

NCH Pool Party

On August 13th, NCH held a pool party with free admission to staff and the community as a way to say thank you! Sno-Lo's Sno Shack joined the party and provided their wide variety of flavored sno-cones.

The little swimmers participated in the rubber ducky race, with the winners receiving gift cards to the local Sonic Drive-In.

Thank you to everyone who helped make this great evening possible!

Summer 2023 Newsletter

- Summer of Appreciation - pg. 2
- Preparing for Flu Season - pg. 3
- Dr. Matthew Wheeler - pg. 4
- Car Seat Technicians - pg.4
- Community Town Hall - pg. 5
- Men's Health Awareness - pg. 5
- The New Faces at NCH - pg. 6
- Taking on New Roles - pg. 6
- Employees of the Month - pg. 7
- Straight from the Kitchen - pg. 7
- Patient Appreciation - pg. 8
- Employee Milestones - pg. 8
- Match Day & Donors - pg. 9
- Support of Tanya & ReChelle - pg. 10
- UKG System Coming in Fall - pg. 11
- Employee Committee Events - pg. 11
- Hello Fall - pg. 12





Summer of Appreciation

Each week of the summer featured different departments to be recognized by employees and patients by writing notes of appreciation or encouraging words! Below are updated photos of some of those 130 employees that work hard day and night to keep our hospital and clinics running!



Preparing for Flu Season

- **Avoid close contact.** Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- **Stay home when you are sick.** If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.
- **Cover your mouth and nose.** Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk.
- **Clean your hands.** Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
- **Avoid touching your eyes, nose or mouth.** Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- **Practice other good health habits.** Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

At Work

- Find out about your employer's plans if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- Routinely clean frequently touched objects and surfaces, including doorknobs, keyboards, and phones, to help remove germs.
- Make sure your workplace has an adequate supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes.
- Train others on how to do your job so they can cover for you in case you or a family member gets sick and you have to stay home.
- If you begin to feel sick while at work, go home as soon as possible.

At School

- Find out about plans your child's school, childcare program, and/or college has if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- Make sure your child's school, childcare program, and/or college routinely cleans frequently touched objects and surfaces, and that they have a good supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes on-site.
- Ask how sick students and staff are separated from others and who will care for them until they can go home, and about the absentee policy for sick students and staff.



Wheeler provides General Surgery



Norton County Hospital welcomed Dr. Matthew Wheeler from Kearney Regional Medical Center to our list of specialists this July. Dr. Wheeler, along with Kim Hilliard, PA-C, began offering general surgeries, scopes, and in-office procedures through the specialty clinic.

Dr. Wheeler earned his bachelor’s degree from Illinois State University and his medical degree from Indiana University School of Medicine. He completed his General Surgery Residency at the University of Nebraska Medical Center and Fellowship in Colon and Rectal Surgery at Medstar Washington Hospital Center in Washington D.C.

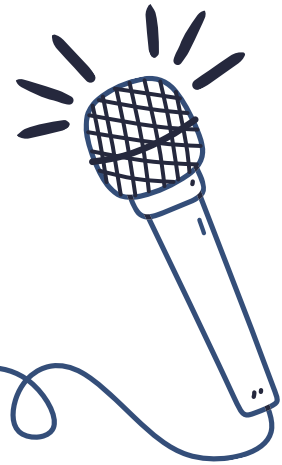


Car Seat Safety



Thank you to KSHP Trooper Tod for recertifying our child passenger safety technicians - Kelsee Hildebrand, Klare Bliss, and Dan Dole! NCH is proud to offer this service to the families of our community. These technicians can help parents or guardians install car seats or check that already installed seats are safe for their tiny passengers.

Community Town Hall



Norton County Hospital hosted a community town hall on July 17th at the East Campus. With board members present, Interim CEO, Kellen Jacobs, answered questions submitted by the community and gave a brief update regarding the facility. Thank you to USD 211 for allowing the hospital to utilize its space. Also, thank you to the community for showing us continuous support!

Awareness for Men's Health



On June 16th, staff turned the facility into an ocean of blue to raise awareness and education about men's well-being, regular screenings and check-ups, and other health issues.



The New Faces at NCH



Lilly Beikman

Aide/Registration -
Clinic - Part Time
Joined the team on
May 18, 2023



Tasha Harper

Accounting Specialist -
Administration -
Full Time
Joined the team on
June 5, 2023



Shelby Bowser

EVS Tech -
Environmental
Services - Full Time
Joined the team on
July 25, 2023



Kayra Grigg

Aide/Registration -
Clinic - Full Time
Rejoined the team on
July 10, 2023



Heather Dulany

CNA-Aide -
Nursing - PRN
Joined the team on
August 16, 2023

Taking on New Roles



**Kelsee
Hildebrand**
*Patient
Financial
Counselor*



Sara Smith
*Quality
Improvement*

Employees of the Month

June 2023: Daniel Gilbert, Dietary Cook

His nominations read: "Daniel brings a fresh and delicious new perspective to the kitchen. He is very friendly and always ready to help. He is a busybody and works extra hard to keep the kitchen in tip-top shape. Thank you Daniel!"

"Daniel is always so pleasant and kind! He makes wonderful and he is always smiling! He is an absolute positive asset to NCH."

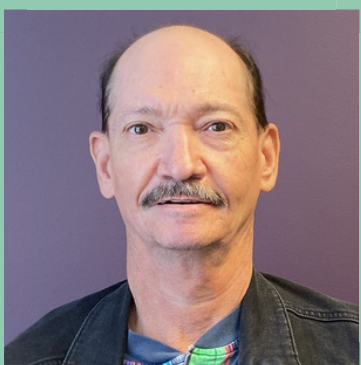
"Daniel is always so friendly and positive! He is always willing to help. Plus you can't beat his amazing desserts! We are very lucky to have him on our team!"

July 2023: Nikki Wright, HIM Coder

Her nomination read: "She is always so helpful when I need something. She is friendly & easy to work with all the time. She helps me out a lot in my job. She is a great team player and a great asset to NCH!"

August 2023: Lana Jones, Clinic LPN/Health Coach

Her nomination read: "Lana cares for her patients and assures that she gives them all the time they need. She assures all their medical needs are being met and if they just need to talk about their pets, plants, children, or just that voice on the other end she does that. If they do not answer her first call or return her message she tries them multiple times to assure they are doing well. She will assist her co-workers whenever they may need help."



Straight from the Kitchen

Daniel's Coconut Macaroons

- 1 1/3 cup coconut
- 1/8 tsp salt
- 1/3 cup sugar
- 2 large egg whites
- 2 tbsp flour
- chocolate chips



Chop coconut in food processor until fine. Separately, whip two egg whites until soft peaks form. Add sugar slowly, increasing speed to medium high. Mix on high for last minute. Add flour and salt, folding in with spatula. Fold in coconut with spatula. Using a small ice cream scoop for portions, spread into silver dollar shapes, about 1/4 inch thick. Bake at 350 degrees until edges are golden. Once cool, dip halfway into melted chocolate. Enjoy!

Patient Appreciation

“ Autumn, Kellen, and Jett all worked with me and each was very good at explaining and helping me with stretching drills to help me loosen up.

“ Ms. Schmidtberger was an amazing young lady. She always has a smile on her face and what a joy to be around!! Thank you for everything, Jett!!

“ I couldn't be more pleased with the staff and treatment I received.

“ Last weekend trip to the hospital for IV therapy... nursing staff pleasant and helpful getting my husband in the pickup...Travis and Jay taking care of the treatment during the week Glad and thankful for the Infusion and wound care department!

“ Very happy with everything the staff did. Can't say enough about Gino. His overall concerns help in regards to my well being and his advice given for further treatment, good job, Gino!

“ Staff was very concerned and caring, kept asking how I was doing with my pain level.



JUNE 2023

Ruth Mizell	38 years
Shannan Hempler	25 years
Nikki Wright	22 years
Deanna Hawks	16 years
Klare Bliss	14 years
Whitney Criqui	12 years
Christen Skrdlant	12 years
Bethanie Ellis	6 years
Shaelin Beckstrom	3 years
Sandi Ross-Crowder	3 years
Lauren Schumaker	3 years
Cassie Stewart	3 years
Addison Brooks	2 years
Mary Mann	2 years
Mitch Stahl	2 years
Faith Dulany	1 year
Clint Hammond	1 year
Olivia Miller	1 year
Callie Staab	1 year

JULY 2023

Ty Bruton	36 years
Lana Jones	23 years
Brenda Dole	9 years
Spencer Shirk	4 years
Daniel Gilbert	1 year
Tesah Stagemeier	1 year
Amy Stockman	1 year

AUGUST 2023

Lynne Lewis	26 years
Mitch Bartels	21 years
Kim Green	16 years
Sherry White	15 years
Elsa Temmel	10 years
Alisha Simmons	6 years
Ryan Bainter	3 years
Robin Akins	2 years
Emily Brack	2 years
Lauren Heersink	2 years
Eden Nickell	2 years
Ella Carter	1 year
ReChelle Horinek	1 year



Employee Milestones

Thank You

FOR YOUR DONATIONS AT MATCH DAY

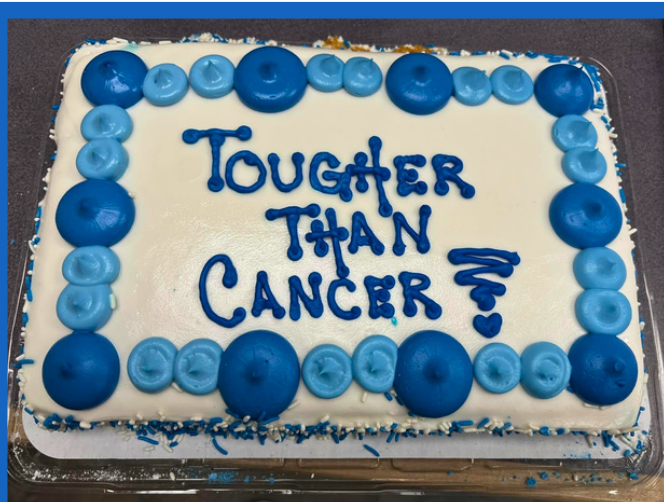
We appreciate the immense support we have received from our community! With your help, the Norton Regional Health Foundation can purchase a new Accuvein vein finder to help NCH better serve our community.

Our 2023 Donors:

Mike and Leslie Pfannenstiel
Sean and Monica Kats
Eric and Jennie Patterson
Verla Grysch
Douglas and Karen Griffiths
Kellen and Emily Jacobs
Ray and Ruth Mizell
Beverly Klein
Reva Benien
Brock and Jennifer Miller
David and Virginia Will
Dr. Glenda Maurer and
Dale Carlson
Logan and Megan Keiswetter
Klare Bliss
Spencer and Bethany Shirk

Eric and Katie Wagner
Lynn Nelson
Stanley and Pamela Murdoch
Jerrod and Kortney Poire
Larry and Terry Hillman
Keith and Jennifer Hauser
Rod and Tammy Maddy
Jean Ann Wilson
Jamboree Foods
Dr. Lamont and Pam Shirk
Jill Diane Edgett
Dakota Dreher
Jared and Melody DeWitt
Jennifer Schoenberger
Shannan and Mitch Hempler

IN SUPPORT OF TANYA & RECHELLE:
**You are warriors with
an army behind you!**



Meet the system.

Your new favorite co-worker.

Coming Fall 2023!

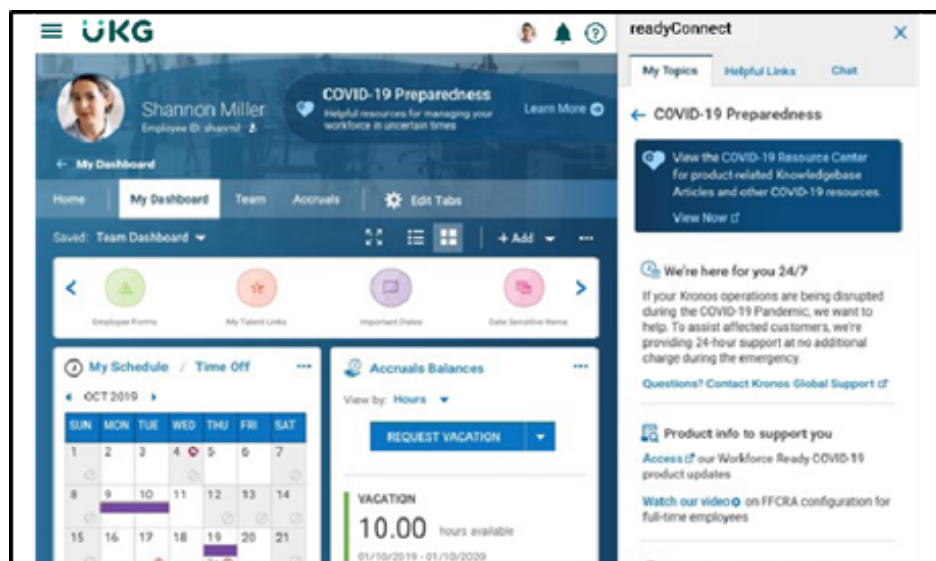


EASY TO USE

- Gain access to compensation, information, benefits, performance and more
- Automate workflows to optimize resources

EMPOWERING

- Access to view your time and schedule quickly and easily
- Less manual and time-consuming processes



Combines the power of HR, talent, payroll, and time to deliver a personalized, connected and people-centered experience - all from a single solution.

Employee Committee Events



PAST:

- June: Summer Raffle Baskets
- July: Flying Critters Volunteers
- August: Backpack Food Program

Thank you to all who participated and volunteered!

UPCOMING:

- September: Make It, Bake It, Fake It & Scrubs by Business World
- October: Soup & Dessert Cook-Off
- November: To Be Determined
- December: Christmas Party & Angel Tree



HELLO FALL



Fall Bucket List

- Go apple-picking
- Roast pumpkin seeds
- Make caramel apples
- Take a hay ride
- Carve or paint a pumpkin
- Drink apple cider
- Have a campfire
- Jump in a pile of leaves
- Watch football
- Bake pumpkin pie
- Eat a s'mores
- Family bike ride
- Paint leaves
- Make trail mix
- Eat candy corn
- Read a cozy book
- Escape a corn maze
- Family touch football game
- Watch Hocus Pocus
- Visit a farmer's market
- Make your own candle
- Try a new soup recipe
- Make a scarecrow
- Visit a haunted house

Halloween Safety

- Always accompany young children on their neighborhood rounds.
- Only go to homes with a porch light on.
- Never enter a home or car for a treat.
- Review with children how to call 9-1-1.
- Know how to reduce your child's risk of a pedestrian injury - the most common on Halloween.
- Plan costumes that are bright and reflective for greater visibility.
- Make sure that costumes and shoes fit properly.
- Remove tripping hazards to keep your home safe for trick-or-treaters.
- Restrain pets so they do not jump or bite a trick-or-treater.



Healthy Return to School Checklist



- Backpack Emergency Card to provide emergency contact info
- Hand sanitizer and tissues to avoid spreading germs to others
- Healthy breakfast, lunch & snacks to encourage good nutrition throughout the day
- Reusable water bottle to stay hydrated and avoid sugary drinks
- Sneakers & loose-fitting clothing to make it easy to be active
- Helmet to prevent serious head or brain injuries if they bike to school
- Insect repellent to protect from mosquitoes, ticks, and other insects
- Sunscreen, hat, and sunglasses to protect from the sun



Understanding Colds and Flu Questionnaire

Please circle your answers to the following questions.

1. Cold symptoms commonly include all but the following:
 - a. Sneezing
 - b. Sore throat
 - c. Chest pain
 - d. Stuffy or runny nose

2. Which of the following over the counter medications may help ease cold symptoms?
 - a. Decongestants
 - b. Antihistamines
 - c. Pain relievers
 - d. All of the above

3. Symptoms of the flu are worse than the common cold.
 - a. True
 - b. False

4. Who should get vaccinated for the flu?
 - a. Persons 6 months of age or older
 - b. Pregnant women
 - c. Individuals living with others who are at high risk for developing flu complications
 - d. All of the above

5. Which of the following actions may help prevent colds and flu?
 - a. Stay away from people who are sick
 - b. Get vaccinated for the flu yearly
 - c. Frequent hand washing
 - d. All of the above

Answers:

1. C
2. D
3. A
4. D
5. D

