

## Your Family Physicians



Trisha Sams, MD; Connie Novak, MD; Jason Summa, MD; J.B. Ketner, MD; Brandon Henley, DO; Joel Gabriel, MD; Robert Wergin, MD; Robert Wall, MD; James Plasek, MD; Jacqueline Hobbs, MD.

**It is not always easy to find a good fit for health care. At Memorial Health Care Systems, we have 10 local family physicians and 4 family practice physician assistants, you're sure to find a health care provider that meets your care needs!**

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



# HEALTH CARES



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Summer 2021

## Care you can count on!

It is not always easy to find a good fit for health care. At Memorial Health Care Systems, we know your time is as important as the quality of the care you receive. Through every appointment, we want you to see and feel that you matter, that we take the time to listen and that you can count on MHCS to be there for you when you need us.

That is exactly what Bill Kuhlman, area resident and business owner has found with his physician Dr. Plasek and nurse Pat. Bill has been a patient of Dr. Plasek's for several years. When he comes in for health visits it isn't just a quick in and out but a thorough exam including catching up on life and families. "You can tell they care," said Bill, talking about the extra time spent not just in the clinic visit but checking in with Bill, his current health and life needs.

Being a local himself, Dr. Plasek has a vested interest in not just his patients but the health and strength of the community, which shows in his attention to detail and the time and care he puts into his patient visits. Recently, Bill Kuhlman and his family depended on the compassion and quality care provided by the many departments of Memorial Health Care Systems more than ever before.

Bill was surprised to be hit hard with symptoms from his COVID-19 diagnosis. Bill's health was worsening and was hospitalized on oxygen for several days. During this time,

Pat and Dr. Plasek regularly checked on and communicated with Bill and his wife. "It was a very scary time," Bill said as he remembered being hospitalized just a few short months ago. "While it was scary and I felt awful and uncertain, the staff at Memorial Hospital and Seward Family Clinic made my hospitalization manageable with their kindness, compassion, and quality care." The bond built with his primary care provider was a welcomed distraction to the difficulty Bill was having breathing and keeping his oxygen levels up.

There were a few times during Bill's stay where he became too weak and fatigued to even talk on the phone. Bill's COVID-19 nurses, clinic nurse Pat, and Dr. Plasek all stepped up to talk with Bill's wife Linda regularly, ensuring she got frequent updates. Linda was grateful for the extra care and time the team took to keep her and Bill's spirits up during this frightening time. Linda shared, "We live between Seward and Pleasant Dale and could easily choose to get care elsewhere or even in Lincoln. We are proud to choose Seward and know they can provide that extra care and attention you don't find at other clinics and hospitals."

Bill is almost back to full recovery from his hospital stay and continues his care with Seward Family Medical Center and Memorial Hospital. Experience the personal, quality care you deserve. Find your primary care doctor at Memorial Health Care Systems!

With 10 local family physicians and 4 family practice physician assistants, you're sure to find a health care provider that meets your personal care needs!

## Urgent Care Walk-ins available

**Seward, Milford & Utica Family Medical Centers**

**Monday-Friday**  
8 am-4:30 pm

**Saturday**  
8-11:30 am *(Seward Only)*

### Get relief for

- cough
- colds
- sore throat
- flu
- fever
- allergies
- insect bites
- rash
- UTI
- ear pain
- pink eye
- diarrhea
- headaches

Visiting your local family medical centers for urgent care needs gets you experienced providers right in your home town. Best of all, all your health history is in one record.



Pictured above (l-r): Bill, Dr. Plasek and Pat.



Pictured above (l-r): Bill and Linda Kuhlman.

## Three Generations of Healthy Families!

Find your family's care at Memorial Health Care Systems.

Sue and Marty moved to Seward over 23 years ago. Right away they established care at Seward Family Medical Center. As their family grew, their visits to the clinic became more frequent! Now, over two decades later, Dr. Ketner still provides medical care to the Kohlweys. Dr. Ketner even comes up in some of Kohlweys' favorite family stories as they recall all the funny and creative ways he and his nurse made the kids more comfortable during their visits.

With the kids grown and Sue and Marty now living in Colorado, they've yet to find a patient experience quite like the care delivered at MHCS. They continue to come back for annual health care visits and appreciate the care and experience Seward Family Medical Center has to offer, especially telehealth, so they can contact Dr. Ketner even while living in Colorado. "The whole experience is completely different at Seward Family Medical Center than at other clinics. It is so clean and welcoming; the receptionists are nice, and there is no delay in being seen by your provider. You don't feel rushed. Dr. Ketner is invested in his patients. You can feel it and experience it as one of his patients," said Sue. Marty

likes that Dr. Ketner has a lot of similar interests, is easy to talk to, and it is obvious that he and his nurse Becky know what they are doing. "Dr. Ketner stays active and understands the importance of getting people back to their full potential quickly with sports and fitness-related injuries," said Marty.

With three generations of the Kohlwey family receiving care with us, MHCS cannot thank them enough for their kind words and for entrusting us to deliver their family's medical care.

Ten family practice physicians and four physician assistants provide exceptional care and investment into the communities of Seward, Milford, and Utica. We are here to partner with you and build a positive medical experience for your family. Find your medical home with MHCS.



pictured above: Marty and Sue Kohlwey

## COVID-19 Vaccines Available at Seward Clinic

It's time to roll up our sleeves and get vaccinated!

It's hard to imagine a time when we didn't know COVID-19. Now when people say "virus," we know what they mean. The impact of COVID-19 on our lives and our activities has affected us all. The responsibility is ours, as a community, to help stop this virus. Now we have a new, safe, and effective tool to help us do that—COVID-19 vaccines and we want you to have the information you need to feel confident in getting vaccinated.

### It takes everyone

We ask you to join us in protecting yourself, your family and friends, and our community by getting vaccinated. "COVID-19 vaccination is one of the

strongest tools we can use to fight this pandemic together." -Robert Wergin, MD

Getting vaccinated adds an important layer of protection for you, your family, and loved ones. Vaccination significantly reduces transmission; Prevent passing the virus to high risk individuals who can't get vaccinated like infants or people with weakened immune systems. We all play a part in this effort, and you are key.

Memorial Health Care Systems is administering vaccinations free of charge for Seward County weekly. You can sign up for your COVID-19 vaccine by calling the Seward Family Medical Center at 402-643-4800.

If you have questions about the COVID-19 vaccine, visit CDC's FAQs web page: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html> or speak with your family physician.

Your doctor can discuss your concerns, specific health status, and answer any questions you may have. Your questions are important and welcomed. We want you to make an informed decision!

We want to help people move from vaccine hesitancy to vaccine confidence by giving you the opportunity to speak with local health care professionals about COVID-19 vaccines. Speak to one of our primary care providers today!

Allergies have you feeling in a blur? Feel better fast with Memorial ezVisit.

24/7, online trusted care  
Nebraska board certified doctors



Go to [memorialezvisit.com](https://memorialezvisit.com)

Only \$39

### How Memorial ezVisit works

- Answer a few questions online
- Receive a diagnosis and treatment plan
- Prescriptions, if needed, are sent to a pharmacy of your choice
- Response time: Average is less than 20 minutes, guaranteed within one hour
- Only \$39

### Conditions we treat

- Bladder infections
- Cold sore, canker sore or fever blisters
- Cold, cough or sore throat
- Eczema or dermatitis
- Flu symptoms and fever
- Pink eye (conjunctivitis)
- Sinus infection
- Yeast infection
- Back pain
- Diaper rash
- Minor burns
- Motion sickness
- Seasonal allergies
- Shingles
- Stye

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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.

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### 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.