

Panhandle

Public Health District

P O Box 337 | 808 Box Butte Ave | Hemingford, NE 69348
18 West 16th | Scottsbluff, NE 69361
308-487-3600 | pphd.ne.gov | 308-633-2866



September 18, 2026

For immediate release

For more information, contact: **Nicole Berosek** 308-279-3496 or nberosek@pphd.ne.gov

Panhandle businesses were honored with Governor's Wellness Awards, and one individual received the Leading Light Award at the Fall Safety & Wellness Conference and Awards Luncheon in Gering.

Panhandle businesses were recognized for their commitment to employee well-being through the Governor's Wellness Awards, and one individual was honored with the Leading Light Award during the Fall Safety & Wellness Conference and Awards Luncheon held in Gering.

Cirrus House received an Honorable Mention, recognizing organizations that are building a foundation for employee wellness and exploring opportunities to support workforce health.

Cirrus House actively promotes employee wellness through participation in the Panhandle Worksite Wellness Council, including National Walk at Lunch Day and workplace wellness challenges. Employees are encouraged to prioritize their health through paid time for physical activity and policies that support wellness and work-life balance.

Chadron Hospital received the Harvester Award, recognizing organizations with advanced wellness programs, a strong culture of wellness, and demonstrated outcomes.

For nearly 20 years, Chadron Hospital has fostered a culture of wellness through engaged leadership, annual health screenings, employee-driven wellness initiatives, financial wellness resources, and partnerships with Panhandle Public Health District. Their commitment to employee well-being has contributed to improved health outcomes and a healthier workforce.

"We're always proud to partner with these organizations to create environments that support employee health and well-being," said Nicole Berosek, Wellness and Prevention Program Manager at Panhandle Public Health District. "Together, we're making strides in preventing chronic disease and improving access to wellness resources, including mental health, suicide prevention, and substance misuse prevention."

The 9th Annual Leading Light Award was presented to Tara Sayaloune of Northwest Community Action Partnership for her dedication to personal wellness and her commitment to inspiring others through leadership, encouragement, and support.



Sayaloune serves as a role model through her commitment to physical, mental, and emotional well-being. She demonstrates resilience, compassion, and leadership by encouraging self-care, supporting others on their wellness journeys, and promoting healthy lifestyles throughout her community.

"I am incredibly honored to receive the Leading Light Award," said Sayaloune. "This recognition is a reflection of the amazing people I have the opportunity to work with every day. Wellness is a shared journey, and I am grateful to be part of a community that values connection, support, and healthy living. I look forward to continuing this work and finding new ways to help wellness grow and flourish."

Panhandle Public Health District congratulates all award recipients for their dedication to creating healthier workplaces and strengthening wellness across the Nebraska Panhandle.

For additional information about worksite wellness, visit www.pphd.ne.gov/pwwc.html or call Berosek at 308-279-3496. The Panhandle Worksite Wellness Council is proudly part of Panhandle Public Health District. The Council specializes in supporting employers in the Panhandle region. We recognize that many employers support a diverse and remote workforce and offer innovative ways to overcome the challenge of working with a virtual team. We understand that many of our employers do not have full-time wellness resources and work to provide resources and training to make running a worksite wellness program as easy as possible.

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle community.

Leading Light Award:

Leading Light Award Recipient - Tara Sayaloune



Koa Flores, Tavera Sayaloune, Tara Sayaloune, Ranae Flores, Aidan Flores

Governor's Wellness Award

Honorable Mention: Cirrus House



Nicole Berosek and Kalei Bechtold

Harvester Award: Chadron Hospital



Nicole Berosek, Misty Lemmon, Brenda Rhembrandt, Lisa Smith, Mitzi Hunt, Dani Walz, Diana Lecher, Jodi Bergantzel, Cheryl Abegglen