

THE

# RURAL

# Report

2016 • Volume 5 • Number 2

**ADVANCES IN BRAIN REPAIR**

**ALTERNATIVE TO MORPHINE  
FOUND**

**FACILITY UPDATES**

**QUARTERLY CROSSWORD**



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Health  
Development, Inc.

*Health Care Consulting & Management*



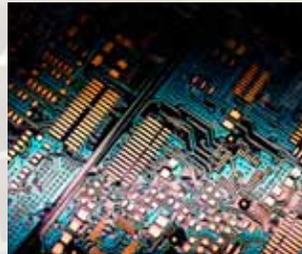
RHD NEWSLETTER VOL. 5 ISSUE 2

**03**  
**From The President's Desk**  
Updates from Ron Ross.



**05**  
**Alternative to Morphine Discovered**  
Find out more about a new, less addictive, substitute for morphine.

**04**  
**Advances in Brain Repair**  
New discovery in the treatment of brain repair.



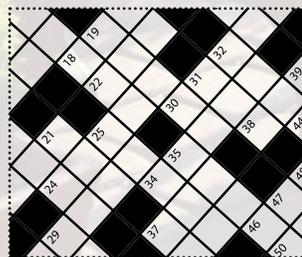
**04**  
**Immunization Updates**  
Updates regarding resident immunization and importance.

**06-11**  
**RHD Facility Updates**  
Find out how other facilities are doing and what they are up to.



**12-15**  
**RHD Employee Directory**  
Talk to people on the phone and don't know what they look like? Take a look at the staff directory.

**16**  
**RHD Spring Awards**  
During our spring meeting we gave out awards.



**17**  
**Picnic Coloring Page**  
Print out a coloring page for your residents or staff.

**18**  
**RHD Q1 Crossword**  
Print off for your residents or staff. This crossword was made and tested by RHD staff.



# FROM THE PRESIDENT'S DESK



The RHD Spring Quarterly Meeting was a big success! Once again, we coordinated our meeting time and location with LeadingAge Nebraska, giving our administrators the best opportunity to attend continuing education sessions, and to network with other industry leaders.

RHD continued the tradition of recognizing outstanding company administrators, as well as facility department heads, at the Tuesday night awards banquet. This has turned into one of the best nights of the year, as we are able to share heartwarming stories and experiences from our homes across the Midwest.

One common theme that resonates is the passion and desire our staff have to make a difference in the lives of elders. We are fortunate as a company to have such dedicated and caring employees. We wish everyone the best as they continue on our shared mission to care for those in our various communities.

Proud  
Member of

LeadingAge  
Nebraska





## Immunization Information:

Within our Facilities, our residents may be in need of certain immunizations. The most common area the flu vaccine that is given each Fall, of which one injection is paid for through Medicare annually. The other most common is the Pneumonia immunization. There are two types of pneumonia vaccine, the pneumococcal and the Pevnar. Both are recommended for the elderly with the pneumococcal typically given initially and the Pevnar given at least a year later. Medicare pays for one of both, however the Pevnar is VERY expensive to administer. The Hepatitis B vaccines are only payable by Medicare if the resident/patient is at high risk for the disease, thus there must be documentation as to what the patient risk may be. These vaccines just described are the only vaccines for which Medicare will reimburse.

Some of the other recommended vaccines that are not reimbursed by Medicare but that are considered Medicare Part D drugs are the following: Tdap—Tetanus, diphtheria and pertussis vaccine. Only 1 dose is needed with a booster dose of Td every 10 years. The Centers for Disease Control and Prevention (CDC) recommends the vaccine for all adults over 50 unless otherwise indicated, including those ages 65 and older, especially those who have close contact with infants. The recommendations protect children from adults who can spread the disease, but pertussis in older adults has serious consequences as well. It can lead to pneumonia and coughing severe enough to fracture ribs.

Shingles (zoster) vaccine—A one-time only injection for anyone age 60 or older that has previously had chicken pox.

# Advances in Brain Repair

Jocelyne Bloch spoke at the TED Global conference in Geneva about a newly discovered method to heal the brain after it has been injured.

Currently we have very few tools in aiding the brain in repairing itself, but one of the most well-known tools is deep brain stimulation. Deep brain stimulation attempts to improve brain functionality by stimulating the brain with an electrode planted in the brain. Sadly this cannot help repair the brain but rather just helps re-modulate the circuitry of the brain.

15 years ago Jocelyne was a chief resident at an emergency room and she often had to take care of patients with head trauma. Some times when a patient has severe head trauma they have to remove a piece of brain that had become swollen to relieve the pressure. Instead of tossing out the small piece of brain Jocelyne and her colleague Jean-Francois Brunet, began to study them.

They aimed to grow cells from the tissue that had been harvested, which turned out to be a very difficult task, but Jean-Francois finally succeeded. They found that the new cells look very much like stem cells but had different characteristics. Stem cells are somewhat immortal and very active. But the new cells that they cultured where not as active and eventually died. They found that the origin of the cells that they had grown from the brain tissue where doublecortin-positive cells.

Doublecortin-positive cells are believed to be very important during the developmental stage of a fetus and help the brain take form. What Jocelyne and her college found interesting is that they stay in your brain even as an adult, but why? They believed that these cells may be linked to brain repair because they are found more prominently near brain lesions.

In order to prove that these cells could help heal the brain they set out to design an experiment to prove it. They first biopsied

a piece of brain and cultured the cells just like they did before and then they reintroduced the cells into the brain after marking the cells.

They found that when the brain was healthy the cells distributed throughout the brain and eventually disappeared after a few weeks but in brains that had lesions they were found to congregate around the damaged brain tissue and regrow neurons. This was an exciting discovery!

In order to see how this might effect a human they tested it on monkeys. They first had the animals perform a dexterity test, and recorded their performance. Then they created a lesion in their motor cortex that is responsible for motor functions. At first the monkeys could not move their arms but they eventually recovered enough to be able to perform the task at a much slower rate. Once the monkeys had recovered and showed no signs of improving they introduced the cells that they had cultured previously and measured the results.

After they introduced the cells they found that monkey's ability to perform the dexterity test drastically improved.

Jocelyne said this at the end of her talk:

“It was also very exciting results for us, I tell you. Since that time, we've understood much more about these cells. We know that we can cryopreserve them, we can use them later on. We know that we can apply them in other neuropathological models, like Parkinson's disease, for example. But our dream is still to implant them in humans. And I really hope that I'll be able to show you soon that the human brain is giving us the tools to repair itself.”

– Jocelyne Bloch: The brain may be able to repair itself – with help.

Watch her entire TED talk here: [https://www.ted.com/talks/jocelyne\\_bloch\\_the\\_brain\\_may\\_be\\_able\\_to\\_repair\\_itself\\_with\\_help/transcript?language=en#t-475421](https://www.ted.com/talks/jocelyne_bloch_the_brain_may_be_able_to_repair_itself_with_help/transcript?language=en#t-475421)

“Endomorphin analog analgesics with reduced abuse liability, respiratory depression, motor impairment, tolerance, and glial activation relative to morphine.”

- *Neuropharmacology* Volume 105 June 2016. <http://www.sciencedirect.com/science/article/pii/S0028390815302203>

## New Alternative to Morphine May Have Been Discovered

In 1997 a team of scientists discovered a peptide called endomorphin-1, which might be a better alternative to morphine. Peptides are molecules consisting of 2 or more amino acids. Like morphine, this peptide also is effective in relieving pain in the body but has some other benefits as well.

The team from Southeast Louisiana Veterans Health Care System and Tulane University School of Medicine discovered that this peptide has fewer side effects and also may be less likely to cause addiction.

The structure of this new peptide is different than morphine and the team is currently trying to make it more stable to be served as a drug. They have tested alterations of this peptide, trying to find a way to make it long-lasting, less addictive, and to have fewer side effects.

Since their first discovery they have examined more aspects of the drug and found that it also has shown less tolerance, meaning that it can be used for a longer amount of time without having to up the dose as much as morphine to be effective. As morphine doses are increased

the risk of respiratory depression also increases but this drug has shown not to cause respiratory depression.

During the team's test with rats and mice, they found the drug to be less addictive than morphine. In one test they gave the animals morphine and added a bar that they have to depress in order to receive a morphine infusion. They found that the mice would work harder for the morphine.

The new drug has a ways to go before it can be administered in human clinical trials but the team's findings so far seem very promising.

Read the article that Dr. Zadina wrote about his team and their discovery:

<http://www.blogs.va.gov/VAntage/26001/26001/>



**FRIENDSHIP HOME**

Audubon, IA

Friendship Home of Audubon kicked off the New Year with both a State and Federal Survey during the months of January and February 2016. In January we hosted a team of State Surveyors for our annual review and came out with a zero deficiency survey. Then in February, the home was selected for a review from CMS. A team of four Federal Surveys from Kansas City and Chicago completed a week long survey. The Friendship Home was able to get a good review and only having seven sited deficiencies all of which were of minimal findings. The Friendship Home has used this experience to work on identified areas to make operations better and improve the outcomes at the home. During both State and Federal surveys, the survey teams commented on how happy the residents of the Friendship are, which reinforces why we do what we do every day!

**FUTURE PLANS OF RENOVATION**

The Friendship Home of Audubon hosted its Annual Board meeting in February. The attendees voted that renovations of the currently vacant upper level was discussed as well as the recent strategic planning sessions that had identified that utilization of the upper level was of top priority, putting the building plans for an addition of a new memory care unit on hold. The Friendship Home is in the process of initial research of what renovations are needed to bring the vacant space up to code for skilled nursing use.



**BEAVER CITY MANOR**

Beaver City, NE

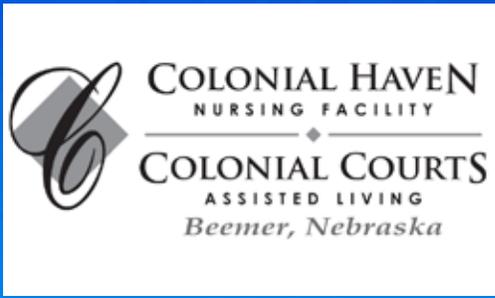
It seems as though it was just Christmas and Easter. This year like most the manor will be celebrating with an Easter egg hunt with the Easter bunny for all the children on Saturday morning. The kids come and divide into age groups and hunt easter eggs filled with goodies on the front lawn or indoors if it is cold. The residents love to line up and watch them. On Sunday we will have an Easter meal of ham, scalloped potatoes, deviled eggs, and apple pie. We wish all of you a blessed Easter.



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**FACILITY**



**COLONIAL HAVEN/COLONIAL COURTS**  
Beemer, NE

Thankful is how we feel at Colonial Haven! Spring has arrived and everyone here is very happy to be able to go outside. It was a very messy project at first but as you can see the end result was very pretty and tasty with the addition of the candy. Their family members will be getting a sweet treat.

We are also in the process of updating our whirlpool bathing room. Some staff and I have looked at different style tubs and made our decision. Now to pick out floor covering and paint. This will be a fun project for everyone. What a blessing it was for this resident to bequeath us the money for this project. We will be forever thankful!



**SARAH ANN HESTER  
MEMORIAL HOME**  
Benkelman, NE

Spring is just around the corner. The days are getting longer and landscape is starting to turn green. The days are also getting warmer and the residents have been able to enjoy several afternoons in the courtyard and taking van rides into the country. They always enjoy getting to go on rides this time of year as it is calving season and they always enjoy going out to see all the new babies that are being born. The residents also enjoyed taking part in the send off for the boys' basketball team which was headed to the state basketball tournament in Lincoln. We loaded up the bus and made a Good Luck Tigers Sign and went downtown to participate with many others in the community for the send off.

We are making some changes in our dietary department. We have purchased some new menus which hopefully will make it easier to offer a wider variety of choices for our residents. We are excited to be able to make changes that may improve our resident's quality of life.

nt, Inc.  
Management



UPDATES



**BERTRAND NURSING HOME**  
Bertrand, NE

The year does not slow down one bit, does it? We just celebrated the holiday season and now just finish up the events for Valentine's Day. It's hard to believe that spring is around corner. WOW! Though the holidays have passed, there are still plenty of events going on.



**SKYVIEW AT BRIDGEPORT**  
Bridgeport, NE

The residents received a visit from a Chinese Water Dragon and a ferret as educators from the Riverside Discovery Center located in Scottsbluff presented a program about the different animals on February 11. After learning about the two animals, the residents were able to touch and pet them. Residents stated they really enjoyed the program and look forward to their next visit.

Agnes and Owen Walker performed for the residents during the Valentine Party held on February 12th while everyone enjoyed the music, refreshments were served and Valentines were given out to all the residents.

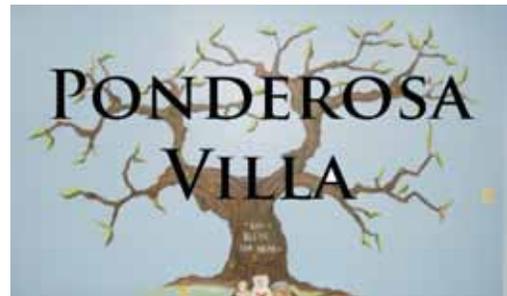
Congratulations to Skyview Foundation for obtaining 501-C3 tax exempt status with the Internal Revenue Service. In honor of this historic benchmark, Terri Lou Dragon made the first donation to the savings account at Farmers State Bank on March 3rd. Corporate pledges to date have been made by Farmers State Bank and Rural Health Development to go toward the capital campaign. Capital campaign grants are being sought from DuPont Pioneer in Lincoln, Nebraska and Gardner Foundation in Chicago, Illinois among others. A capital improvement grant is being considered by FEMA for a generator that will be used at the current building, but is also size appropriate for the new building being planned. Two other projects underway are Nebraska Department of Roads grant for a new larger van to take more residents wheelchair bound together



**Callaway  
Good Life  
Center, Inc.**  
"We Care"

**CALLAWAY GOOD LIVE CENTER, INC.**  
Callaway, NE

The Residents at Callaway Good Life are enjoying their bath time with a brand new Spa Tub. With the help of a grant from the Custer County Foundation, we were able to purchase a state of the art Spa Tub. The resident enters the tub from the side, and then warm water surrounds them and is moved around with the use of air jets throughout the tub. The tub can be reclined so the resident is lying in the warm water, or they can remain sitting upright, which ever their preference may be! Along with the new tub, the board has generously replaced the old, outdated tile throughout the room, including the shower area. Everyone is excited about adding decorations and making the bathing experience as pleasant as possible for our residents. We want to thank the Board of Callaway Good Life Center, and also the Custer County Foundation for their generosity. Life is Good!



**PONDEROSA VILLA**  
Crawford, NE

Spring is approaching very quickly, and many of the residents here at Ponderosa Villa are anxiously awaiting for it to arrive. The residents have already started sitting outdoors enjoying the fresh air. We have multiple bus rides and outings planned for our facility.

Ponderosa Villa has also welcomed an intern administrator, Stephanie Rucker. She will be doing her internship here until mid-June. We have been very privileged that she is willing to work with our facility to complete this. The residents have enjoyed getting to know her, and Ponderosa Villa is lucky to have her.



**ST. JOSEPH'S VILLA**  
David City, NE

St. Josephs Villa and Court had their community spaghetti feed in March with over 100 attending. This is always well received and a lot of fun. The prom tradition of making signs, etc., for inviting someone to prom was one of the residents activities this year. The young man asked the residents to make signs and kind of walk down the aisle for his date (who works here). He was waiting for her answer with a bouquet of flowers. Lots of memories to talk about after that!!!

We have had Roz Phillips, RHD Consultant, doing Dementia Training for all staff the past four days. This 6 hour training more than brings us into compliance with the DHHS Statute. All staff attended one session and were impressed with the information they received. With the Special Care Unit, it was very helpful to keep us all informed of what works and what might not work.

Room remodeling is continuing with the double rooms on the SNF side. We hope to be done by the end of October with all room remodels. The A/L is budgeting for updating their area next year.

Have a great spring. Sandra Palmer, ADM



**GLEN HAVEN HOME/  
LINNWOOD ASST. LIVING**  
Glenwood, IA

Glen Haven Home is excited to showcase its new project: The Glen Haven Village. This new project begins with renovating 7 of the Glenwood Resource Center cottages for skilled and rehabilitative care use. Set on a wooded hill, in a small village neighborhood, this location is an ideal site for providing care in a peaceful, home-like atmosphere.

The neighborhood of cottages will have private rooms and bathrooms for its residents. Each newly renovated cottage would staff two personal assistants at all times; thus, each resident would receive more one on one time with staff to fulfill their needs. In addition to providing excellent long-term care, the village will have a house for its state-of-the-art rehabilitative services as well as at least one cottage designated for Memory Care.

We are very excited about bringing this concept to Iowa, as many other states are adopting this style of retirement living and rehabilitative care. The Glen Haven Village will not only optimize resident privacy but also brings many opportunities for socializing in a home environment.



**COLONIAL ACRES**  
Humboldt, NE

Our nursing home residents can hardly wait for their new whirlpool tub to be installed! Construction begins this month with a makeover of one of our bath houses. A new tub will allow residents to enter through a side-opening door for both comfort and safety. New tile and updated cosmetics will give it a "spa feel." Residents will be busy with a whole host of activities. The residents are looking forward to warm spring days and a chance to go out into our courtyard to sit in the sun. We'll start bus rides soon so that our residents can go out and inspect the fields. Most of them were farmers and they'll want to make sure that the work is done right! The Disaster Preparedness grant we received has us busy reviewing and updating our protocols for all kinds of calamities, natural and otherwise. The grant will also help us purchase equipment to update our emergency communication needs and medical equipment. A DOT grant program provided us with a new wheelchair van which greatly aids in our ability to transfer residents safely and more comfortably.



**HILLCREST CARE CENTER**  
Laurel, NE

We want to wish all of our volunteers a happy volunteer week in April, and thank you for all that you do. Volunteers are an integral part of nursing homes. We have several residents who do not have family, or do not have family nearby to stop and visit them. They love to have visitors come and visit. We as a facility appreciate all of our volunteers, and encourage more people to consider becoming volunteers at our facility. Even if you're not a person who likes to read or visit with residents we would encourage you to stop up. We can use volunteers in almost every department. Some of the things that we can have volunteers do is help with activities, visit with residents, help in maintenance, help with planting flowers and plants, or helping to make beds. I am sure there are many other things that we can have volunteers help us with. If anyone is interested in volunteering please contact Heather Eagle, Administrator.



**MITCHELL CARE CENTER**  
Mitchell, NE

Mitchell Care Center would like to welcome their new Director of Nursing, John Furman. We are happy with his presence here and have noticed a change in the direction the facility is headed. John addressed a letter to the community two months after working here and stated how appreciative he was, on how well the community supports the care center, their families and its employee's. He was impressed with the Caring tree at Christmas with Pinnacle Bank and our Christmas celebration with family. He has two loves of his life: one his 13 year old daughter and the other his soon to be wife in April. His daughter Alexia is the pride and joy, and she helps him stay young and feel old at the same time. He states he enjoys watching the activities that she is currently interested volleyball and basketball. He and his finance, Elizabeth, have been together for 7 years, and he said she is the source of his sanity.



**THE LUTHERAN HOME**  
Omaha, NE

What is Omaha Gives?

Omaha Gives! is a 24-hour online giving event organized by the Omaha Community Foundation to grow philanthropy in Douglas, Sarpy, and Pottawattamie counties. The goal is to inspire the community to come together for 24 hours to give as much as possible to support the work of public 501c3 non-profits in the metro area. The minimum donation is \$10 and there is no maximum.

Omaha Gives! is an annual 24-hour charitable challenge to benefit metro-area non-profits. This community give-together begins at midnight on May 25th, 2016 with a minimum gift of only \$10.

<https://www.omahagives24.org/>

MAY 25TH, 2016

DONATE TO THE LUTHERAN HOME ASSISTED LIVING OMAHA

The mission of The Lutheran Home is to provide holistic care to persons by offering medical assistance, social, emotional and spiritual services in a warm environment in order to assist each person in attaining the most practicable level of health, independence and quality of life.



**PARKSIDE MANOR**  
Stuart, NE

Spring has arrived and has brought warmer temps to the North Central part of the state. Residents and staff are anxious to get outside and enjoy the warmer weather. Parkside Manor is going to be doing some cement work outside in the summer to replace some of the worn out sidewalks. We appreciate your patience during our construction project..

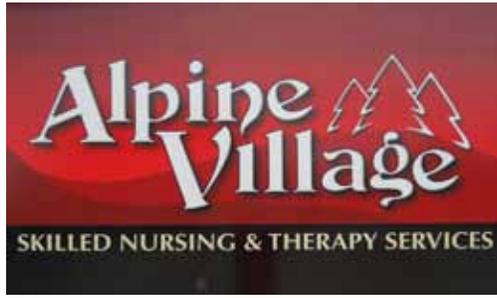
Another exciting project we have planned is the construction of a new storage building with parking stalls for our car and van. Our goal is to have room to store our extra wheel chairs, lawn equipment, snow blower, etc. as well as have a place to park the facility vehicles to protect them from the weather. This will also free up parking spots for visitors.

Residents and staff will be busy the next few months getting flower beds planted and our gardens filled. We have several residents who really enjoy spending time in the garden, and we are hopeful that we will have a nice spring to get plants in the ground! Please take some time to stop by the facility to visit. We always enjoy having visitors!



**SUTTON COMMUNITY HOME**  
Sutton, NE

Sign up for the 3rd Annual Run for a Resident on May 28th, 2016! This 1-mile, 5k, and 10k run promises to be our biggest event yet with more prizes, bigger race bags, and more food.



**ALPINE VILLAGE RETIREMENT CENTER**  
Verdigre, NE

We would like to welcome Al Shakespaere the new administrator and RHD employee.



**SUNRISE HEIGHTS OF WAUNETA**  
Wauneta, NE

Sunrise Heights recently received a beautiful SEIKO wall clock in memory of past residents Paul and Bonnie Yost. Bonnie was also a cook here for several years and then volunteered for us for a number of years after she retired. The clock is a Melody in Motion clock with Swarovski crystals. On the hour, the face “opens” in four pieces and each piece rotates around a beautiful crystal background. The clock has 12 musical pieces it plays such as “Lara’s Theme”, “The Entertainer”, “You Decorated My Life” and others. At Christmastime, the clock can switch to play Christmas carols. It truly is a magnificent piece and we are so thrilled to have it! It is hung in the front entryway for all to enjoy.



**Platte County Memorial Nursing Home**  
A Spirit of Love,  
Respect and Compassion

**PLATTE COUNTY MEMORIAL NURSING HOME**  
Wheatland, WY

Our new facility!



**WILBER CARE CENTER**  
Wilber, NE

I am so excited spring is almost here. I can't wait to see the trees and grass green up and see the birds, and other wildlife return. I hope that the weather cooperates enough so that we can get the residents outside. We plan to do at least one major outing a month. Recently, we took several residents to the casino and soon we will be taking resident to the Czech kick off.

Spring will also help with our remodel project. The project has not progressed quite as fast as expected but we do hope to get started in early May. We plan to do two rooms at a time and possibly more if census and space allows. We continue to be very excited about the remodel and can't wait to see the end results.

We are continuing to work hard in regards to honoring resident choice and making our facility as close to home as we can get. We are doing resident and family surveys so that we can get their input and use that information to guide us in how best to accomplish this.

# Rural Health Development Staff Directory



## **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."



## **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.



## **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.



## **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.



## **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.



## **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.



## **ROZ PHILLIPS**

### NURSE CONSULTANT

Rozanne (Roz) Phillips has worked in the Long Term Care Industry since 1978. She earned a Bachelor of Science Degree in Nursing from Mount Marty College in Yankton S.D. As a nurse, she has worked in rehabilitation, infection control, quality assurance, conducted mock surveys, trained staff, and was a Director of Nursing of a 159 bed skilled nursing facility for 18 years.



## **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.



## **WALT DYE**

### SPECIAL PROJECTS

Walt was the Administrator at Mitchell Care Center from January of 1997 to 2011. Since 2011, he has been involved with several other facilities in Western Nebraska in the financial area. Walt has also been involved in training several new Administrators, who have developed into very talented and capable Administrators within the company and outside the company.



## **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.



**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.



**TERRY ST.CYR**

**NAHM - VICE PRESIDENT**

Terry has worked with numerous tribes over the last 25 years, creating jobs, building businesses and providing strategic planning. He is serving on the National Congress of American Indians Economic Development Committee and the Finance Committee. Terry is a member of the Winnebago Tribe of Nebraska. In his formative years Terry spent summers learning the traditional ways of his people and his school years growing up in the Dallas, Texas area.



**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.



**TORY MOGHADAM**

**GRAPHIC DESIGNER/MARKETING**

**ASSISTANT**

Tory joined Rural Health Development in October of 2013 as the Graphic Designer & Marketing Assistant. 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 and enjoys solving tech related issues.



**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.



**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.



**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.

**ADMINISTRATORS:**



**HILAREE STRINGHAM**

**FRIENDSHIP HOME**

Stringham began her work in the nursing home industry, holding positions from activity assistant to social service coordinator. In 2005, Stringham decided to further her career by going back to school while working full time and earning a bachelor's degree in health care administration. In 2007, she finished the required education to sit for the nursing home administrator exam and became licensed.



**MEGAN MAPES**

**BEAVER CITY MANOR**

I have been working at the Beaver City Manor since 2005, I began my career as a night charge nurse, then became the director of nursing, and am now the administrator. I have an associate's degree in applied science from Colby Community College. I live in Norton, KS and my husband Robby and I have 4 children.

# ADMINISTRATORS:



## **LAURIE LIERMAN**

### COLONIAL HAVEN AND COURTS

I started my career at West Point Living Center as administrator from 1988 to 2001. In 2001 I was employed by Colonial Haven and in 2004 I was hired by RHD when the Village of Beemer signed a management contract with them.

I live in West Point with my husband LeRoy and together we have 7 children and 15 grandchildren.



## **JANICE EDWARDS**

### SARAH ANN HESTER MEMORIAL HOME

I have been an employee of Rural Health Development for almost 5 years. Prior to that I was employed directly by the Sarah Ann Hester Memorial Home in various capacities since 1986. I was a Certified Nurse Aide and a Care Staff Member until I became a Licensed Nurse. I worked as a Charge Nurse and over time had various duties such as Nursing Scheduling, Staff Development Coordinator, Infection Control Coordinator, Assisted Living Director, and Social Services Director.



## **AMY GRUBE**

### BERTRAND NURSING HOME

Bertrand Nursing Home & Assisted Living is a non-profit, long term care skilled nursing & Assisted Living facility that has been providing care for the Bertrand area since 1973. The facility is Village owned and managed by Rural Health Development.



## **DEAN DRAGON**

### SKYVIEW AT BRIDGEPORT

Allow me to summarize, I started off as a medic in the service. That led me to become a Respiratory Therapy major at Creighton University where I found a fondness for management which has provided me a great career spanning more than two decades.



## **VICKY HENDRICKS**

### CALLWAY GOOD LIFE CENTER

On November 1, 2012, the facility changed from Good Samaritan to the Callaway Good Life Center and is locally owned. We are very proud of that fact, as the communities have come together to help keep the facility open. At that time I became an employee of RHD as I was hired as the Administrator.



## **STEPHANIE HUFFMAN**

### PONDEROSA VILLA

I am the administrator at Ponderosa Villa in Crawford, Nebraska. I began working at Ponderosa Villa in 2011 as the social services director. I found this experience very rewarding and developed a passion for long term care. I have a bachelor's degree in Psychology, and Human Services from Chadron State College. I have also taken long term administrator courses through Southeast Community College.



## **SANDRA PALMER**

### ST. JOSEPH'S VILLA

I am currently the Administrator at Saint Joseph's Villa and Court. Being an Administrator affords me the opportunity to give back to a population that has given me the freedoms we all enjoy. I encourage residents, staff and families to enjoy the 'gift of time' we have been given.

My education consists of a Bachelor of Science in Business Administration from BHSU in Spearfish, SD and Accounting and a Masters in Theology from Creighton University in Omaha, NE. I am also a chaplain, completing my training in the CPE program out of the Alegent Health System in Omaha, NE.



## **Deborah Clarke**

### GLENHAVEN/ LINNWOOD ESTATES

Deborah started with Rural Health Development in December of 2014. Deborah has a rich history in healthcare starting in Altoona, IA in 1976. Over the course of her career she has led many communities as the Regional Director of Operations for Village Properties Inc. Most recently she worked as the regional Director of Operations for American Baptist Homes of the Midwest overseeing their communities in Omaha, NE and Harlan IA.



## **MARY KENT**

### COLONIAL ACRES NURSING HOME

Mary Kent is the administrator at Colonial Acres Nursing Home and Assisted Living in Humboldt, Nebraska. Mary has spent her entire life working and living in Southeast Nebraska. Prior to becoming a nursing home administrator, Mary worked in the banking industry and for the Nebraska State Probation System. She also has written federal and state grants and administered those grants for housing rehabilitation and education and training.



## **HEATHER EAGLE**

### HILLCREST CARE CENTER

Heather is the administrator at Hillcrest Care Center in Laurel. She began employment with RHD in September 2011. Heather has been around nursing homes her whole life. She became a nurse aide and a medication aide in June of 2001. She then obtained her associates Nursing Home, and Assisted Living Administrators license.

# ADMINISTRATORS:



## **STEPHANIE HAHN**

### MITCHELL CARE CENTER

Stephanie is the administrator at Mitchell Care Center. She began employment with RHD in May of 2011. Stephanie has been around nursing homes her whole life. She has worked as a nurse aide at Ponderosa Villa nursing home in Crawford and also as a nurse aide/med aide in Wilber Nebraska. Between those two locations she also worked for a home health agency in Lincoln, Nebraska.



## **DONNA SCHELLENBERGER**

### THE LUTHERAN HOME

In 1983, I decided it was time to work on my education. I joined the US Air Force, and served my four years in Phoenix working in the hospital as a "906", which translates to medical administration. While keeping Arizona safe, I earned my BS in Human Resources and have since obtained a Masters of Science in Health Services Administration.



## **LUCAS KAUP**

### PARKSIDE MANOR

My name is Lucas Kaup and I started work as an Administrator May 1, 2013. Prior to being the Administrator I worked at a local financial office in Stuart as an Insurance Agent and also helped with Income Tax Preparation. I also worked at Parkside Manor from 2005 – 2010 during summer breaks from high school and college in the Maintenance Department.



## **HANNAH ELLIOTT**

### SUTTON COMMUNITY HOME

I began my college education at Concordia in Seward and graduated with degrees in Psychology, Behavioral Science, a certificate in Gerontology and a minor in Spanish. I applied for Concordia's Master's program in Gerontology and once again felt like I was where I belonged. It became apparent in college after working with Dr. Renea Gernant that Gerontology and working with aging adults was where I yearned to be the rest of my life. I eventually was to earn a MA in Gerontology and an MBA.



## **AL SHAKESPAERE**

### ALPINE VILLAGE RETIREMENT CENTER

Al Shakespaere is the Administrator Alpine Village Retirement Center. He has worked in Long-Term Care for the past 17 years. He has been an administrator for the last 9 years. He loves working with the residents that he serves. Al has a degree in Business from Western International in Phoenix, Arizona. He grew up in Southern California but loves small communities.



## **LISA KISINGER**

### SUNRISE HEIGHTS OF WAUNETA

I am the administrator at Sunrise Heights of Wauneta. Prior to being Village owned and the name changed to Sunrise Heights, our facility was a Vetter Health Services facility and we were known as Heritage of Wauneta. I've been working for this facility since September of 1999, when I was employed as the business office manager. I held that job until January of 2008, when I became the administrator.



## **SHANE FILIPI**

### PLATTE COUNTY MEMORIAL NURSING HOME

Shane has been the administrator of Platte County Memorial Nursing Home in Wheatland, WY, since November of 2011. Shane grew up in Malcolm, NE and graduated from Doane College in 2002 with a degree in Business Management. Shane started in long term care after college and has been involved with healthcare since he graduated.



## **BARB DREYER**

### WILBER CARE CENTER

Barbara Dreyer graduated from Western Nebraska Technical College in 1978 with an Associate in Accounting Degree. Her first work experience in the health care field was in 1979. Barb worked at the Rushville Community Hospital first in the Medical Records Department and then in the Accounting Department. While at Rushville, Barb went back to school and became an Accredited Records Technician. In 1986 Barb accepted the administrator position at the Parkview Lodge Nursing Home in Rushville, Nebraska.

## **SUSAN POURIER**

### OGLALA SIOUX LAKOTA NURSING HOME

I have been hired as the Administrator for the Oglala Sioux Lakota Nursing Home (OSLNH) in White Clay, Nebraska. I am an enrolled member of the Oglala Sioux Tribe in Pine Ridge, South Dakota. I have been blessed with two sons, an amazing daughter-in-law, and five grandchildren. I have been in the health field for the majority of my career. I attended a year of Nursing School at Presentation College in Aberdeen, South Dakota. I graduated from the University of Wisconsin-Superior, with an BS degree. I obtained Long Term Administrator courses from Southeast Community College in Lincoln, Nebraska.

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**RHD EMPLOYEE OF THE YEAR**

**Jo Fuller**  
Regional Manager

**ADMINISTRATOR OF THE YEAR**

**Lucas Kaup**  
Parkside Manor

**Vicky Hendricks**  
Callaway Good Life Center

**DEPARTMENT HEAD OF THE YEAR**

**Patricia Knight** - Activities Director  
Colonial Haven/Colonial Court

**Sue Oman** - Medical Records Director/Staff Development Coordinator/  
QA Coordinator/RN  
Callaway Good Life Center

**Kayla Sorell** - Social Services Director  
Mitchell Care Center

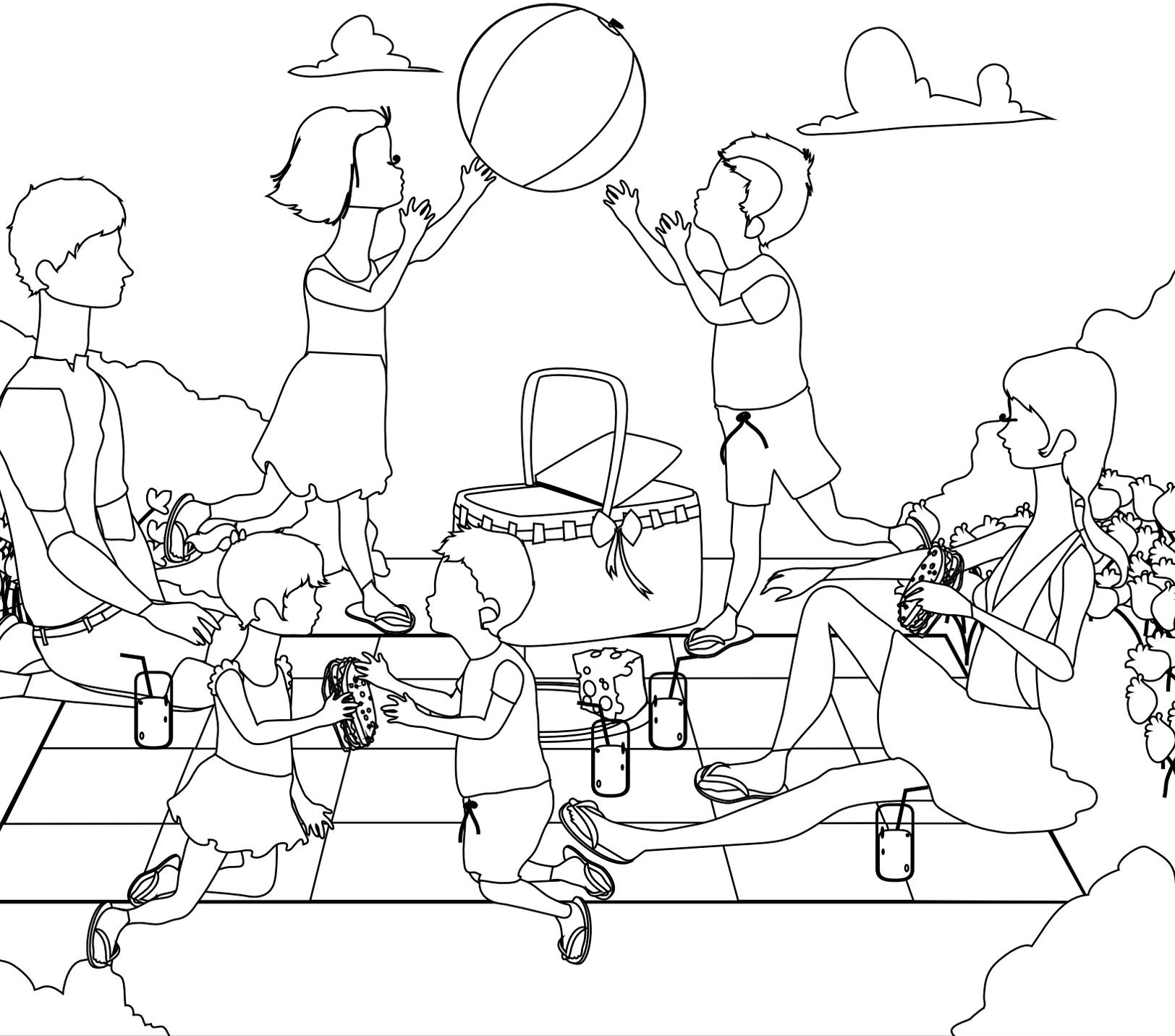
**Denise Rathbone** - Activities Director  
Colonial Acres

**Vicky Nelson** - Social Services Director  
Sunrise Heights of Wauneta



# SPRING COLORING PAGE

Name: \_\_\_\_\_ Date: \_\_\_\_\_



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# RHD Quarterly Crossword

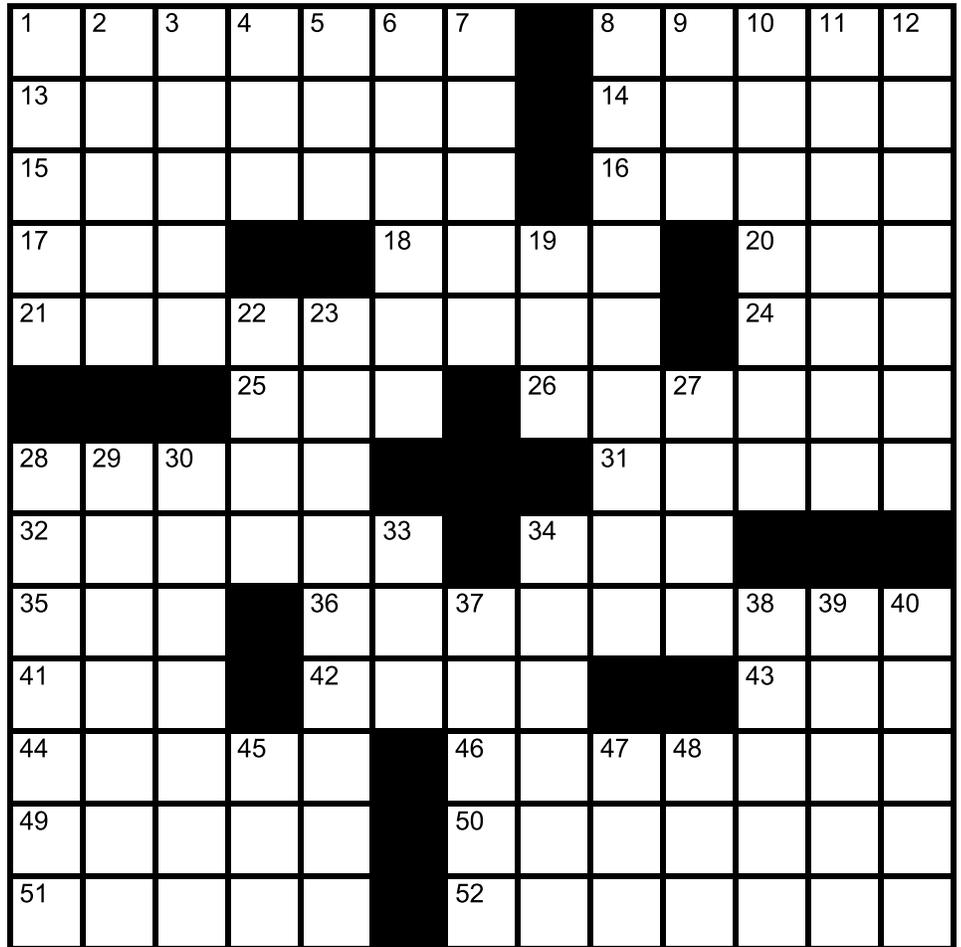
Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Across

1. Conversations
8. Mini time-teller
13. Suitable for the stage
14. "The Barber of Seville," e.g.
15. More Urkel like
16. Abalone
17. \_\_\_ chi (martial art)
18. Dedicated
20. \_\_\_ capita
21. How perfect
24. Tokyo, formerly
25. "48 \_\_\_"
26. Country singer Tim \_
28. Vacuums
31. Iranian money
32. Graduates
34. "And I Love \_\_\_"
35. PC linkup
36. Hasty writers
41. Ornamental vase
42. Plaster the roof
43. "Thanks a \_\_\_!"
44. Organic compound
46. Slippery
49. Join securely
50. Gave a name to
51. Sharp-\_\_\_
52. "Scattered \_" forecast

## Down

1. \_'s Inferno
2. Mountaineer's tool
3. Courtyards
4. Boy
5. \_\_\_-Wan Kenobi
6. Extracts
7. Wait on
8. Board conjoiner



9. Calendar abbr.
10. Fast drying paint
11. Canonical
12. Is stressing
19. Any doctrine
22. Fish bait
23. Go beyond
27. Lass
28. Account
29. Fearful
30. Shrewd
33. Diamonds, slangily
34. Sweet tahini based spread
37. Cambodian currency
38. Author Zola
39. Snake, e.g.
40. Olympic racers
45. Anonymous John
47. Blood-typing system



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