

KCHS NEWSLETTER

JANUARY 2026

KCHS.ORG



KEARNEY COUNTY
HEALTH SERVICES
Exceptional Family-Centered Care

2026
new year
reset

supporting your wellness

One of the best ways to begin the year is by **scheduling your annual wellness visit** and **staying up to date on routine screenings**.



**Make an
Appointment
Today!
308-832-3400**

Care You Can Count On

A new year often brings a desire to reset—to feel better, move a little more, sleep a little longer and take better care of ourselves. **A reset doesn't have to be overwhelming or extreme.** Sometimes, the most meaningful changes start with small, intentional steps.

As we move into the new year, know that KCHS is here for you. From preventive care and specialty services to emergency care and mental health support, our team is committed to caring for you through every season of life.

Whatever this year brings, you don't have to navigate it alone. We're honored to be your trusted healthcare partner. We look forward to supporting your health and wellness in the year ahead.

beat the winter blues

**Spend
Time
Outside**

**Find
Ways to
Move**

**Brighten
your
space
with light**

**Stay in
touch
with
friends &
family**

It's not uncommon for people to feel down during the winter months. We miss the sun, outdoors and our friends. In some cases, depression can set in—often referred to as the “winter blues.” If you feel like you are at risk for the winter blues or depression, speak to your provider or a member of our Senior Life Solutions team. We are here to help!

Symptoms of the Winter Blues

- Feeling depressed most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Having low energy
- Having problems with sleeping
- Loss of appetite or eating more than usual
- Feeling sluggish or agitated
- Having difficulty concentrating
- Feeling hopeless, worthless, or guilty
- Having frequent thoughts of death or suicide



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