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Memorial
Health Care Systems

Fall 2019

The Right Choice for Your Recovery

Jim Arneson is very familiar with the recovery process and the importance of having the right care following injuries or surgery. Three years ago, missing a bottom step going downstairs resulted in a knee injury requiring surgery and about a year ago a fall led to hip surgery. “One moment you are celebrating with family and the next you are on your way to the Emergency Room.” Jim said.

Jim and his wife Jody are long-time residents of Seward County. Following his service in the military, he earned his teaching degree and later completed education to become a school counselor. Jim invested in students at Seward High School for 40 years, teaching, counseling and serving as an assistant football and track coach. “Who knew that some of the students I taught like Dr. Tewes and Drs. Richard and Robert Pitsch would later become my surgeons.” Jim said.

The Arnesons are very thankful for Memorial Health Care services. “It is great to have all the services you need from professionals you can count on right here close to home.” Jim said. “Everyone from my family doctor, Dr. Ketner, all of the staff at Memorial Hospital and the Specialty Clinic are exceptional at caring

for patients.” Jim and Jody expressed how nice it was to have care right here in Seward giving Jody greater access to be with Jim during his recovery.

Jim jokingly claims Hospital rooms 24 and 25 might as well be his as he spent several weeks at Memorial Hospital following his knee surgery and a second time for an extended stay following hip surgery. “I tell people those are my rooms, as they were my home away from home during recovery.” While he appreciates his stay at Memorial Hospital, Jim is especially thankful for the team of therapists at Memorial Physical Therapy that helped in the journey to return to his life at home.

“I was so impressed with the therapy team. Each one had expertise and special areas of training to help me to full recovery.” Jim expressed. “We started in the hospital room with simple movements. I progressed to working in the gym, first on the raised tables, then with the Solo-Step to help support my weight and balance.” Jim also had the opportunity to utilize the aquatic therapy and progressed



Jim Arneson with the Seward Memorial Physical Therapy Team.

to exercises machines like the NuStep. “I was amazed at all the things they had to help you regain mobility. They even had stairs I could practice on right in the gym.” He said.

things that Jim found impressive was the team approach by the therapists and assistants. “I think I actually worked with every therapist and assistant at one time or another. It was amazing to have a team of people each with specialized training to meet me right where I was at and who were all cheering for me to get better.” Jim explained. He admitted that at times he didn’t feel like he did a good job at his physical therapy sessions but he could always count on encouragement from the team. “I think what I appreciated the most was that they always acknowledged any accomplishment I made. They helped me celebrate the journey back to health and a restored life.”

Today, Jim enjoys exercising at the Senior Center and taking walks in his neighborhood. “After graduating from physical therapy, the therapists encouraged me to keep moving.” Jim said. His wife, 5 children, 19 grandchildren and 13 great-grandchildren are strong motivators to continue in his journey of a healthy life. “My family and I are grateful for the care and services I received at Memorial Health Care Systems.”

One of the

Over 120 Years of Combined Experience



National Physical Therapy Month

Seward Memorial Physical Therapy is the right choice for your recovery.

300 N. Columbia Ave.
Seward, NE 68434

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Community Education
TUESDAYS FOR YOU!

Friday, Nov. 26, Noon- 1 p.m.

Seward Family Medical Center

lower-level Vahle conference room | 250 N. Columbia Ave.



Presented by *Dr. Lisa Mansur*
Pulmonology and Palliative Care Specialist

Light lunch served. RSVP required by Tuesday, Nov. 19,
at 402-646-4707 or email: Shana.Glover@mhcs.us

Flu shots are available at Family Medical Centers of Seward, Milford & Utica

FLU SHOTS AVAILABLE

Walk-in for your flu shot Monday-Friday between 8 am-5 pm

By getting the flu vaccine you can protect yourself from influenza and may also avoid spreading influenza to others. It is your greatest defense against the flu. It is recommended that all people 6 months and older get the flu vaccine each year.

Influenza (flu) is a contagious disease. It is caused by influenza virus which can be spread by coughing, sneezing or nasal secretions.

Symptoms include:
fever/chills | headache | muscle aches
fatigue | sore throat | cough
runny/stuffy nose

Glenn Hain receives Caring Kind Award

Glenn Hain is the recipient of the 2019 *Caring Kind Award*. Employed by Memorial Health Care Systems for 3.5 years, Glenn currently serves in the maintenance department.

Nebraska Hospital Association (NHA) member hospitals from across the state select one recipient from within their respective institutions to be recognized at *The Caring Kind Awards Luncheon* during the NHA Annual Convention. Candidates for the Memorial Hospital Caring Kind Award are nominated by their co-workers as an individual who most exemplifies the spirit of giving something special to patients and co-workers. Final selection is made by past Memorial Health Care Systems Caring Kind recipients.



Pictured: Glenn Hain (center) smiles as he is presented the Caring Kind Award from Roger Reamer, CEO (left) and his supervisor Kevin Novak (right).

Glenn will be honored at the NHA Conference in La Vista, NE, October 18.

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.

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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

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In honor of Breast Cancer Awareness Month the Radiology Department at Memorial Hospital wants to remind you to 'Get Checked.'



Pictured are mammography technicians at Memorial Health Care Systems: (l-r) Laurie Baack, Terri Schrad, Mandy Cutshall, and Shannon Owens.

Early detection saves lives.

Talk with your doctor about scheduling your mammogram at Memorial Hospital or call for your mammogram today.
402-643-2971

Top National Honors for Memorial Hospital

Becker's Hospital Review recognized Memorial Hospital as a 2019 "67 Critical Access Hospitals to Know," based on the crucial role the hospital plays in the health and well-being of the communities served. There are over 1,300 critical access hospitals in the U.S. and this is the fifth year in a row Memorial Hospital has been recognized for providing quality care to our patients.

Becker's selected critical access hospitals for inclusion based on rankings and awards from respected organizations, including iVantage Health Analytics, Healthgrades, and the National Rural Health Association. The list features hospitals that were chosen for clinical quality and excellence in care delivery. The team also considered the hospital's community impact and reputation for innovation. Becker's Healthcare recognizes Memorial Hospital for being a pillar in the community, providing access to healthcare for a broad population. Providing quality healthcare in rural setting presents its own set of specific challenges, but Becker's top 67 are rising above to meet the needs of their patients.

