



Press Release
FOR IMMEDIATE RELEASE

Media Contact
Stephen Kuehler | stephen.kuehler@knoxhospital.org
940-657-3535

Knox County Hospital District Reflects on Gratitude This Thanksgiving

Committed to Serving the Community with Compassion and Excellence

Knox City, Texas (Nov 22, 2024)— Thanksgiving Day is upon us and Knox County Hospital District (KCHD) expresses heartfelt gratitude to its community for their continued trust and support. This season of thanks provides an opportunity to reflect on the partnerships, care, and compassion that define Knox County Hospital District’s mission of improving the health and well-being of its residents.

“At Knox County Hospital District, we are incredibly thankful for the people we serve and the dedicated team members who make our mission possible,” said Stephen Kuehler, CEO of Knox County Hospital District. “Each patient, provider, and community member plays a vital role in shaping a healthier future for Knox County, and we are grateful for the opportunity to walk this journey together.”

A Legacy of Care and Commitment

For decades, KCHD has served as a cornerstone of health and wellness in Knox County, providing vital medical services and compassionate care to its residents. From primary care to specialized services, KCHD ensures access to high-quality healthcare close to home.

The holiday season highlights the importance of health, family, and community—values that guide KCHD in its daily operations. The hospital district is especially thankful for its team of healthcare professionals, who go above and beyond to meet the unique needs of each patient with skill, kindness, and empathy.

“We’re fortunate to have a team that truly cares about our community,” said Kuehler. “Whether it’s an emergency situation or routine care, our staff members are dedicated to providing the highest level of service every day of the year.”

Encouraging Health and Wellness this Holiday Season

The Thanksgiving holiday often brings indulgent meals and celebrations with family and friends. While enjoying the festivities, KCHD encourages everyone to prioritize their health with these simple tips:

- **Practice Moderation:** Savor your favorite holiday dishes but avoid overeating. Balancing indulgence with moderation supports overall wellness.
- **Stay Active:** Incorporate physical activity into your holiday plans, whether it’s a brisk walk, a family football game, or simply stretching.
- **Manage Stress:** Holiday preparations can be demanding. Take time to relax and recharge by practicing mindfulness or spending time with loved ones.
- **Be Mindful of Your Health Needs:** If you have chronic conditions, ensure you stick to your treatment plan and consult with your healthcare provider if needed.

MORE



Thanksgiving

Page 2

KCHD's clinics are available to assist with preventive care, chronic disease management, and other health needs to ensure you can fully enjoy the holiday season.

As Knox County Hospital District reflects on the past year, it celebrates the progress made possible through collaboration and community support. The hospital district is proud of its initiatives to enhance healthcare access and its efforts to bring innovative solutions to rural health challenges.

"Thanksgiving is a reminder of the many reasons we have to be grateful," said Kuehler. "We look forward to continuing our work with the community to improve lives, strengthen families, and promote wellness."

KCHD extends a special thank you to Knox County residents, local organizations, and partners who have supported the hospital district throughout the year. Whether through words of encouragement, participation in events, or advocacy for rural healthcare, your contributions make a meaningful difference.

"We are deeply appreciative of the trust you place in us," said Kuehler. "Your support inspires us to do better, reach higher, and serve you with excellence."

As part of this season of gratitude, KCHD encourages everyone to consider ways to give back to the community. From donating to local food banks to volunteering time or resources, small acts of kindness can have a lasting impact on neighbors in need.

To learn more about local healthcare services and providers, visit www.knoxhospital.org.

About Knox County Hospital District

Founded in 1926, Knox County Hospital District provides healthcare for residents of Knox County and surrounding areas. The district offers a wealth of medical services, including 24-hour emergency care, advanced radiology services, a clinical laboratory, home health, physical therapy, long-term care, patient education, and more. For additional information, please call 940-657-3535 or visit www.knoxhospital.org.

###