



Mark Your Calendars For The Following Education Events!

HEALTH CARES

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Spring 2018



Memorial
Health Care Systems

Community Education **FRIDAYS FOR YOU!**

Friday, May 25, 2018

Seward Family Medical Center

“Spring Cleaning For Your Mental Health”



Trish Lenz, APRN-NP

Light lunch served. RSVP required by Friday, May 18 at 402-646-4707 or email: Shana.Glover@mhcs.us

Community Education **FRIDAYS FOR YOU!**

Friday, June 15, 2018

Seward Family Medical Center

“The Basics: Memory Loss, Dementia & Alzheimer’s”

This program provides information on detection, causes and risk factors, stages of the disease, treatment, and much more.



Presented in Partnership with:

alzheimer's association

Light lunch served. RSVP required by Friday, June 8 at 402-646-4707 or email: Shana.Glover@mhcs.us

Recover with the Personalized Care of Memorial Hospital Skilled Care

When Jean found out she had to have her right knee replaced she told her family doctor, Dr. Ketner, and her surgeon, Dr. Tewes, “I want to be good to go by April.” Jean wanted to be very mobile for Easter and independent for a week-long quilt retreat with family that she couldn’t imagine missing.



Pictured above Jean Algya is already back to traveling with family for quilting retreats.

After a recent stay at Memorial Hospital for skilled care (or called swing bed), Jean is well on the road to full recovery and is back to living her independent lifestyle. Memorial Hospital’s skilled care is available to patients, like Jean, who are recovering from a health event that leaves them needing further recovery before returning to their independent living.

Jean does all her health care in Seward, even visiting with Dr. Tewes in the Memorial Hospital Specialty Clinic. However, her heart condition made Lincoln a better option for surgery. Surgery went well and Jean discussed with her care team that she would prefer to recover in Seward. Patients have options when it comes to the location for recovery. Just because Jean had her surgery in Lincoln did not mean she needed to stay in Lincoln for skilled care. For Jean, Seward Memorial Hospital was the best place she could be and with an easy request to her care team, she came to Memorial Hospital after her discharge from surgery.

Lori Williams, Memorial Hospital’s Director of Social Services, says skilled care would be appropriate when an individual is recovering from a medical event such as orthopedic surgery, extended illness, stroke, or heart attack. “That’s what we’re here for,” says Williams. “Memorial Hospital’s skilled care gives patients the care and support they need so they are able to return to their previous level of functioning as quickly as possible.”

Jean said, “I haven’t had pain and the only hard part of this process is taking time to sit down to ice my knee.” She contributes successful recovery to having

the right outlook, a positive attitude, and following the doctor’s orders.

Jean said, “It was an easy decision to come back to Seward for skilled care recovery because I have always received great care here.” Jean’s family, friends and pastor were close by to make regular visits easy and give her added support during recovery. During a patient’s stay, family and friends are encouraged to visit, giving the emotional support necessary for well-being and recovery. In addition to the personalized care, Jean was familiar with the staff and had her sewing and embroidery items with her so she could keep up with her hobbies.

Jean is back home and just completed all her outpatient physical therapy with Seward Memorial Physical Therapy where she worked to improve her strength and balance. Adjusting to outpatient physical therapy was an easy transition as Jean was able to work with the same therapists who worked with her in the skilled care setting. The continuity of care adds to the many perks of Jean coming back to Seward to complete her skilled care.

For more information on the benefits of Memorial Hospital’s Skilled Care call 402-643-2971.



Memorial
Health Care Systems
Memorial Hospital

300 N. Columbia Ave.
Seward, NE 68434

Memorial
Health Care Systems



May is National Stroke Awareness Month.

May is almost here and we want to take this opportunity to raise awareness about strokes. A stroke can happen to anyone, at any age, and at any time. In the U.S., stroke is the fifth leading cause of death, killing nearly 130,000 people each year, and there is a trend toward increasing stroke incidence at younger ages. Over the last decade, there has been a spike of 44% in the number of young Americans (under 45 years) hospitalized due to stroke.

Warning Signs

73% of young Americans are not familiar with stroke symptoms and the need for urgent medical attention. Stroke is an emergency. Acting quickly can tremendously

reduce the impact of stroke.

A stroke is a brain attack that occurs when a blood clot blocks an artery or a blood vessel breaks, interrupting blood flow to an area of the brain. Brain cells begin to die. Recognizing stroke symptoms can be easy if you remember to think FAST (see infographic to the right).

The National Stroke Association's mission is to reduce the incidence and impact of stroke, and it is the only national organization in the U.S. that focuses 100 percent of its efforts on stroke through education and programs focused on prevention, treatment, rehabilitation, and support for all impacted by stroke.

Use FAST to remember warning signs of stroke:



FACE: Ask the person to smile. Does one side of the face droop?



ARMS: Ask the person to raise both arms. Does one arm drift downward?



SPEECH: ask the person to repeat a simple phrase. Is their speech slurred or strange?



TIME: If you observe any of these signs, call 9-1-1 immediately.

Recognize Serious Symptoms of Stroke

- Sudden numbness or weakness in face, arm, leg, especially on one side
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing
- Sudden trouble walking or dizziness

The above are meant to be general guidelines to help you recognize immediate need for medical attention. If you have any doubt, the safe choice is to go to the nearest emergency department or dial 911.

Health Cares is published by Memorial Health Care Systems

300 N. Columbia | Seward, NE 68434 | 402-643-2971 | www.mhcs.us

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

Memorial Health Care Systems is a non-profit 501(c)3 corporation governed by its

Board of Directors and the citizens who serve as members of the corporation. The purpose of this publication is to inform the community about the Systems' services, events, and to foster wellness by providing its readers with general health education.

Please address questions concerning this publication to Mallory Gibreal, 402-646-4627 or Mallory.Gibreal@mhcs.us. © 2017 – MHCS

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County Members Benefit From Free and Reduced Cost Screenings

Memorial Health Care Systems hosted its 34th annual health fair with the theme "Rockin' Your Health" on April 4, 2018. There were over 1,600 in attendance with guests benefitting from over 70 booths of health and wellness information and 18 free or reduced cost screenings available throughout the morning.



Far left: Blood pressures offered free of charge by MHCS. Pictured: Roberta and Taunya volunteer to offer free blood pressures.



Left: Blood sugar testing offered free of charge by MHCS. Pictured: Georgia, Sharon, and Joan volunteer to offer blood sugar testing.

New Medicare Cards, Avoid Potential Scams

The Centers for Medicare & Medicaid Services (CMS) is required to remove Social Security Numbers (SSNs) from all Medicare cards by April 2019. A new, unique Medicare Number is replacing the SSN-based Health Insurance Claim Number (HICN) on each new Medicare card. The change will help protect your identity.

New Medicare cards will begin being mailed to the Nebraska area after June 2018. Make sure your mailing address is up to date. If your address

needs to be corrected, contact Social Security at ssa.gov/myaccount or 1-800-772-1213. TTY users can call 1-800-325-0778. You do not need to take action to receive your new card.

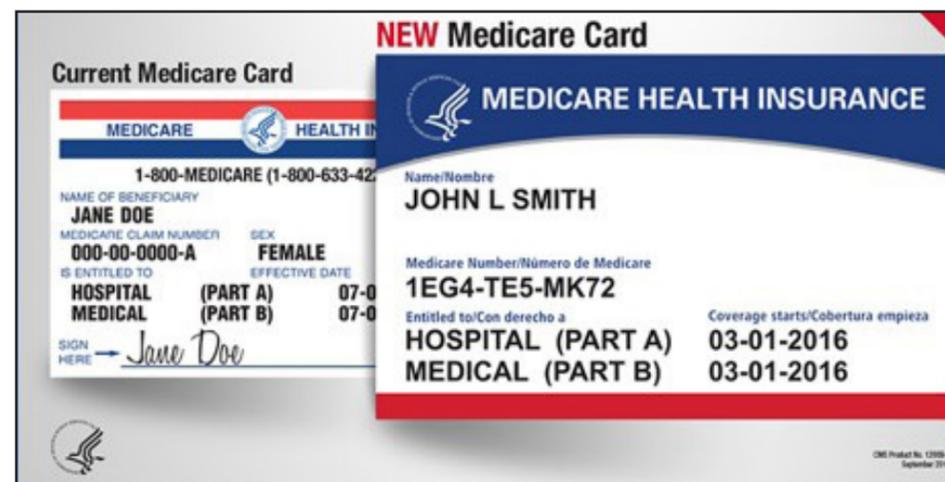
Watch out for scams.

- Medicare will NEVER call you to verify that you have received your new card.
- Medicare will NEVER call you to confirm the new card number
- Medicare will NEVER call you to ask for your social security number.

- Medicare will NEVER charge you a fee to get your new number or card.
- Please do not give out any information about your new card to anyone that calls you.
- Memorial Health Care Systems will ask for your new card when you come to the clinic or hospital. We need this information to submit claims to Medicare on your behalf.
- Memorial Health Care Systems will not call you for this information.

Medicare's notice recommends that if someone asks you for your information, for money, or threatens to cancel your health benefits, if you do not share your personal information, hang up and call Medicare at 1-800-MEDICARE (1-800-633-4227). Starting in April 2018, people with Medicare can get information about the mailings and sign up for emails about the status of card mailings in their area on Medicare.gov/NewCard.

Once you get your new card, destroy your old card and start using your new card right away.



Prescription Take Back Offered at Seward Family Pharmacy

- ✓ No sharps.
- ✓ Medication should be in their original containers.
- ✓ Liquids should be limited to 4oz or less.
- ✓ No controlled substances can be taken back at the pharmacy.

We will provide you with an envelope that you place controlled substances in that can be dropped in the mail box located on your way out.

Too often, unused prescription drugs find their way into the wrong hands. That is dangerous and often tragic, which is why we offer prescription take back options.



Mon-Fri 8:30 am-5:30 pm | Sat 8:30 am-Noon
250 N. Columbia Ave. | 402-646-4607