



Total Care for your Total Knee



You do not have to suffer with knee pain. At MHCS, we have total care for your total knee. Our family physicians work closely with orthopedic surgeon Dr. Tewes who performs knee replacements at Memorial Hospital every Monday. Your family physician will take care of you post surgery. Physical therapy starts immediately following your procedure. Keep your same physical therapist once you are discharged from the hospital with Seward Memorial Physical Therapy. With therapy appointments available six days a week, a collaborative care team, and all your services available under one roof, your knee will be at ease in no time.

Your road to recovery starts at Memorial Health Care Systems.

HEALTH CARES



Bringing community health care news to your home. | www.mhcs.us

Summer 2019

Making Every Breath Count

Marianne Trouba is making every breath count thanks to Memorial Hospital Pulmonary Rehabilitation. "I am very pleased with the outcome of overall improved lung function and health," Marianne said.

For Marianne, living with decreased lung function was uncomfortable at times. "Every breath was challenging dealing with Chronic Obstructive Pulmonary Disease (COPD) as a result of Emphysema," Marianne said.

Emphysema is one of the diseases that comprises COPD. It involves the gradual damage of lung tissues making it progressively difficult to breathe, accompanied by chronic cough and shortness of breath with activities. "I had always been an active person, staying busy with projects but it was becoming more difficult and less enjoyable as doing projects took some effort," Marianne explained. "I was not able to exercise and pretty much stayed inside on humid days."

Marianne visited Dr. Lisa Mansur, Pulmonary and Palliative Care Specialist at the Memorial Hospital Specialty

Clinic. Dr. Mansur recommended trying Pulmonary Rehabilitation. With the recent loss of her husband, Marianne felt it was time to take care of herself and committed to thirty-six sessions, twice a week for 18 weeks.

Pulmonary Rehabilitation combines exercise training, behavioral and educational programs. Lisa Kimsey, Respiratory Director for Memorial Hospital explains, "Our goal is to increase the patient's knowledge of their disease and improve their lung capacity to its fullest potential. We have a team approach. Patients work with their doctor, nurses, and respiratory therapist. Physical therapists, occupational therapists, pharmacists, dietitians and social workers are available if needed for personalized care."

Marianne found the program to be very rewarding. "They started me off with an assessment and eased into exercising," Marianne stated. "The team in Pulmonary Rehab was fabulous. I was always motivated to make every session. I actually looked forward to going as Lisa Kimsey and Stacy Blecha made the time so enjoyable. With their help, I was able to progress through the program, I lost sixteen pounds and reduced my medication usage from using two inhalers daily down to one on an as needed basis."

After completing her sessions, Marianne made the decision to continue with a maintenance program at Memorial Hospital once a week to work on the exercise equipment. She



Pictured: Stacy Blecha (left) and Lisa Kimsey (right) Respiratory Therapists at Memorial Hospital work with Marianne Trouba (center) during a recent Pulmonary Rehabilitation visit.

also exercises and feels good even walking several blocks.

Lisa Kimsey, Respiratory Director said, "Marianne was an excellent patient that worked hard each session to obtain her goals. She made great progress in the program as she was able to lose weight, increase her speed, time, power and resistance in all areas of physical training. Her lung functions improved and she was able to walk further. She has been able to maintain her exercise regimen post rehab which is a major benefit for continuing to live a healthier life style and breathe easier."

"I highly recommend the Pulmonary Rehabilitation Program," Marianne expressed. We are very fortunate to have this program available, right here in Seward."

To learn more about Memorial Hospital's Pulmonary Rehabilitation Program, visit with your medical provider or contact our Respiratory Therapy Department at 402-643-2971.



Memorial
Health Care Systems
300 N. Columbia Ave.
Seward, NE 68434



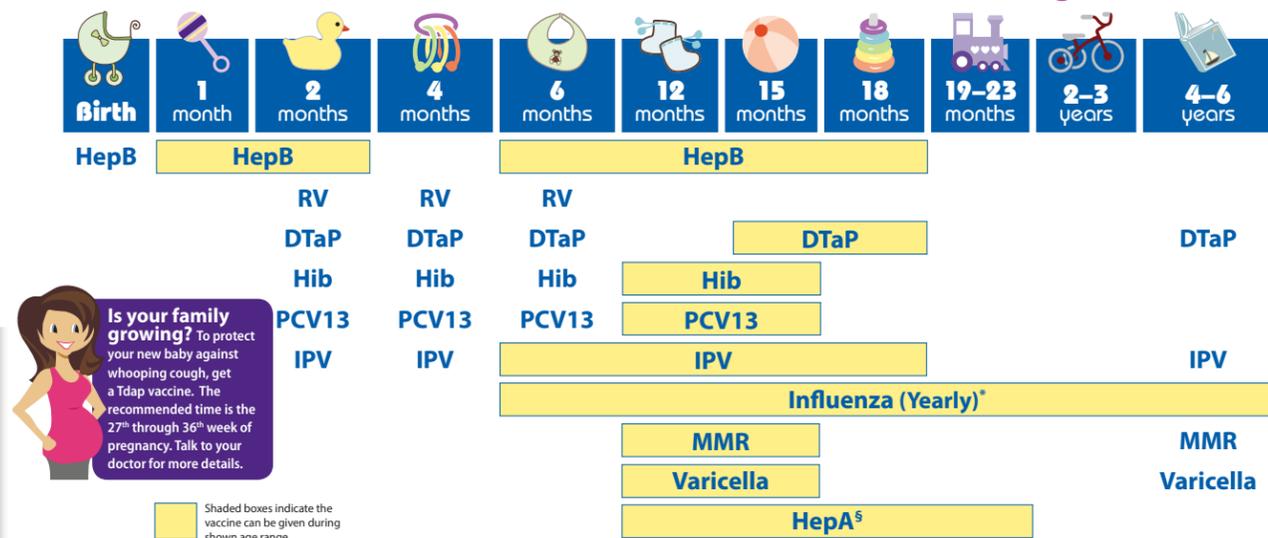
NON PROFIT
U.S. POSTAGE
PAID
Norfolk, NE
Permit No. 125

A Healthy Start for School

Keeping up with your child's immunization is important! Immunization is one of the most significant public health achievements of the 20th century. Vaccines have eradicated smallpox, eliminated wild poliovirus in the U.S., and significantly reduced the number of cases of measles, diphtheria, rubella, pertussis and other diseases. But despite these efforts, today tens of thousands of people in the U.S. still die from these and other vaccine-preventable diseases.

Vaccines offer safe and effective protection from infectious diseases. By staying up-to-date on the recommended vaccines, individuals can protect themselves, their families and friends, and their communities from serious, life-threatening infections. When possible, combination vaccines are used to decrease the number of injections needed. For more information on immunizations go to the Center for Disease Control website: www.cdc.gov.

2019 Recommended Immunizations for Children from Birth Through 6 Years Old



INFORMATION FOR PARENTS

2019 Recommended Immunizations for Children 7-18 Years Old

Talk to your child's doctor or nurse about the vaccines recommended for their age.

	Flu Influenza	Tdap Tetanus, diphtheria, pertussis	HPV Human papillomavirus	Meningococcal		Pneumococcal	Hepatitis B	Hepatitis A	Polio	MMR Measles, mumps, rubella	Chickenpox Varicella
				MenACWY	MenB						
7-8 Years	Green	Yellow		Green	Blue	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
9-10 Years	Green	Yellow	Blue	Green	Blue	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
11-12 Years	Green	Yellow	Blue	Green	Blue	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
13-15 Years	Green	Yellow	Blue	Green	Blue	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
16-18 Years	Green	Yellow	Blue	Green	Blue	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow

Same-day Care & Saturday Walk-in Clinic

Call before 9 am Monday-Friday and be seen same-day for your urgent care/sick care needs. Seward Family Medical Center is open each Saturday from 8 am - noon for walk-in sick care.

The Saturday walk-in clinic is staffed with your same local doctors and nurses who know your health history and can get you back to feeling like you again!

Seward Family Medical Center Hours
M-F: 8-5 and Sat: 8-noon



Thank you, MHCS donors!

Memorial Health Care Systems is a not-for-profit organization investing resources to provide health care services in our community. Donations provide financial support to the Health System so that it can offer the best in health care to the patients and their families we have the pleasure to serve. The Foundation depends on private gift support to enhance our healthcare services and exists to accept charitable gifts on behalf of MHCS.

Indicates when the vaccine is recommended for all children unless your doctor tells you that your child cannot safely receive the vaccine.

Indicates when the vaccine should be given if a child is catching up on missed vaccines.

Indicates when the vaccine is recommended for children with certain health or lifestyle conditions that put them at an increased risk for serious disease. See vaccine-specific recommendations at www.cdc.gov/vaccines/hcp/acip-recs/

Indicates children not at increased risk may get the vaccine if they wish after speaking to a provider.

Financial Assistance Available

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.

Learn about our financial assistance program by contacting the hospital patient accounts department at Memorial Hospital, 300 N. Columbia Ave., Seward, NE, 68434 or call (402) 646-4704 or visit our website www.mhcs.us.

Health Cares is published by Memorial Health Care Systems 300 N. Columbia | Seward, NE 68434 | 402-643-2971
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 its editor Mallory Gibreal, 402-646-4627 or Mallory.Gibreal@mhcs.us. © 2019 - MHCS

NON-DISCRIMINATION STATEMENT

Memorial Health Care System complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.
Español ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-402-643-2971. Tiếng Việt CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-402-643-2971.

Community Education FRIDAYS FOR YOU!

Friday, August 9, Noon-1 p.m.

Seward Family Medical Center

Lower-level Vahle conference room | 250 N. Columbia Ave. | Seward

"Understanding Nursing Care"



Presented by
Judy Bors, BSN, RN,
Director of Nursing
Memorial Hospital

Light lunch served. RSVP required by Friday,
August 2, at 402-646-4707 or email:
Shana.Glover@mhcs.us