

# Vision Statement: Providing Quality Health Care for ALL

## Public Health/Prevention of Disease

- **Diabetes- Are you at risk?**  
    **Know the risk factors**  
    **Prevention and treatment**
- **Cholesterol Screening**
- **Heart Healthy Living**
- **Wellness Exams**
- **West Nile Virus Surveillance**
- **Women and Men's Health**

## American Heart Association CPR and First Aid Training Site

- **Using new AHA Guidelines**
- **AHA Heartsaver and First Aid** courses offered to parent, caregivers, and the public
- **BLS for Healthcare Provider** courses available
- **Onsite training for your staff** available upon request --five students minimum requirement

Call for more information or visit our web site to view a schedule of upcoming courses!

[Bioterrorism Preparedness & Community Response](#)

## Prevention through Immunization

- **Immunizations Clinics for Infants & Children**
- **Adult Immunizations**
- **Flu, Pneumonia Clinics**

## SDHDC Family Health Services

- **Family Planning**
- **STD Screening FREE**
- **Reproductive Health Care**
- **Breast / Testicular Cancer Screening**
- **Every Woman Matters**
- **Prevention & Wellness for Women and Men**

## Childhood Injury Prevention

We are the lead agency for [Safe Kids Sandhills](#), a local grass-roots coalition focusing on prevention of childhood injuries through programs in Care Seat Safety, Fire Safety, Water Safety, and more. For more information visit us at [www.SafeKidsNebraska.org](http://www.SafeKidsNebraska.org).

**Join Sandhills District Health Department and Clinic Charity Foundation!**  
Please call today---1-877-284-6054 for more information or to check out how to donate to a child's health..

## **Other Services:**

- **CLIA Lab Testing:**



- **Blood Sugar (Glucose)**
- **HgA1C**
- **Pro-Time INR**
- **Urinalysis**
- **Cholesterol Profile**
- **Liver Enzymes**

- **Well Baby Checks**
- **School Physicals**
- **CDL Testing**
- **Drug Testing**
- **Prescription Formulary, Family Wellness**
- **Workplace Wellness Programs**
- **Health Assessments**
- **Weight Loss-BMI, Diet/Exercise**

We encourage the public we serve to call, visit us online or stop to by the office to learn more about our services!

**Mission Statement:** Responding Locally to the Health Needs of Our Rural Communities

## **Public Health Clinic**

We care about your Health  
*Sliding Scale* for Services

SDHDC operates an affordable public health medical clinic.

### **Clinic hours:**

Mon, Tues, Thurs

8:30 a.m. – 12:00 p.m.

1:00 p.m. – 4:00 p.m.

### **Office hours:**

Monday – Thursday

8:00 a.m. – 12:00 p.m. and

1:00 p.m. – 5:00 p.m.

Appointments are requested, but walk-in patients may be seen.

Spanish interpreter is available upon request.

*Support Your Local Public  
Health Department*

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### **SDHDC TEAM**

- Rhonda Theiler, RN, BSN, Director
- Kathy Meyer, APRN, Medical Provider
- Cristee McColloch, RN, Clinic Coordinator
- Tracy Eveland, RN, BSN Immunizations Coord, Emerg. Response Coord.
- Maria Christensen, Accounts Mgr, Interpreter, Fundraising Chair
- Plus part-time staff and dedicated volunteers.

**SERVING**  
**ARTHUR, GRANT, HOOKER, KEITH  
& THOMAS COUNTIES**  
*for the past 35 years*

***GET IN.  
GET OUT.  
GET WELL.***

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**SANDHILLS  
DISTRICT HEALTH  
DEPARTMENT  
AND MEDICAL CLINIC  
(SDHDC)**



**Your Community  
Public Health Clinic  
and Education Center**  
55 East River Rd  
Suite 24  
P O Box 784  
Ogallala, NE 69153  
Ph: 308-284-6054  
Ph: 1-877-284-6054  
[www.sdhd.org](http://www.sdhd.org)