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BUTLER COUNTY HEALTH
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HEALTH CONNECTIONS

BUTLER COUNTY HEALTH



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DR. SIDRA AKHTER JOINS BUTLER COUNTY CLINIC, PC

Butler County Clinic, PC and Butler County Health are excited to announce the addition of Dr. Sidra Akhter to the health care community!

Dr. Akhter is originally from Omaha, NE. She was raised in a close-knit, medically inclined family. Her parents immigrated from Pakistan. Her father has been a long-time educator at Creighton University, serving in both the dental and medical schools for over 36 years. "Education and health care have always been central in our home," she said. "My sister is a neonatologist, one of my brothers is in plastic surgery residency and another is currently in medical school."

Dr. Akhter is a graduate of Millard North High School. She went on to earn dual Bachelor of Science degrees in Biochemistry and Biology from Creighton University, followed by a Master's in Biology from the University of Nebraska at Omaha. She then returned to Creighton for her MD at the School of Medicine and completed her Family Medicine Residency at Lincoln Medical Education Partnership.

Dr. Akhter gained valuable experience working in research and patient care before entering medical school. "I worked as a research technologist at both UNMC and Creighton," she explains. "Later, I became a cardiac technician at Creighton University Medical Center, where I met Dr. Gossman, an emergency medicine physician who became a mentor to me. Shadowing him and witnessing his impact on patients helped me realize that I wanted to become a physician."

Her decision to pursue family medicine is because she felt it offers the perfect balance of variety and continuity. "Family medicine allows me to care for people across every stage of life. I enjoy procedures, but I also love developing lasting relationships with patients and their families."

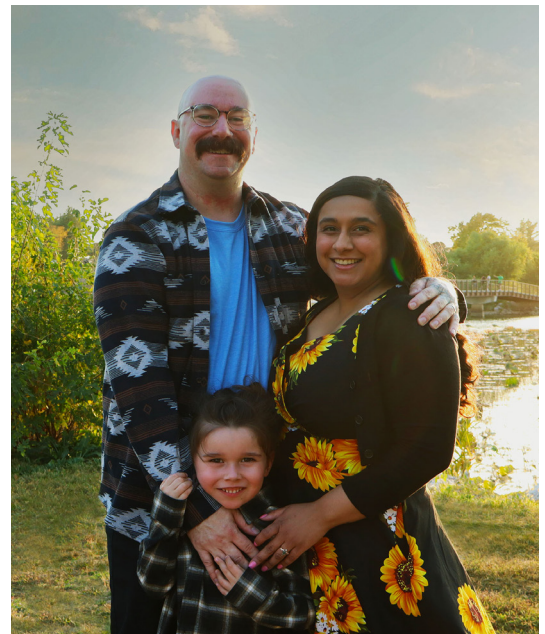
Dr. Akhter expressed that she has always been passionate about rural medicine and the opportunity it creates to make a lasting impact in under served areas. "During my residency training, I had the chance to visit Butler County Clinic, and that experience left a strong impression. I loved working with the medical staff, who were not only skilled but genuinely welcoming, and I quickly felt at home in the community," she explained. "The clinic's dedication to patient-centered care, combined with the warmth of the people here, made it clear this was where I wanted to practice."

Dr. Akhter and her husband, Josh, are newly married and enjoy life with their blended family.

"His son, Auggie, brings so much joy to our home, and we also have three spirited cats, Ms. Meows, Bruce, and Bonnie. We also hope to add a couple of chickens to the family soon!"

Dr. Akhter enjoys a mixture of relaxing and high-energy hobbies in her spare time. She loves bowling, crocheting and attending live shows. Whether it's crafting something by hand, or cheering on a strike, Dr. Akhter loves hobbies that help her unwind and have fun.

"I'm excited and honored to serve the people of Butler County and the surrounding areas! My goal is to provide full-scope family medicine with a special focus on women's health and obesity medicine. I look forward to building strong relationships with my patients and being a part of this vibrant and welcoming community."



Your Health. Our Priority.

ADVANCED STROKE CARE AT BUTLER COUNTY HEALTH

Access to timely, specialized stroke care can be a challenge in rural communities versus urban communities. Butler County Health is actively addressing this gap through two major initiatives designed to bring advanced, patient-centered stroke care directly to our community.

BCH has recently earned the Skilled Nursing Facility Stroke Rehabilitation Certification offered by the American Heart Association®, a global force changing the future of health of all. This certification enables the hospital to provide comprehensive, individualized rehabilitation services on-site, ensuring that patients recovering from a stroke can stay close to home while receiving the specialized care they need.

The mission of the Stroke Rehabilitation Program is to deliver high-quality, evidence-based care in a safe and compassionate environment, helping patients achieve their highest level of independence. Care is guided by a multidisciplinary Interprofessional Committee made up of physicians, nurses, therapists, pharmacists, social workers and dietary professionals, all collaborating to build a sustainable program focused on best practices and continuous improvement across the patient care journey.

BCH has also partnered with TeledigmHealth and Bryan Telemedicine to offer around-the-clock stroke care through a new Acute Neurology and Telestroke Program. This innovative service uses secure audio and video technology to evaluate patients showing signs of a stroke, helping determine quickly whether a stroke has occurred.

“As a physician in a small community, I want to be able to provide and have the best care available for my patients and community members,” explains Dr. Joshua Sypal. “The Telestroke service helps us physicians treat stroke patients quicker, which gives them a better chance of recovery. It also allows us to have the option of allowing stroke patients to stay here at Butler County Health and recover close to family,” he adds.

Fast diagnosis and treatment are critical for stroke patients. In rural areas, only 21% of patients with neurological conditions have access to a neurologist, compared to 27% in urban settings.

Butler County Health’s Telestroke program bridges this gap by connecting patients with the same team of neurologists who provide stroke care at Bryan. This allows patients to receive high-quality care close to home without leaving their primary care provider.

The program includes both the initial assessment and follow-up care, reducing the need for patient transfers and supporting continuity of care. In addition, Telestroke speeds up the administration of tPA, a clot-busting medication used to treat strokes, helping to improve patient outcomes through faster intervention.

“The implementation of the new Telestroke program has been a great asset to our facility when treating patients with stroke symptoms,” says Tara Palensky, RN. “We are able to quickly get our patients evaluated by a neurologist from the Telestroke team who provides evidence based recommendations for the treatment of the patient in a time-sensitive situation.”

Butler County Health is building a stronger, more connected system of stroke care with implementation of both the Post-Acute Stroke Rehabilitation initiative and the Telestroke Program. These efforts not only improve access to expert care, but also allow patients and their families to stay in their community during one of life’s most vulnerable times.



Pictured are the Stroke Committee members, Laini Eddy, Sandra Burwell, Hannah Wurl, Kristin Hartman, Tara Palensky, Jenny Polacek, Linda Bartunek, Cortny Augustine, Amy Jelinek. Not Pictured: Dr. Sypal, Don Naiberk, Yenni Schroeder, Sarah Caldwell, Kyle Eller & Kelli Stara

ALYSSA SANDERS

NEW BUTLER COUNTY HEALTH FOUNDATION EXECUTIVE DIRECTOR



Butler County Health Foundation and Butler County Health is pleased to introduce Alyssa Sanders as the new Executive Director of the Foundation. Alyssa began the position in January of 2025.

"I'm eager to build on the Foundation's strong legacy by deepening relationships with our donors, strengthening community ties and supporting the hospital's mission

to deliver exceptional care to every patient, every day," explained Alyssa.

Alyssa is a native of Dalton, NE, graduating high school from Leyton Public Schools in 2013. She graduated with honors from Chadron State College in 2016 with a Bachelor's in Communication Studies and was the 2024 Distinguished Young Alumni Award Recipient. Alyssa brings several years of experience in program and project management. Her background is in public safety and construction, architecture and engineering services working with the Nebraska State Fire Marshal, the Nebraska Military Department and HDR Engineering.

Over the last several months Alyssa has spent a lot of time evaluating the systems and processes utilized by the Foundation, looking for ways to improve operational efficiency and maximize the reach of every dollar entrusted to the Foundation. In April, the Foundation on-boarded new software designed for nonprofit management to assist with donor management, outreach and retention, and future growth.

"There are so many worthy causes people can choose to donate to these days, so we feel extremely grateful when people choose to invest in our mission here at the Butler County Health Foundation," said Alyssa. "We want to continue offering top quality healthcare to everyone in the Butler County area. Whether it go toward physician recruitment, continuing education, expanding and offering new services, or upgrading equipment, the generous donations we receive allow us to do just that."

Alyssa has also been actively involved in key fundraising efforts since joining the Foundation. She participated in the Foundation's Annual Benefit Dinner and Auction, which successfully raised \$49,420 to support the purchase of Cardiopulmonary Rehabilitation Equipment for Butler County Health. Additionally, she contributed to internal efforts like the Hospital Week Silent Auction and Uniform Connect fundraisers, which together generated \$1,780.

"I look forward to meeting more people in the community in the months ahead," says Alyssa. "Thank you for your continued support of the Butler County Health Foundation and helping to keep great healthcare close to home."

JACKIE DE WISPELARE

JOINS BUTLER COUNTY HEALTH BOARD OF DIRECTORS

Butler County Health is excited to announce that Jackie De Wispelare has joined our Board of Directors! Jackie has over 15 years of experience in the legal tech industry, collaborating with some of the world's largest law firms. Her background as a practicing attorney has further honed her expertise in corporate structure and governance, litigation and estate planning.

"I'm excited to join the board as I believe quality health care is vitally important in small communities," said Jackie. "Providing the level of care that Butler County Health does is a tremendous asset to David City and surrounding communities. I'm thrilled that I get to be a small part of helping it continue to thrive and grow."

Jackie resides in David City with her husband, Eric, their four energetic children, and their dog, Axl. Beyond her professional career, Jackie is engaged in the David City community, particularly with Aquinas Catholic Schools. She serves on the schools' Finance and Strategic Planning Committees, is a former school board member and actively volunteers for various events and sports activities.



BUTLER COUNTY HEALTH JOINS THE NEBRASKA HIGH VALUE NETWORK

Butler County Health is one of 19 critical access hospitals who have banded together to launch the Nebraska High Value Network (NHVN). The purpose of the Nebraska High Value Network is to provide the benefits of size and shared resources to member hospitals in order to strengthen their ability to remain independent. Staying independent allows hospitals, like BCH, to continue to tailor decisions about health care in our community to the needs of our patients and providers.

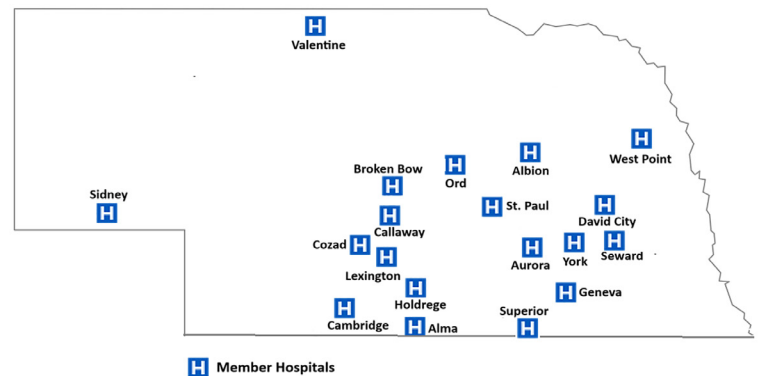
The cornerstone of the NHVN is a clinical integrated network (CIN) caring for nearly 300,000 patients at these 19 member hospitals. NHVN will establish a Clinical Integration Committee, with a physician from each member hospital, to leading efforts to enhance quality and care coordination and reduce administrative burdens for medical providers through the CIN. The committee will develop a common set of quality measures and oversee the implementation of a clinical data-sharing platform. These initiatives will support the CIN's efforts to work with insurers on value-based care. The committee will also enable physicians to share and discuss best practices on patient care in rural settings.

Butler County Health joined the NHVN because it is built on the belief that its member hospitals can achieve more by working together. Hospitals and physician groups in Nebraska, and across the country, face mounting challenges in delivering the care our communities need. These challenges include investing in care delivery, controlling the cost of providing care, improving patient experience and recruiting and retaining physicians. Many solutions for solving these challenges involve building up greater scale, from larger patient populations and physician networks to systems for purchasing, recruitment and clinical collaboration. Scale will always be difficult for an independent rural hospital, like Butler County Health, to achieve if it stands alone.

By working together with other independent rural hospitals, BCH is able to pool clinical and business know-how to ensure continued access to high-quality care in our community. These efforts will improve care coordination, support our local medical practitioners and promote more efficient operations. As the collaboration deepens the amount members, the network will be a stronger partner with payers on value-based insurance products that improve quality, reduce cost and enhance patient and provider experience. Some of the specific benefits that patients will see from BCH's membership in the NHVN include:

- Clinical initiatives through the network will enable members to benchmark their performance and find areas to further enhance clinical quality.
- The data platform members will participate in enables better care coordination for patients who need treatment at multiple locations.
- Reducing administrative burdens on clinicians leaves them more time to focus on patients, and over time, can help reduce burnout. That helps us retain excellent physicians and other providers in our community.
- The members can work together with insurers on value-based arrangements that go beyond what an individual hospital can achieve on its own. Patients benefit when insurers and hospitals develop these win-win relationships.
- The members will bolster their ability to control costs for equipment and contracted services by negotiating as a group, and controlling these costs helps maintain affordability for patients.

BCH and the NHVN members are committed to advancing rural health care and ensuring our community continues to receive the high-quality, patient-centered care it deserves. By partnering through NHVN, we're building a stronger future for health care in our community. As NHVN grows, so will our ability to meet future challenges, ensuring that patients in our community benefit from the best care, close to home.



DYNAMIC MOVEMENT INTERVENTION

AT BCH ROOTS TO SHOOTS PEDIATRIC THERAPY CLINIC

Butler County Health Roots to Shoots Pediatric Therapy Clinic has implemented Dynamic Movement Intervention (DMI) as a form of treatment. DMI is one of the fastest-growing, internationally recognized manual therapy techniques designed to help children achieve gross motor milestones and improve their overall function. DMI is based on the idea that the brain can change and grow by forming new connections when it's given the right experiences, known as neuroplasticity. By using neuroplasticity, DMI helps children quickly build new motor skills, reach important milestones and enjoy a better quality of life. This approach aligns with the World Health Organization's International Classification of Functioning, Disability and Health (ICF) framework, supporting a holistic view of child development and wellness.

DMI is a hands-on, highly active intervention that differs significantly from traditional physical therapy. Rather than simply assisting a child through a movement, DMI places the child in challenging positions where gravity naturally provokes a motor response. The child is encouraged to complete the movement independently, with the therapist providing less support over time to increase the child's postural control and motor strength. This method helps accelerate the development of gross motor skills by creating opportunities for the child's nervous system to adapt and improve rapidly.

DMI can benefit a wide range of pediatric patients, particularly those experiencing motor delays. Children with conditions such as down syndrome, cerebral palsy, global developmental delay, hypotonia, chromosomal abnormalities, genetic disorders, spinal cord lesions, or acquired brain injuries often respond well to DMI. This therapy can also be highly beneficial for children who are considered at risk for developmental delays, such as those born prematurely.

In addition to neurological and genetic conditions, DMI can support children with orthopedic concerns. Those diagnosed with torticollis, toe walking, genu valgum (knock-knees), in-toeing, and other musculoskeletal issues, may see improvements in alignment, balance, and motor function through the targeted exercises and therapeutic handling techniques used in DMI. Ultimately, DMI is designed to meet each child where they are developmentally, helping them progress toward greater independence and improved functional movement, regardless of their specific diagnosis.

BCH physical therapists, Kristine Polacek and Jill Lonowski, have completed Introductory Level A and B certification in DMI. These certifications included over 30 hours of intensive virtual training with one of DMI's co-founders, Jake Kreindler. Level A focused on 35 core exercises, their variations and proper therapeutic handling techniques. Level

B added another 30 exercises targeting more complex movements such as head and trunk control, rolling, sitting and transitions, crawling, standing, walking and dynamic balance. Both levels included treatment planning and hands-on sessions, giving the therapists a strong foundation to apply this method effectively in clinical practice.

"DMI is uniquely effective because it minimizes the need for specialized equipment and focuses on the child's active participation. While the therapy itself is clinic-based and therapist-led, a structured home program is an essential part of the intervention," explains Kristine. "This empowers families to reinforce progress and maintain gains between sessions. The approach meets each child at their current level of function and pushes them just beyond it, maximizing their potential with every session."

DMI helps strengthen muscle coordination, improve balance and achieve better alignment and joint function. DMI also emphasizes dynamic stretching during functional tasks, which helps maintain healthy muscle length and may reduce the need for future surgical interventions.

"What sets DMI apart from traditional methods is its ability to deliver results that often exceed expectations. Each time a child receives less support, they must engage more actively, leading to stronger postural control and greater independence. Exercises are designed to promote healthy joint development and musculoskeletal alignment, which are critical for long-term orthopedic health," explains Jill.

For more information about DMI or if you think your child may benefit from this intervention, please contact BCH Therapy Department at 402-367-1250.



Pictured are physical therapists, Kristine Polacek and Jill Lonowski demonstrating DMI at BCH Roots to Shoots Pediatric Therapy Clinic.

WELCOME DR. BRANDON BORER

PODIATRY SERVICES AT BUTLER COUNTY HEALTH



Dr. Brandon Borer is a highly skilled specialist in the treatment of foot and ankle disorders. He focuses on foot and ankle ailments and is committed to always putting the patient first and working with them to find the best solution.

Dr. Borer is a native of Petersburg, Nebraska. He completed his

undergraduate studies at the University of Nebraska at Kearney. He earned his Doctor of Podiatric Medicine degree from the Kent State University College of Podiatric Medicine in Independence, Ohio. Dr. Borer completed his residency at Community Health Network in Indianapolis, Indiana, with added reconstructive

rearfoot and ankle surgery credentials. He has been providing podiatry services at Columbus Orthopedic & Sports Medicine Clinic since 2014.

Dr. Borer is double board certified through the American Board of Foot and Ankle Surgery, and a certified wound specialist through the American Board of Wound Management. He is a member of the American Podiatric Medical Association and the American College of Foot and Ankle Surgeons. He is currently serving as vice president for the Nebraska Podiatric Medical Association.

Podiatry services are offered on the second and fourth Tuesday of the month at Butler County Health by Dr. Borer and Mikayla Kelley, PA-C. He most commonly sees patients for foot and ankle conditions such as: ankle pain, arthritis, bunions, foot pain, fractures, hammer toe, heel pain, plantar fasciitis and tendinitis. For more information about podiatry services at Butler County Health please call the Outpatient Department at 402-367-1375.

JOIN US!

BUTLER COUNTY HEALTH OPEN HOUSE

Butler County Health is excited to announce the completion of the new addition and renovations that began in the summer of 2024!

The construction project added approximately 10,000 square feet of new space to Butler County Health. This space includes a new main entrance, new admissions offices, a new outpatient clinic area for visiting specialists, new office space, an area for new behavioral health services, a new emergency entrance and support space. The project also included remodeling approximately 3,000 square feet of space to expand and improve the emergency department for the hospital.

This remodel resulted in three larger emergency rooms, additional support space for the emergency rooms and a new cardiopulmonary treatment room to perform cardiac testing. During this project, Butler County Health replaced the emergency generator, an air handling unit that serves the acute patient rooms and the main chilled water unit that provides cold water for the air conditioning system. All three of these units have been in service since the early 2000's and have either exceeded their useful life or no longer provide the

needed capacity. The generator and the chilled water unit were replaced with equipment that are sized to accommodate the current building and expansion project, but also future projects should they become a reality.

You're invited to the Butler County Health Open House on Wednesday, October 22, 2025, from 3:00 to 6:00 p.m. There will be guided tours of the new addition and renovated space. Parking is available in the northeast parking lot and along 10th Street.

Butler County Health Foundation's Bed Sheet Fundraiser will also be taking place during the Open House. The Foundation is offering luxurious Hibernate bed sheets, featuring a 1,800 thread count and 16-inch deep pockets. Bed sheets are available in a variety of colors and sizes. Cost per set is \$48. All proceeds support the Butler County Health Foundation. Wrap yourself in comfort while supporting a great cause!