

MHCS Community Events

Many events are hosted throughout the year with the purpose of enhancing the health and wellness of our patients and community. Unless noted, all events are free to the public and held in the Vahle conference room, Seward Family Medical Center lower-level. RSVP line: 402-646-4707 or Shana.Glover@mhcs.us

Thursdays For You—"Hearth Health," **Thursday, Feb. 14, Noon**, presented by: Matthew Johnson, MD from Bryan Heart. RSVP by Feb. 7.

Diabetes Prevention Program Information Session, **Tuesday, Feb. 19, 10 am**, Join MHCS diabetic educators to learn more about the Diabetes Prevention Program.

Fridays For You-Dry Needling, **Friday, Mar. 1, Noon**, presented by: Mary Ann Sides, Physical Therapist from Seward Memorial Physical Therapy. RSVP by Feb. 22

MHCS Diabetes Prevention Program, **Tuesday, Mar. 5, Noon**, Year-long lifestyle change program for people at risk for type 2 diabetes. Call 402-646-4667 to learn more and register. (Minimal fee for this annual program)

Auxiliary Spring Bazaar, **Thursday, Mar. 7, 10 am-6 pm and Friday, Mar. 8, 10 am-4 pm**. Craft items, baked goods, Spring and Summer decorations, jewelry, gift items and more. All proceeds benefit Memorial Health Care Systems.

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 should 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

 **Memorial**
Health Care Systems



Life Begins at MHCS

Skilled physicians, experienced, individualized nursing attention, comfortable, beautiful rooms, and a peaceful environment all result in a memorable childbirth experience. Childbirth options at MHCS:

Individualized Plans

We believe that each birth experience should be tailored specifically to the wishes and needs of the expectant family.

Lamaze/Birth Classes

Designed for first-time expectant moms and their coaches.

Breastfeeding Support

Certified breastfeeding counselors are on staff to provide helpful lactation support and information.

Refresher Birthing Class

A brush-up class on breathing and relaxation techniques and a time for answering questions.

Cesarean Birth Class

Familiarizes the mother with the operating room setting, surgical procedure, and hospital stay.

'Baby and Me' Sibling Class

A fun way for siblings to understand what a new baby will mean in their life.

Newborn Care Class

Extensive education in preparation for the arrival of your new baby.

Car Seat Instruction

Proper use of car seats is taught by MHCS Certified Child Passenger Safety Technicians.

New Mom Menu

Special selections sure to make the new mom smile.

Gifts and Resources

Each family leaves with a basket filled with books, baby sleeper, blanket, gift certificates, snacks, resources and much more.

Follow-up Calls

To ensure that all is going well at home, each new mom receives a follow-up call from one of the Hospital's OB nurses.

HEALTH CARES

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

Winter 2019

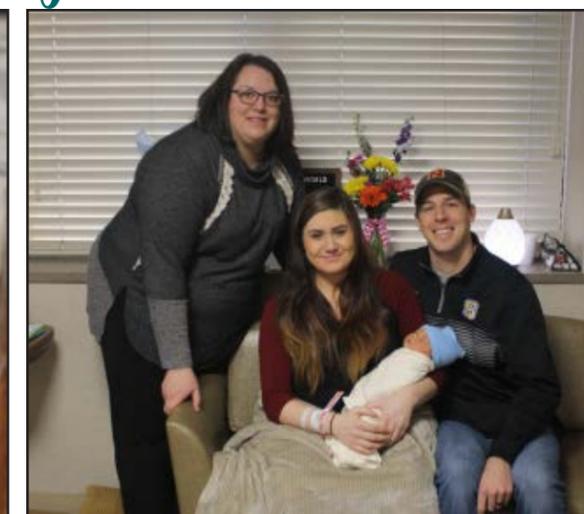
Memorial Hospital Welcomes Seward County's First Baby of 2019

Little Brooks Anthony Vlasin was celebrated as Memorial Hospital's 2019 New Year's baby, weighing 10 lbs. 7 oz. and measuring 22 1/4 inches long. Brooks was delivered by Trisha Sams, MD who practices at the Utica Family Medical Center.

Brooks' proud parents are Shannon and Grant Vlasin of Seward. The Vlasin's were surprised to deliver Memorial Hospital's New Year's baby. In fact, Shannon stated, "Brooks estimated due date was on Christmas day!" She added, "It's exciting to have the first baby of the year."

Brooks picked January 2nd at 9:44 am as his very own special day and time to enter the world. Grandparents are Lisa and Troy Vlasin of Seward and Marie and Kevin McCoy of Lincoln. Mom and baby are happy and healthy and were celebrated by family, friends, and Memorial Health Care Systems staff.

On behalf of everyone at MHCS,
*Welcome to the World
baby Brooks!*



Pictured: (left) Brooks Anthony with his birthday party hat. (right) Dr. Trisha Sams, delivering physician, new parents Shannon and Grant with their new bundle of joy, Brooks Anthony Vlasin.

If you would like more information on obstetrics care, maternity options, or any of the many mom and baby resources available at Memorial Health Care Systems, call Megan, OB Supervisor at 402-643-2971.

MHCS Diabetic Support Group meets quarterly: January, April, July and October. For more info or to RSVP 402-646-4667.

Save The Date: MHCS Health Fair, Wednesday, Apr. 3, 5:30 am-Noon, Seward Ag Pavilion.

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



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Heart Health - Many Pieces to the Puzzle

Heart disease is the leading cause of death for men and women in the U.S. and February is recognized as American Heart Health Month raise awareness. Every year, 1 in 4 deaths are caused by heart disease. The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. To lower your risk:

- Watch your weight
- Get active
- Quit smoking
- Control your cholesterol
- Control your blood pressure
- Eat healthy
- Drink only in moderation
- Manage your stress

Kim Derr, RN, Supervisor of Cardiac Rehab at Memorial Health Care Systems stated, "There are a lot of things we cannot control, such as our age, our gender, and we have no control over our family history." Derr added, "You do control other aspects and it is important to understand you need to do your part for your own heart health. You can control your tobacco use, whether or not you have uncontrolled diabetes, obesity, lack of exercise, stress, high cholesterol, and high blood pressure which are all factors that impact your overall health and the health of your heart."

Working in Cardiac Rehab, Derr and the Cardiac Rehabilitation team often do not see patients until they have had a cardiac event or episode. Cardiac Rehabilitation is an outpatient program offered to help people recover from a heart attack, stent replacement, bypass surgery, heart failure, heart transplant, or valve repair/replacement. In cardiac rehab, a team of healthcare professionals work with each patient to become physically stronger and reduce the risk factors of further complications. Cardiac rehab has been offered at MHCS for over 30 years and is one of the best things you can do for your heart health after a diagnosis of heart attack or heart failure, or after a procedure such as angioplasty or heart surgery. Having this care available in Seward County provides so many benefits to those in need. Not only is the location more convenient, but it's also easier to stick to a program that is right down the street. Our staff has a lower number of patients per session which means you get more individualized time with staff to identify your specific needs!



If you would like more information about Cardiac Rehab or ways to improve your risks of developing heart disease, speak to your MHCS family physician or call Cardiac Rehab at 402-643-2971.

Community Education **THURSDAYS FOR YOU!**

Thursday, February 14, Noon-1 p.m.
Seward Family Medical Center

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

"Heart Health"



Presented by: Matthew Johnson, MD from Bryan Heart
Light lunch served. RSVP required by Thursday, Feb. 7,
at 402-646-4707 or email: Shana.Glover@mhcs.us

Community Education **FRIDAYS FOR YOU!**

Friday, March 1, Noon-1 p.m.
Seward Family Medical Center

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

"Dry Needling"



Presented by: Mary Ann Sides, PT, from MHCS
Light lunch served. RSVP required by Friday, Feb. 22,
at 402-646-4707 or email: Shana.Glover@mhcs.us

The Facts of Diabetes

- More than 30 million people in the United States have diabetes, and 1 in 4 don't know they have it.
- More than 1 in 3 US adults have prediabetes, and 90% don't know they have it.
- The number of adults diagnosed with diabetes has more than tripled as the American population has aged and become more overweight or obese.
- People with diabetes are twice as likely to have heart disease or a stroke - and at an earlier age.

Jay Brooks, PA-C Now Accepting Appointments



Jay is the newest provider with the Memorial Health Care Systems team and is now accepting appointments at the Seward Family Medical Center.

**Call to schedule
402-643-4800**

Wingard Elected to MHCS Board



At the annual MHCS Membership Meeting, Kevin Wingard was announced as the newest member elected to the MHCS Board of Directors. Both Tammy Wissing and John Hughes were re-elected to new terms. Other MHCS board members are: Lana Daws, Mike Hecker, Steve Kayton, and Mike Tomes.



Presented By: MHCS Diabetic Educators

Connie Janicek, RN,
Sharon Luebke, RN &
Molly Petrik, RD, LMNT, CDE

Are you ready for a healthier YOU in 2019?

- Do you have a family history of diabetes?
- Have you been told that you would benefit from losing weight or want to lose more than 10 pounds?
- Have you been told that you are at risk for developing diabetes?
- Do you get little exercise in a typical day?

If you answer yes to any of these questions you may qualify for the Diabetes Prevention Program!

The yearlong program will be offered at MHCS starting March 5, 2019. This is conducted by CDC approved health coaches who also specialize in diabetes prevention and care. The goal of the class is to help people have success with weight loss, make better food choices, and incorporate more physical activity into their lifestyles. The cost to participate is \$150.

**Are you ready to take the next step? For more information contact
MHCS Diabetic Educators at 402-646-4667**

OR

**Join us for an information session on Tuesday, February 19, 2019
at 10 am in the Seward Family Medical Center
lower-level Vahle conference room.**

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 | 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 its editor Mallory Gibreal, 402-646-4627 or Mallory.Gibreal@mhcs.us. © 2019 – MHCS

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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.