140-160 days cash on hand	X		
3. Accounts payable average payment period of 45 days	X		
4. Accounts receivable at 46 days	X		
5. Increased clinic visits by 15%			
6. Raise funds for an additional operating room			

## Tri Valley Health System Board of Trustees

LaVern Banzhaf - President  
James Jones - Vice President  
Drew Cramer - Treasurer  
Joan Koch - Secretary  
Dale Fahnholz  
Ginger tenBensel  
John Paulsen  
Logan Baker  
James McGowen

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. Memberships to TVHS are available for \$10 per individual and can be purchased at anytime in the administration office.

## 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 Auxiliary Officers

The Cambridge Memorial Hospital Auxiliary meets every other month.

Current officers are  
Georgia Dutt - President  
Marilyn Klinkebiel - Vice President  
Marlene Witte - Secretary  
Joy Deterding - Treasurer



TRI VALLEY  
HEALTH SYSTEM

Local  
Postal Customer

PRSR7 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 61 years ago with the opening of Cambridge Memorial Hospital in 1958. With the assistance from a Hill-Burton grant, a fund drive by area residents and a bequest from John Decker, the dream of creating a hospital to service Furnas County and the surrounding area was realized. The hospital quickly grew and expanded with medical clinics throughout Furnas County and Red Willow County.

## *Tri Valley Health System Facilities*

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

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

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

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

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

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

## *Mission for Tri Valley Health System*

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

## *Tri Valley Health System*

### *Vision Statement*

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

## *Tri Valley Health System*

### *Core Values*

*Vision, Integrity, Safety, and Enthusiasm.*