

Tamara Heider



East Adams Rural Hospital and District Clinics would like to introduce Tamara Heider, our highlighted employee this week.

Tami Heider is the Physical Therapy Assistant at East Adams Rural Hospital. Tami's duties include treating the patients in physical therapy, scheduling the appointments and completing the paperwork, and working with the contracted physical therapist.

Tami began working for the District in March of 1996 as the physical therapy assistant. She decided to go into healthcare because of her health occupations teacher in high school.

Tami was born in Ritzville and delivered by Dr. Smick. She graduated from Ritzville High School in 1977. Tami has two brothers. She also has two sons, Jason and Gavin.

The part of Tami's job that she likes the best is the wonderful patients that come in for treatment and helping them recover to their best potential. Her greatest accomplishment is raising her family and her marriage, to Jim Heider, of 30 years.

Outside of work, Tami belongs to a quilting group. She enjoys quilting, beading, spending time at the lake, cooking, knitting, and being with family and friends.