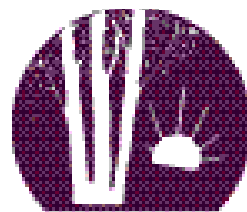


2025 COMMUNITY HEALTH NEEDS IMPLEMENTATION STRATEGY



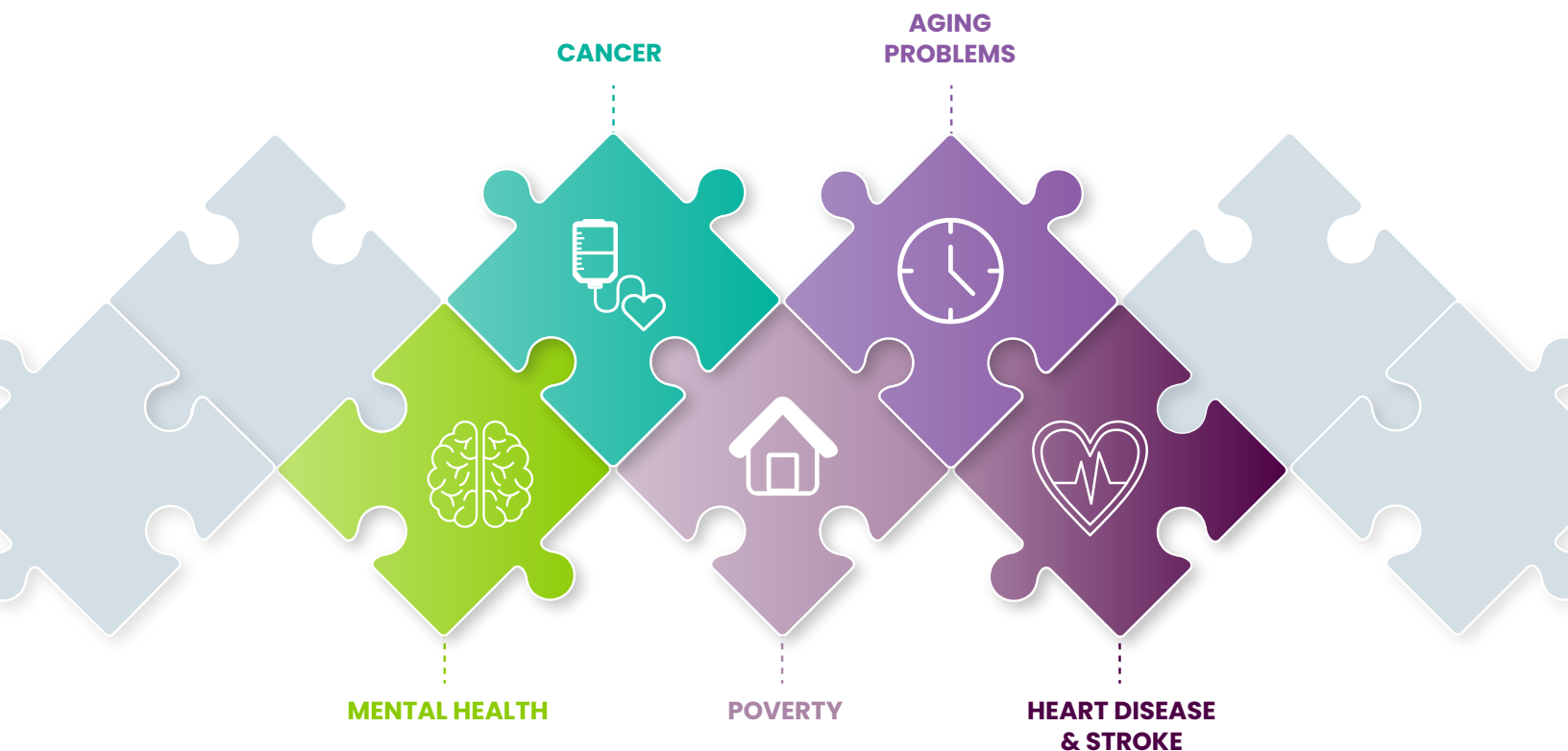
Memorial
Health Care Systems

IMPLEMENTATION STRATEGY

Our Mission: Memorial Health Care Systems is a community, not-for-profit organization with the mission:

We enhance the quality of life for the individuals in our communities by providing excellence in health care services in the most appropriate settings.

Our Action Plan: Memorial Hospital has assessed the five health needs identified in the community and describes the strategies and goals for each need.



IDENTIFIED HEALTH NEED I: MENTAL HEALTH

Nearly one in five Nebraskans experience a mental illness. Specifically, 257,000 adults in Nebraska have a mental health condition according to the National Alliance on Mental Illness (NAMI).

Rural areas are particularly affected, with a severe shortage of mental health professionals. 88 out of 93 counties are designated as Mental Health Professions Shortage Areas, including Seward County (Behavioral Health Education of Nebraska)

Mental Health Strategies/Goals

A. Strategy: Behavioral health group, Genesis, regularly holds telehealth at the Memorial Hospital Specialty Clinic giving patients ready access to mental health care close to home.

Goal: Memorial Hospital will keep Genesis apprised of the services available as they diagnose and treat the patients of our community.

B. Strategy: Memorial Health Care Systems can aid in access to mental health care in our communities.

Goal: Family physicians are well-equipped to provide mental health services and are one of the primary sources for mental health care in the U.S. (American Academy of Family Physicians). The family practice providers at MHCS of Seward, Milford and Utica, manage patients' mental health care needs through diagnosing and treating many mental health conditions. They can make recommendations for further treatment from specialists if needed. This service provided by your primary care provider improves access to mental health care in our communities.

C. Strategy: Memorial Hospital offers mental health screenings to patients.

Goal: Memorial Hospital utilizes the Edinburgh Postnatal Depression Screen which is completed with moms after delivery. This screen is completed during their hospital stay, a week after discharge and at their 6-week follow up in the clinic. These screenings are further reviewed by the OB Supervisor to trend results and use these results to adjust patient and staff education. PHQ2/9 Depression Screen is a tool completed during Medicare Annual Wellness Exams in the clinic and is used to screen all patients in the hospital 10 years and older.

D. Strategy: Memorial Hospital offers Care Coordinator Nurse follow up with ER Patients.

Goal: Memorial Hospital completes PHQ2/9 Depression screening on all ER patients 10 years and older. Patients scoring above a certain threshold on the depression screening that are discharged back to home will get follow-up phone calls and extra opportunities to review resources in the community with a registered nurse. These referral volumes and the associated socio-economic and mental health needs identified by the nurse navigator are tracked to determine staff and patient education needs and further resources being accessed in the area.

E. Strategy: MHCS supports behavioral health access for area youth.

Goal: MHCS has partnered with Seward Public Schools, Milford Public Schools, Centennial Public Schools and ESU5 to offer a full-time Licensed Mental Health Practitioner (LMHP) within the schools. This LMHP will practice under the 'Wellness4All' platform utilizing QPR and trauma focused Cognitive Behavioral Therapy. The LMHP is visible and proactive at school to help destigmatize mental health and reduce access barriers for students and their families.

F. Strategy: MHCS is not equipped to provide long term inpatient mental health treatment. It is in the best interest of the patient to accept referral as we do not have staff with the expertise in inpatient mental health treatment.

Goal: Memorial Hospital staff has worked alongside other community agencies to develop a comprehensive web resource that provides contact information for area mental health resources. MHCS also partners with Bryan Health to use telehealth assessment for all ER patients who may be evaluated for mental health admittance at a Bryan facility.

IDENTIFIED HEALTH NEED II: CANCER

Based on the 2019 Nebraska Cancer Registry data, 10,545 invasive cancers were diagnosed among Nebraska residents. Cancer was Nebraska's second leading cause of death, accounting for over 3,470 deaths among Nebraska residents.

Cancer Strategies/Goals

A. Strategy: The Memorial Hospital Specialty Clinic employs three nurses with chemotherapy administration certification. This gives patients chemotherapy administration access close to home.

Goal: Memorial Hospital will work with oncologists to keep them apprised of the services available in Seward as they diagnose and treat the patients of our community. As a critical access hospital, Memorial Hospital is not a full-cancer care facility, however, we continue to monitor the needs of cancer patients and enhance the services we provide as appropriate.

B. Strategy: Memorial Hospital provides cancer services to area patients appropriate for a critical access hospital. Memorial Hospital staff is trained to administer infusion therapy onsite and the facility is equipped to provide care to patients receiving certain chemotherapy and related cancer treatments.

Goal: For patient comfort, privacy and safety, MHCS includes three therapy suites, increasing the number of patients who can receive the service simultaneously. Staff will continue to remind referring providers of the availability of this service to those we serve.

C. Strategy: Memorial Hospital offers specific screenings in support of physician diagnostics.

Goal: Memorial Hospital provides excellent screening resources to our physicians through onsite 3D mammography and colonoscopies. Memorial Hospital offers low dose lung screenings in the detection of lung diseases including cancer. MHCS also performs pet and bone scans. Staff will continually undergo training as necessary to assure patient safety and improved patient outcomes.

MHCS 3D Mammography service area provides enhanced patient comfort and privacy. We will continue to assure that this service is available to our community and that it is staffed with excellent technologists within a comfortable, private environment.

IDENTIFIED HEALTH NEED III: POVERTY

While Seward County has a below average of persons living in poverty, the poverty number continues to trend up nationally. Currently, the United States poverty level is 12.7%. (census.gov)

Poverty Issues Strategies/Goals

A. Strategy: MHCS will continue to provide financial assistant programs.

Goal: Memorial Hospital is committed to caring for our patients, including patients who financially are unable to pay for hospital services. We encourage patients to apply for financial assistance if they believe that they are unable to pay all or part of their hospital bills. Applications are available in paper or digital formats in our facility, website and locations around Seward County.

B. Strategy: Memorial Hospital's Emergency Room is available to all, regardless of ability to pay. A Social Determinants of Health (SDOH) screening is administered to each ER patient. If needs are identified, resources are provided based on specific needs with followup, if required.

Goal: MHCS will continue to provide this service to all.

C. Strategy: MHCS increased access of care by expanding walk-in/urgent care hours and availability, utilizing our partnership with Bryan Urgent Care.

Goal: MHCS and Bryan Urgent Care will continue to monitor and evaluate patient volumes and availability of the services it provides.

D. Strategy: MHCS participates in the low-cost childhood vaccination (VFC) program. The VFC offers recommended vaccines to eligible children for free or reduced cost. Through the combined efforts of public immunization clinics and private physicians, the program strives to increase vaccine coverage levels nationwide.

Goal: Continue to be an active provider in the VFC program.

E. Strategy: Offering free health education events in MHCS facilities or at other community events.

Goal: Continue to offer and expand on our monthly, free, community health lunches. Explore and find topics that are relevant to the mass public. Continuing to offer free health screenings at the MHCS Health Fair each spring, such as blood pressures, blood sugar, respiratory capacity, sun damage and low-cost blood chemistries for the no or underinsured.

IDENTIFIED HEALTH NEED IV: AGING ISSUES

Memorial Health Care Systems recognizes that Seward County is comprised of 17.8% who are 65 years of age or older, higher than 15.6% in the State of Nebraska. Access to care is important for aging citizens. (census.gov)

Aging Issues Strategies/Goals

A. Strategy: Senior citizens of Seward County have access to dependable, skilled medical providers which is vital in supporting the community's residents as they age.

Goal: Memorial Health Care Systems is a regional provider for the citizens of Seward County and its surrounding counties, and employs nine readily-accessible, highly qualified physicians who specialize in Family Practice. Aiding the MHCS physicians are five physician assistants. These physicians and PAs have practices throughout Seward County, in three free-standing clinics located in Milford, Utica and Seward.

B. Strategy: The community's aging population has access to specialty care within 13 specialties located in the Memorial Hospital Specialty Clinic, attached directly to Memorial Hospital. Specialists from Lincoln, Nebraska travel to Seward to hold clinic hours and perform procedures specific to their specialty, monthly.

Goal: MHCS will continue to monitor and recruit physician specialists based on need and specialist availability.

C. Strategy: Memorial Hospital is comprised of 24 beds providing inpatient acute care/swing bed rehabilitation services to patients of all ages with accessibility to cardiopulmonary, physical, occupational and speech therapy. MHCS Therapy Services provides full outpatient therapy services as well.

Goal: The therapy department will continue to evaluate its services, including aquatic therapy, for best practices in geriatric patient rehabilitation.

D. Strategy: The MHCS Social Services department guides aging patients to obtain appropriate resources, services and living arrangements following hospitalization and/or rehabilitation.

Goal: The Social Services Department has created a comprehensive list of aging services available to the community. The department will continue to monitor and update the listing as necessary.

E. Strategy: Total joint replacement surgeries are offered onsite at Memorial Hospital.

Goal: A common problem for the aging population is the development of joint issues. Two surgeons specializing in orthopedics perform hip and knee surgery at Memorial Hospital on a regular basis. To assure that this service is available on an ongoing basis, the surgical staff will stay vigilant to assure that the surgeon has access to all needed equipment, trained staff, and facilities to perform his duties in the safest manner with optimal outcomes.

F. Strategy: MHCS will continue to maintain the recognition as an Age-Friendly Health System, as awarded by the John A. Hartford Foundations, the Institute for Healthcare Improvement, the American Hospital Association and the Catholic Health Association.

Goal: As of August 2025, Memorial Health Care Systems was awarded as a Level 2, Age-Friendly Health System. We will continue to focus on the 4Ms (Matter, Medication, Mind and Mobility) of ongoing efforts to ensure age-friendly care and maintain our Level 2 status.

IDENTIFIED HEALTH NEED V: HEART DISEASE AND STROKE

In 2021, 5.1% of Nebraska adults reported ever being diagnosed with coronary heart disease or had a heart attack. 2.7% of Nebraska adults reported ever being told they had a stroke. In 2020, heart disease was the cause of death for 4,814 and 17% of those cardiovascular deaths were due to strokes. (DHHS.ne.gov)

Heart Disease and Stroke Strategies/Goals

A. Strategy: The Memorial Hospital Cardiac Rehabilitation Department offers services to those patients affected by heart disease. Following the American Heart Association's guidelines, Memorial Hospital's comprehensive rehab program helps patients recover and rehabilitate from heart events in a controlled, comfortable environment.

Goal: Memorial Hospital offers a state-of-the-art cardiac rehab facility complete with new exercise equipment, monitoring equipment and classroom to aid trained nurses as they guide cardiac patients toward healthier lifestyles and strengthened hearts.

B. Strategy: MHCS provides regular education on heart disease and stroke through blog posts, presentations, advertising and community education events.

Goal: MHCS will continue to provide education relating to the prevention of heart disease and stroke.

C. Strategy: Memorial Hospital's Specialty Clinic provides the community with the expertise of physicians who specialize in cardiology and cardiovascular services. MHCS also offers transesophageal echocardiograms (TEE) on site.

Goal: MHCS intends to continue these services in effort to provide access to cardiology and cardiovascular medical care close to home.

D. Strategy: The emergency services department is adept at diagnosing, treating, stabilizing and transporting heart and stroke patients when necessary.

Goal: Emergency staff will continue to assure that the department is well equipped and staff is prepared to care for emergency patients presenting with cardiac/stroke emergencies.

MEMORIAL HEALTH CARE SYSTEMS BOARD DIRECTORS: APPROVAL/SIGNATURE

The Community Health Needs Assessment and Implementation Strategy was reviewed and approved by the Memorial Health Care Systems Board of Directors on August 27, 2025. The five health issues identified in the Assessment are currently being met through services in Seward County or through referral.



Mike Hecker, Chairman
MHCS Board of Directors

Form 990 available for review upon request.