



THE
RURAL
Report

Basics
WINTER 2017

R
H
D

Rural
Health
Development, Inc.

Health Care Consulting & Management

FROM THE PRESIDENT'S DESK



Rural
Health
Development, Inc.

Health Care Consulting & Management



NEW SEASON

Brrrrrrr, you'd think it was winter! Well, we sure have seen some challenging snow and ice the last few weeks. Many of the facilities have had their hands full keeping up with their buildings and having enough staff. I am very proud of the employees. They have been pitching in and doing double duty in some cases. The residents for the most part have enjoyed some of the new activities, like seeing snowmen out in the yards.

The federal government has just released a slew of new regulations. And they are predicting giving the nursing home industry a bunch more over the next two years. While some regulations are necessary for the wellbeing of our residents, many are nothing more than bureaucratic boloney. Hopefully

some of these regulations will be eliminated. We shall see.....

Don't be surprised if we reach out to our board members to communicate with their senators. I keep saying.....the key word is perseverance.

A handwritten signature in blue ink that reads 'Ron Ross'.

Ron Ross
Chief Executive officer



CONTENT

Sleep Apnea in LTC

Page: 4

Untreated sleep apnea can produce symptoms like: fatigue, memory loss, depression, frequent night urination and high blood pressure to name a few. If left untreated, heart failure, stroke, high blood pressure and diabetes are possible.



Alzheimer's Potential Treatment

Page: 5

Facility Updates

Page: 6-13

See what other facilities are up too, also be sure to see the progress on Sandhills Care Center and the Oglala Sioux Lakota Nursing Home. We are delighted to have so many positive updates. You will also find the RHD employees who are administrators for each facility listed here.



RHD Employee Directory

Page: 14-15

See the many faces of RHD . We have many staff members that help our facilities out regularly and we enjoy getting to see everyone during our quarterly meetings.

SLEEP APNEA CONSIDERATIONS IN LONG TERM CARE

By Val Heedum - Northwest Respiratory Services

Untreated sleep apnea can produce symptoms like: fatigue, memory loss, depression, frequent night urination and high blood pressure to name a few. If left untreated, heart failure, stroke, high blood pressure and diabetes are possible. Physicians have become more educated in recognizing signs and symptoms and providing treatment to those people who suffer from apnea at night.

Diagnosis can be made through a sleep study in a clinic or with screening tools the patient can wear at a skilled nursing facility or in their home.

CPAP (Continuous Positive Airway Pressure) delivers pressurized air into the airway through a specially designed mask during inspiration that opens the airways. It is considered the most effective non-surgical treatment for the alleviation of snoring and obstructive sleep apnea. The resident will be fit with a mask that provides the most comfort possible and will be fit to the size and shape of their face.

An alternative therapy choice is BiPAP (Bi-level Positive Airway Pressure) delivers air into the airway during inhalation (IPAP) and expiration (EPAP). The two phases are independent from each other, and the patient will receive a higher pressure during inhalation and a lower pressure during exhalation. Some COPD patients tolerate a BiPAP unit better because the lower pressure on the exhalation phase makes it easier for them to exhale. BiPAP is also the choice that most physicians will use for treatment of chronic respiratory failure. Bi-PAP has different Modes of Operation: Spontaneous Mode cycles between the inspiratory and expiratory levels in response to resident triggering. Spontaneous/Timed Mode cycles between the inspiratory and expiratory levels in response to resident triggering. If the resident fails to initiate a breath, the unit will cycle into IPAP based on a preset rate control.

When residents qualify for PAP therapy it is best to ease them into the idea that this is a treatment they may have to wear for the rest of their life. Not all patients adapt quickly. Most will take time to adjust to the way the mask feels and may even need to try alternate styles of mask until they find their optimal style and size.

Facilities need to have a policy and procedure for cleaning and maintenance of your PAP equipment. Masks and headgear should be replaced when needed. The mask and headgear should provide a good seal when the patient wears it and over time the fit can change. If the resident develops a sore on their face due to over tightening the mask, they can potentially try an alternate style or use protective items to prevent further breakdown. The humidifier chamber should also be checked regularly and replaced when necessary. Tubing and filters should also be checked, cleaned and replaced when appropriate. Consult your DME provider for recommendations.

Side effects from wearing the PAP unit can cause be addressed with their physician or with the DME provider. Occasionally issues such as a cold, stuffy nose can prevent your patient from being able to tolerate wearing the unit. Treat symptoms as appropriate and resume therapy when necessary

There are a few things you can consider to help your resident. Encourage them to wear regularly so they become used to the device. Help them to understand that they should wear the unit during day time naps as well as at night. Sleep Apnea means you have it anytime you are asleep. Help your resident to realize that CPAP and BiPAP don't provide a cure and must be used every night for life. Involve the resident and family in the planning and implementation of care.



Alzheimer's Potential Flashing Light Treatment

A recent article posted in Nature by a group of neuroscientists from MIT found that using a flashing light at 40hz helps the visual cortex in mice to reduce the amount of "amyloid- β ($A\beta$) 1-40 and $A\beta$ 1-42 isoforms". These genes have been linked to Alzheimer's disease.

In a former article, I wrote about how these "sticky" proteins that usually are only sticky on one side are folded like origami in the brain and when the bad proteins get sticky parts on both sides it messes up the folding process and causes issues.

In the article published by the MIT neuroscientist they found a deficiency of gamma waves in the brains of mice that are genetically predisposed to having Alzheimer's. The researchers found that the changes in the gamma oscillations happen in between 20-50hz. The team found that a regiment of 1 hour of exposure to light that oscillated at 40hz reduced the amount of amyloid and $A\beta$ isoforms in the visual cortex of the mice.

This has led the team to become more interested in how gamma waves in the brain effect other biomechanisms maybe unknown in the brain before. The team now aims to try to understand how these frequencies affect the other biomechanisms in the brain and how possible therapeutic treatments may be discovered by finding links.

Gamma waves are cycles of neural oscillations that occur between specific frequencies, usually at about 40 cycles per second. Some scientist believe it can be attributed to our con-

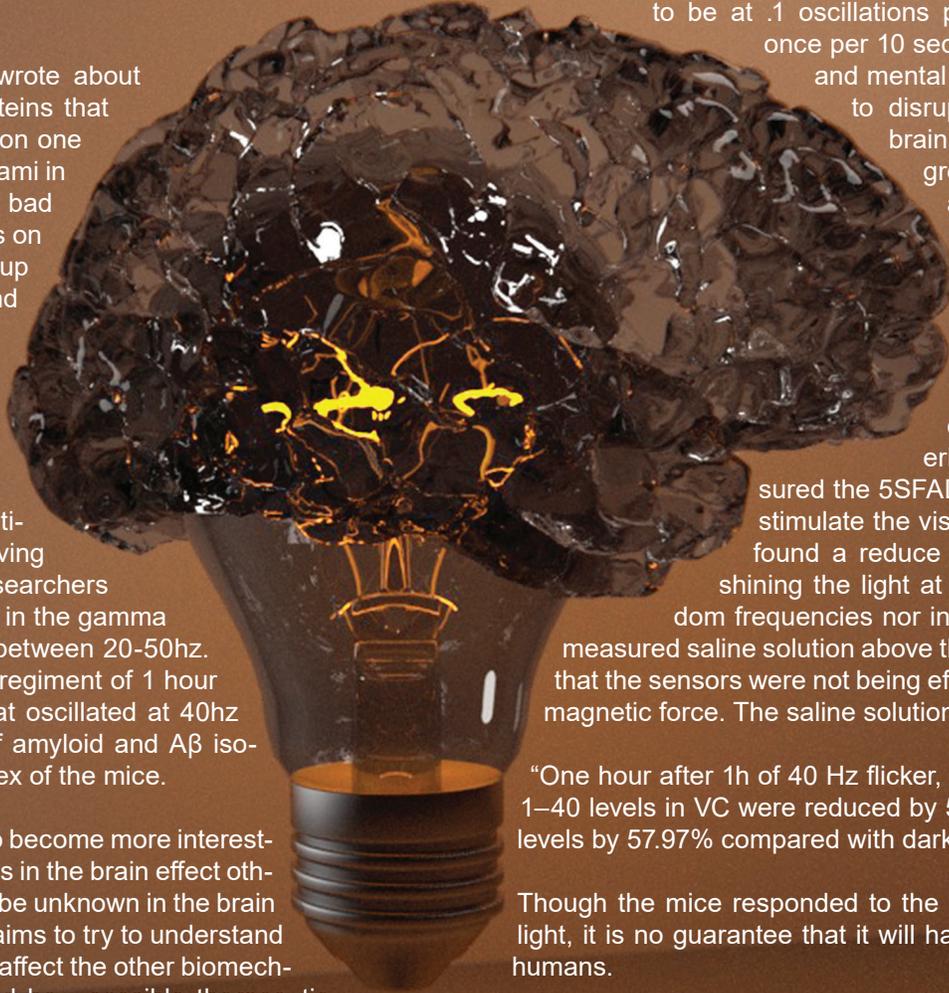
scious perception of the world around us. There are other classifications of neural oscillations that occur at different frequencies that we are aware of like delta waves which are usually found when someone is in deep REM sleep and is found to be at .1 oscillations per second meaning once per 10 seconds. Many physical and mental disorders are known to disrupt different types of brain waves but the MIT group may have found a possible treatment for these disruptions in Alzheimer's specifically.

In the paper they studied the effects of shining 40hz flickering light and measured the 5SFAD mice for an hour to stimulate the visual cortex(VC). They found a reduce AB in the VC when shining the light at 40hz but not at random frequencies nor in darkness. Also they measured saline solution above the mice to make sure that the sensors were not being effected by the electromagnetic force. The saline solution showed no change.

"One hour after 1h of 40 Hz flicker, we observed that $A\beta$ 1-40 levels in VC were reduced by 57.96% and $A\beta$ 1-42 levels by 57.97% compared with dark controls"

Though the mice responded to the regiment of 40 cycle light, it is no guarantee that it will have a similar affect in humans.

<http://www.nature.com/nature/journal/v540/n7632/full/nature20587.html>





FACILITY UPDATES



Sandhills Care Center Ainsworth, NE

It has been a very busy last couple of months here at Sandhills Care Center. We had our Licensure survey November 2, 2016 and admitted our first resident November 3, 2016! November and December have been learning, and growing months for us as our census is now up to 9 residents. We have high goals for January, as we plan to admit two residents a week. Currently our resident waiting list is 15, so we are very excited to get them to our facility as months progress. Our team of great employees continues to grow as well. We are currently waiting for our Medicare and Medicaid certification to become effective. This facility has come a long ways these last four months, and we continue to strive to make a difference in the lives of the elder community.



Stephanie Rucker - Administrator



FRIENDSHIP HOME Audubon, IA

The Friendship Home in Audubon is proud to earn the 5 star quality rating again during the third quarter of 2016. The Friendship Home takes great pride in providing excellent care at the highest standard! While providing excellent care on a daily basis the Friendship Home is also working hard to evolve to the ever changing demands in the healthcare industry and continues to progress with plans of renovation of the first floor of the facility to accommodate the much desired expectations of the up and coming generations.



HILAREE STRINGHAM - Administrator



Colonial Haven/Court Beemer, NE

Greeting from Colonial Haven!

Another year has just about come to a close and everyone is looking forward to 2017. The weather lately has been crazy. All the rain and wind we had on Christmas day had everyone wondering if it was really April instead of December.

We had another successful Family Christmas party in December, Santa came and delivered gifts to our residents and candy to our little visitors. And once again the kitchen served everyone some delicious treats. We are looking forward to getting the bathhouse remodeled and installing a new whirlpool tub. When everything is finished we are hoping the bath house will look like a relaxing spa. Flu season is in full swing and we have vaccinated 100 % of our residents and most of the staff. So we are hoping the flu bug doesn't stop here. Please stop in and visit us anytime you are in Beemer.



Laurie Lierman - Administrator



Sarah Ann Hester Home Benkelman, NE

December, as usual, is a busy month at the Hester Home. About mid-month we usually host a soup and pie supper for all the residents and their families. The week prior to the soup and pie supper is very busy. The cooking for this event is done in the activity room with residents and staff all assisting in the preparation. It is a lot of work for all involved, but very well attended and enjoyed by residents, families, and staff. Then on the Friday before Christmas we opened gifts in the front lounge. We have a big tree in the front lounge and gifts are placed under it for all the residents. The week prior to this is also very busy as the activity department assisted by the residents make lots of goodies (candy, breads, dessert bars, etc.) to be enjoyed the day we open gifts. The activity department also checks under the tree to assure that each resident has a gift and if any do not, then a shopping trip is in order. On the afternoon of the gift opening the entire front of the building is filled with the scent of hot apple cider and the sound of Christmas Carols. The turnout of families for this event is growing every year and we may have to move it to the dining room next year.



Hope everyone has a Safe and Happy New Year!

Janice Edwards, Administrator

Janice Edwards - Administrator



Bertrand Nursing Home Bertrand, NE

COME VISIT

You say that you can't do anything? Can you read? Good. Read to me. My eyes aren't what they use to be. Can you write? Good. Write a letter or a card for me. My hands are shaky. Can you sing? Good. Help me with the words and I'll sing along. Can you tell me about your job? I was a nurse once myself. Can you listen? Wonderful, I'm starved for conversation. Do you play checkers or dominoes or rummy? Fine, so do I. Do you play the violin or the flute or the piano? My hearing is poor but I can hear any kind of music. Even if I fall asleep you'll know I enjoyed it. Once we were some bodies just like you. We were farmers, farmer wives, teachers, nurses, beauticians, electricians, sheriffs, and maybe a few outlaws, too! This home, whatever its name, is "home" to us, and you're always an invited guest.



Amy Grube - Administrator



Skyview at Bridgeport Bridgeport, NE

We love our residents, especially our local heroes! It was our first Veterans Day since we received our VA contract on October 1st. One of our resident's recently started receiving a retirement pension from her husband's service that she did not know was coming to her, and will be receiving an additional \$2,400.00 monthly. We are so glad we could help!

The Red Hat Ladies met and worked on a fall craft and later enjoyed some pumpkin pie. All had an enjoyable time and are looking forward to the next meeting in January.

We always look for ways to bring multi-generational activities into the facility. In December the residents attended a cooperative activity with elementary students preparing for a holiday project.

Mrs. Nein's & Mrs. Soto's 6th grade class visited and joined the residents in filling shoeboxes for Samaritan's Purse Operation Christmas Child. With the students' help, 15 boxes were filled in very little time. "We enjoyed the time with them and are looking forward to their next visit" quoting one of the participating residents.



Christmas is in the air in song and glad tidings. Little ones are visiting their grandparents during Christmas break. Even though the rest of the world is chaotic in many negative ways, we are enjoying happy, Merry Christmas chaos. Seasons Greetings to all!

Dean Dragon - Administrator



Callaway Good Life Center Callaway, NE

Winter. Brrrr... The Residents enjoy looking out at the beautiful snow scenes, but are very content to stay in where it is warm and toasty. Thanks to the many big windows in our facility, they are able to enjoy the sunshine without going out in the cold. Activities seem to keep us busy, the morning coffee group seems to be the most popular with the coffee, hot cocoa, good snacks and wonderful conversations. We have some CNAs and Med Aides that are very imaginative and come up with some unique craft ideas the residents enjoy on the weekend. It seems the long winter days can get lonely, so all the activities are extra important this time of year. We also encourage visitors. The residents love to have that contact with friends and loved ones and enjoy news from the community. If you find yourself with some extra time, come out and visit. Visiting brings me to another topic that is popular this time of year. Influenza. That is a nasty and scary word for the elderly. The very young and the elderly are especially vulnerable. On this note, if you are not feeling up to par, please stay home and visit another day. We do offer hand sanitizer in the entryways and throughout the building and encourage visitors and staff to use it often. Handwashing is the number one way to prevent the spread of infection and diseases.



We have been enjoying our new Tower Garden that the SORC donated. This winter we are enjoying fresh salads with lettuce, celery, basil, spinach and other greens. What a refreshing treat in the middle of the winter! We again thank Angie Oritz for organizing this, Abe Hinman for suggesting it and SORC for the awesome donation! Again, it takes a community!

Vicky Hendricks - Administrator



Ponderosa Villa Crawford, NE

Our annual Christmas Luncheon was a great success, we had many family and community members here to celebrate with us. The food was very good and we enjoyed lots of home made side dishes and desserts. Thank you everyone who made it a wonderful day.

We also had our Tree of Love party, all of our residents received a gift under the tree, I would like to send out my sincere thanks to all who contributed to the success of this party.

I would also like to take this time to send out a Thank You to all of the folks who spent time here over the holiday season visiting, caroling and bringing treats and goodies.

Thank you all and May God Bless your New Year.



Stephanie Huffman - Administrator



St. Joseph's Villa David City, NE

SJVC has enjoyed lots of parties, food, friendship and sharing over the past two months. We have had an open house, a potluck and three Christmas Parties. The weather has been cooperating so community turnout has been outstanding. Residents have really been able to enjoy their families and friends this year without worry about the travel and weather.

The room remodel has been completed. The A/L updating and SNF north hallway updating will start in January. Have a Happy New Year and May God Bless.....Sandra Palmer, ADM



Sandra Palmer - Administrator

Glen Haven Home/ Linnwood Assisted Living Glenwood, IA



For many, January 1st gives us an opportunity to forget the past and make a clean start. New Years resolutions are very common. There are even things you can do on New Years Eve that may bring you good fortune in the new year. 1. Eat 12 grapes at midnight. One for each month of the year with a special wish for good luck. 2. Leave all of your windows and doors open at midnight, take a broom and sweep out all the negativity for the new year. 3. Have money in your pockets when you ring the new year in. It symbolizes prosperity for the new year. 4. Wear red under ware for love or green for money. 5. Eating black eyed peas and lentils bring good luck because they resemble coins. 6. Kiss at midnight as this symbolizes your affection and closeness and will bring luck to your relationship

Julianne Marriott - Administrator

Colonial Acres Humboldt, NE



The holidays have come and gone once again for another year. Many of our residents had family visiting which really puts a smile on their face and warms their heart. We had our Christmas party on the 23rd with Santa and Mrs. Claus bringing gifts for everyone. The Old Country Duo sang Christmas carols for us and of course we served refreshments. On the 30th we had our New Year's Eve party with a Czech polka trio to entertain us and more refreshments. It seems like our parties are not complete without food and drinks, but what

a great way to hydrate our residents especially during the cold and flu season. We wish each and every one of you a very blessed and healthy New Year!



Mary Kent - Administrator

Hillcrest Care Center Laurel, NE



On Tuesday, November 17th, HCC & AL had a visitor from "Pippin's Expedition": a therapeutic pony from the program Personal Ponies. "Pippin's Expedition" is an FFA project, run by Dr. Irene Graves at Laurel-Concord-Coleridge School. Her students that help care for Pippin are Reanna Lawyer and Stephanie Aschoff. Pippin was very well-behaved. The residents loved him; he went from room to room greeting them so they could all pet him. Everyone at HCC thanks Pippin for visiting!



Heather Eagle - Administrator



Mitchell Care Center Mitchell, NE

Who says Christmas has to be stressFUL? We had our annual family soup supper, with chili, potato and chicken noodle. It was so much fun the residents, families and staff had fun with the theme of the celebration was “Ugly Sweater” and boy did some of the staff nailed it.



Stephanie Hahn - Administrator



The Lutheran Home Omaha, NE

This is a glimpse of your Horoscope for THE YEAR AHEAD (we know you are curious!)

ARIES (MARCH 21 – APRIL 20) May brings a touch of love and a hint of extra harmony – plus a pleasurable meeting. Your energy picks up in September, and you’ll be able to put the past behind you.

TAURUS (April 21 – May 21) April and May find a social debt paid in full, to your great happiness. June to October brings outstandingly pleasurable gatherings.

GEMINI (May 22 – June 21) Late March finds you benefiting from Venus, planet of grace, and mercury, symbol of bright ideas. February gives you just the tonic you need.

CANCER (JUNE 22nd – JULY 23rd) you’ll get the better of a personal partnership in October – and everyone should benefit. Don’t say ‘yes’ when you mean ‘no’, especially in July and August.

LEO (JULY 24th – AUGUST 23) August could bring the best of times. Praise and appreciation heads your way in April.

VIRGO (AUGUST 24 – SEPTEMBER 23) Jupiter’s relationship with Saturn in August enables you to work hard without losing sight of your vision of the future. November brings accolades.

LIBRA (SEPTEMBER 24 – OCTOBER 23) Set your sights high in April – as high as you can. Hang on tight in April, May and June – and avoid instant judgments.

SAGITTARIUS (NOVEMBER 23 – DECEMBER 22) April brings your most powerful stars for many years. Turn personal tension to positive advantage in July – work hard and make creative choices.

CAPRICORN (DECEMBER 23 – JANUARY 20) The Full Moon in November gives you a much-needed energy boost. Look to new friends for maximum support in March.

AQUARIUS (JANUARY 21 – FEBRUARY 20) Late March brings your peak romantic powers. Spare no effort to achieve your chosen goals in June.

PISCES (FEBRUARY 21 – MARCH 20) Let your hair down in March and go all out for professional acclaim in October. Ethical issues loom large in October: always be sure to do the right thing.



Donna Schellenberger - Administrator



Parkside Manor Stuart, NE

Winter weather has definitely arrived in North Central Nebraska! We knew we couldn’t hold on to the warm temps that we were blessed with in November forever. We had our annual Christmas Party for the residents and their families on December 12. We had soups, sandwiches, chips, and pie. Another successful party in the books! We are so fortunate to have families take time out of their busy evening to spend it with us. The residents love it! I find it hard to believe how fast the time goes, another year in the books and the beginning of a new chapter with 2017. With the beginning of the New Year we count our blessings, and also take time to remember those that may have left us in 2016. From all of us at Parkside Manor we wish you all a great 2017!



Lucas Kaup - Administrator



Sutton Community Home Sutton, NE

This year's Christmas party at the Sutton Community Center had over 175 people in attendance-our biggest celebration yet! Here's a fun photo from our photo booth area with Hillcrest View resident, Salome Reichert and her wonderful family.



Hannah Elliott- Administrator



Alpine Village Retirement Center Verdigre, NE

We, at Alpine Village, have been expanding our Czech Heritage and getting into the Christmas spirit by making some of our ancestors' favorites - kolaches, rolicky, and houska. Many of you may not know about these delicious pastries and breads.

Kolaches are a dough-based roll with fruit filling in the center and come in many flavors. Prune, poppy seed, cherry, apricot, strawberry, cream cheese and blueberry are a few of the favorites here at Alpine Village and our residents enjoy them every Sunday morning for breakfast.

Rolicky is similar to a crescent roll, but the Czech version is made from scratch and topped with poppy seed. This is especially a favorite at our holiday meals and goes very well with sauerkraut and dumplings. Houska is our traditional braided, sweet bread often made at Christmas time. Some recipes are made with fruit, but ours is made with slivered almonds and raisins and topped with poppy seed. We like ours toasted, buttered and served on Christmas morning!

Our Czech heritage is not only celebrated at the holiday season, but also during our local annual celebration – held the second weekend in June. It's called "Kolach Days." You can enjoy some of these favorites and many other authentic Czech foods.



Lucas Kaup - Administrator

The Activity Department at Alpine Village puts together an annual Kiddie Parade during Kolach Days each year with various fun themes. This parade is held in front of our facility for all our residents and families to enjoy. Polka music and food is available throughout the event. Please mark your calendar and join us on Friday, June 9, 2017. We look forward to seeing you!



Sunrise Heights of Wauneta Wauneta, NE

Sunrise Heights is gearing up for a very big project in our kitchen! Local gal, Carey Harrison and her crew have completed painting in the kitchen and our smaller family dining room. They'll soon be painting the large dining room as well, including ceiling! By the end of the month, we will also have a brand new floor in the kitchen as well as a new tiled area in front of our nutrition counter in the dining room. Once the floor is installed, we'll put in a brand new gas stove, oven and griddle! We are all very excited about this project, but we know it's going to take some organization to pull it all together. Good thing we have great teamwork here at Sunrise! Be sure to stop in after the first of February to see these great new upgrades!



Lisa Kisinger - Administrator



Platte County Legacy Home Wheatland, WY

We were so excited to host our first Safe Trick or Treating at our new facility. We are grateful to our community for this being a huge success. We couldn't have made this possible without out their support. We thank the businesses, organizations, families, volunteers and staff that pulled together and made this be a fun and exciting event for the residents. We had 726 visitors. It was made possible because of the wonderful donations of time and money from businesses, organizations, families, volunteers, and staff.



Shane Filipi - Administrator
Oglala Sioux Lakota Nursing Home
White Clay, NE



The Oglala Sioux Lakota Nursing Home (OSLNH) is a sixty (60) bed nursing home. OSLNH accepted their first residents on August 23, 2016. There are currently 12 residents in the home. OSLNH accepts residents whom are Enrolled Members of the Oglala Sioux Tribe.

The new theatre system has arrived for our Theatre/Shelter Room. The residents are ecstatic! We now have movie nights surrounded by a sound system as well as a large screen. Daily activities, restorative activities, and Lakota traditional activities are provided on a daily basis. Residents are preparing for Super Bowl Sunday in the Theatre Room. The Residents have invited family members to attend our Super Bowl Party.



We have many requests from our Residents to plant a garden in the Spring. If anyone knows who may donate lick barrels for gardening, we would appreciate it.

Susan Pourier - Administrator

White River Health Care Center White River, SD

White River Health Care Center was very busy the month of December with planning for the Resident's Christmas Party. The surrounding Communities and Businesses donated money for gifts for the Residents. All were very generous in their gifts and we thank everyone for the consideration and love of our Residents. Our Activities gals had a ball going shopping for all of the Residents. There were several Residents that went home with loved ones over the holidays and now are back in the Facility. We are always glad to have them back home with us.

We have just hired a new Social Service person which will be nice for the Residents as many of us have tried to fill those shoes for the past few months. We all welcome her to our team!



White River Health Care Center now has a Board that will work with us at the Facility and take information back to the Council on a regular basis. We welcome this communication.

We wish everyone a Happy New Year and we are all looking forward to 2017. God Bless!

Janet Lytton, Interim Administrator

Janet Lytton - Administrator



Wilber Care Center Wilber, NE

Winter is here in full force. The holidays were great with many special activities and visitors. We appreciate everything that is done for us. A special thank you to volunteers and to all of those who gave gifts to our residents through the giving tree.

The remodel project continues. The skilled care nurses station is gone and we now have a nurses room. This has opened up the area around the dining room and improved the flow of traffic. We look forward to have the new floor down and seeing how beautiful it turns out. The first week of January we will start working on 2 more rooms.

We also have some new flooring and counter in the assisted living dining room. The residents and staff love it. It makes it feel like home. Thank you to the board of directors for approving this project.

Stay warm and for those of you who enjoy winter have fun.



Barb Dryer - Administrator





RON ROSS

PRESIDENT

Ron Ross and Roger Petrik started RHD in 1990. As President of RHD, Ron provides leadership for the staff and their facilities.

"I believe the biggest reason for our success has been in delivering value to our customers. We enjoy an excellent reputation based on our ability to meet the needs of our clients, at a fair price."



MATT ROSS

VICE PRESIDENT

Matt has worked for Rural Health Development since 2008 and has been the RHD Eastern Regional Manager since 2012. Before assuming the Regional Manager position, Matt was the Administrator in our Glenwood, IA facility for 3 ½ years. In his current position, Matt seeks to help guide our Administrators through the challenging and rewarding duties of running a skilled nursing facility.



EMILY PLAGEMAN

MARKETING DIRECTOR

Emily began working for RHD as a Marketing Director in the spring of 2010. Emily loves the opportunity that she's been given to meet so many wonderful people at the facilities that RHD manages, including staff and residents, and looks forward to working with many more talented and inspiring people. In addition to her work with RHD, Emily is in charge of operations for RHD's sister company, HHS Solutions, which provides healthcare billing and consulting services.



JO FULLER

REGIONAL MANAGER

Jorena (Jo) Fuller began her employment with Rural Health Development (RHD) in September of 1999. Originally, she was hired to help with rural health clinic consultations, as Jo has over 12 years of experience serving as director of 5 hospital-based rural health clinics.



JANET LYTTON

DIRECTOR OF REIMBURSEMENT

Janet Lytton has lived in rural America all her life and worked in Rural Health Care the last 27 years. She lives on an acreage near Shelton, NE with her husband, Gary. She has been the Director of Reimbursement for Rural Health Development for the last 25 years.



SUE BOOE

NURSE CONSULTANT

Sue Booe graduated from Lincoln General School of Nursing in 1971 in Lincoln, Nebraska. She has been actively licensed as a registered nurse as well as worked in acute care for 4 years. Sue spent eighteen years as a Director of Nursing in LTC. Her experience includes 10 years working with veterans in a 329 bed skilled facility, working in a 48 bed assisted living facility, supervising a nursing staff of 250, and preparing and managing a budget of 9 million dollars.



MARGARET MESSERSMITH

OFFICE MANAGER

Margaret Messersmith's official title at Rural Health Development is "Office Manager" however, with this title, she wears many hats. Margaret is the receptionist, secretary, human resource director, payroll clerk, accounts receivable/accounts payable clerk, and corporate accountant.



MISSIE BRAMHALL

BILLING MANAGER

Missie Bramhall has been in the healthcare field for more than 5 years. She started off working in Long-term Care eventually working her way up to Business Office Director for one of Nebraska's largest nursing homes. Missie earned a degree in Business Management and also Healthcare Management from the University of Phoenix.



MIKE HARRIS

SPECIAL PROJECTS

Mike started working for Rural Health Development in June 2010. Since that time, he has served as interim administrator at six RHD facilities in Nebraska and Wyoming, plus he worked part-time on various other projects. With RHD expanding rapidly, Mike was offered full-time employment in May 2012 with the responsibility for special projects.



KATHY SCHMID

NAHM - NURSE CONSULTANT

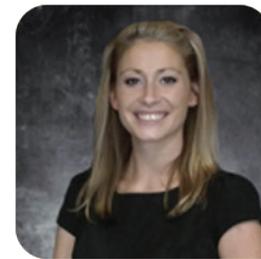
Kathy Schmid graduated from Western Nebraska General Hospital in Scottsbluff in 1986 as an RN. She worked in acute care for 10 years, including Pediatrics and surgery. Kathy has worked the last 20 years in long term care, working with Veterans and their families. Kathy has been married for almost 32 years and has 3 children and 2 grandchildren.



DIANE ROSS

SPECIAL PROJECTS

Diane was brought on in 2015 to help with Special Projects. Diane has over 20 years of experience in LTC management positions and helps RHD with census building, interim administration, and general project guidance. Diane brings with her a wealth of knowledge she gained from her management background with multiple non-profits and for profit nursing homes over the years and looks forward to sharing her expertise with all of the RHD facilities.



ANNA MCCLAIN

ACCOUNTANT

Anna joined Rural Health Development in April of 2013 as the Accountant. Anna attended Southeast Community College in Lincoln, NE, where she earned her A.A.S. in Business Accounting in 2008, and a Bachelors Degree in Business Accounting from Doane in 2012.



Erin Brady

Billing Specialist

I graduated from Southeast Community College with my Associates of Applied Science for Office Professional with Medical focus in 2015. I started working for Conifer while I was finishing up school working Blue Cross follow-up. After graduation, I was moved up to Medicare Billing Specialist. In January of 2017 I was hired by Rural Health Development to become a Billing Specialist for their sister company HHS Solutions. I enjoy reading, swimming and spending the day at the lake.



TORY MOGHADAM

IT Consultant/Marketing Specialist

Tory joined Rural Health Development in October of 2013. He has been doing graphic design and marketing for over 10 years and has designed many digital and printed marketing materials. Tory also helps with Rural Health Development's IT needs by providing IT consulting to our facilities and by writing programs when the need arises.



JESSICA RIDDER

BILLING SPECIALIST

Jessica Ridder began working for the billing department for HHS solutions in June 2015. She is currently attending the University of Lincoln Nebraska, and majoring in Business Management. Prior to joining the team at HHS she worked in a Dermatology clinic and at ALN Medical Management as a medical billing specialist.



SHELLY BERGONIA

BILLING SPECIALIST

Shelly joined HHS Solutions in August of 2015. She grew up in Nebraska City, Nebraska. She received her Medical Billing and Coding degree from Herzing University in 2012. Prior to her time with HHS Solutions she worked for a Skilled Nursing Facility in the Billing Department.



Find us online:

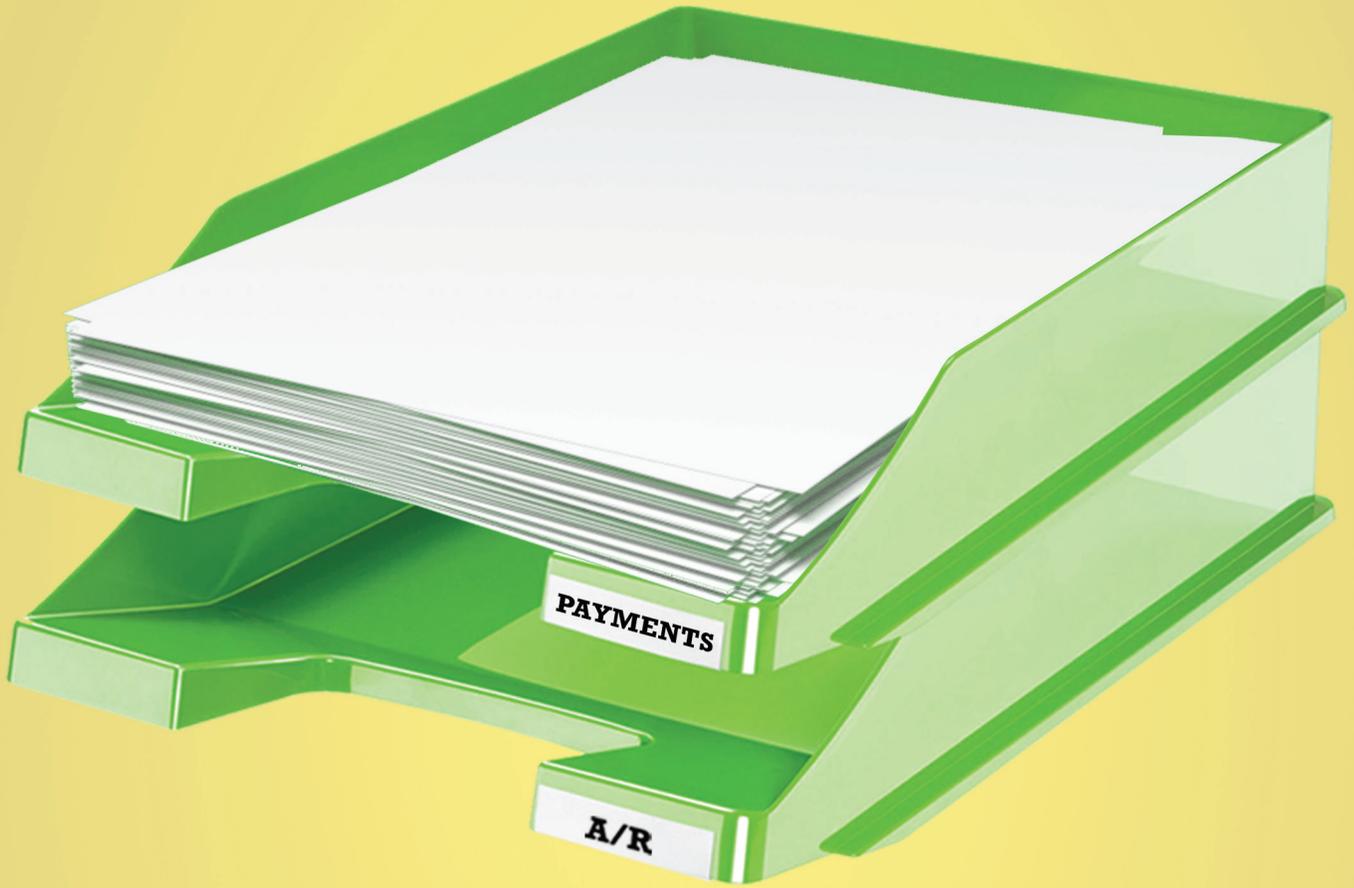


Top 10 Things: To Keep In Your Car This Winter

It is always good to be prepared when traveling this winter by keeping some extra items in your car. If your car is stalled in a remote area and you don't have the means to stay warm your situation can turn dangerous quickly. So we have put together a top ten list of things to keep in your car this winter:

1. Windshield Scraper
 2. Ice Melt / Sand
 3. A shovel
 4. Blankets
 5. Extra Clothing
 6. Flashlight & extra batteries
 7. Jumper Cables & Fix a Flat
 8. Emergency reflective plastic
 9. Dry food and Water
 10. First Aid Kit
- Extras
11. Radio
 12. Matches & Candles
 13. Walkie Talkie / CB
 14. Portable cell phone charger





 **SOLUTIONS** LLC
HEALTHCARE BILLING & CONSULTING
HHSSOLUTIONS.COM
402-464-0054