

HealthMatters

Up-to-date news & happenings for our community



A publication of

Memorial
COMMUNITY HEALTH

WINTER 2025

CUTTING-EDGE ROBOTIC ASSISTED KNEE SURGERY NOW AVAILABLE IN AURORA

At Memorial Hospital's Wortman Surgery Center, patients struggling with chronic knee pain now have a breakthrough option: the ROSA® Robotic Knee System. This cutting-edge technology is changing the way knee replacements are done, offering a highly personalized approach that adapts to each patient's unique anatomy.

ROSA—short for Robotic Surgical Assistant—works alongside skilled orthopedic surgeons, using real-time data and precise measurements to guide every step of surgery. The goal? A knee replacement that not only fits better but feels more natural, helping patients regain comfort, mobility, and confidence in their daily lives.

"This is truly an exciting moment for our community," said Carrie Peterson, RN, Surgery Supervisor at Wortman Surgery Center. "With ROSA, our orthopedic specialists can offer cutting-edge care right here in Aurora. Patients can experience advanced technology without having to travel far from home, which makes recovery easier and more reassuring."

Dr. Seth Wardyn and Dr. David Clare, visiting orthopedic specialists at Memorial Hospital, are both experienced in robotic-assisted knee surgery. Their expertise, paired with ROSA's precision, allows each patient's procedure to be tailored for the best possible outcome.

Knee replacement may be an option for individuals struggling with persistent

pain, stiffness, or difficulty with daily activities due to osteoarthritis or other conditions. With ROSA, patients at Memorial Hospital benefit not only from state-of-the-art technology but also a compassionate, team-based approach that prioritizes their comfort and long-term well-being.

For those considering knee replacement, this new technology offers hope for a smoother recovery and a return to the activities they love. To learn more about ROSA Robotic Knee Replacement or to see if you're a candidate, schedule an appointment with one of our visiting orthopedic specialists by calling (402) 694-8274, or reach out to your primary care provider.



SATURDAY, FEBRUARY 14TH, 2026

8:30 AM – 1:00 PM

Schaffert Exhibit Hall – Hamilton County Fairgrounds
(formerly known as the Commercial Building)

Gather information on a host of topics in support of living a healthy lifestyle.

Schedule a time to receive the following low-cost screenings:

- **Discounted Blood Profiles** – blood draws available on Feb. 3, 5, and 10 at Memorial Health Clinic
- **Cardiovascular Screenings** – conducted at Memorial Hospital on Jan. 31, Feb. 2, 3, and 5.

For appointments, call 402-694-8274.

Welcome to MCHI Bryce Taylor, PA-C



Memorial Community Health is pleased to welcome Bryce Taylor, PA-C, to the Memorial Health Clinic team. A Fairbury native, Bryce earned his Bachelor of Science degree in Biology from the University of Nebraska at Omaha, and a Master of Science degree in Physician Assistant Studies from College of St. Mary. He brings nearly four years of experience as a physician assistant in emergency, acute care, and family medicine, plus over 14 years in healthcare overall. Passionate about rural medicine, Bryce values building lasting relationships with patients and helping them stay healthy close to home. He joined the MCHI team this fall and provides care in both the emergency department and acute care clinic.

ASK THE EXPERT



Brad Bangs,
PT, DPT, CLT
is Director of
Rehabilitation
Services at
Memorial
Community Health.

Q: I recently learned that Memorial Rehab now has a BOOST Treadmill. How does it work, and who can use it?

A: The BOOST Treadmill has quickly become a standout addition at Memorial Rehab, yet many people still wonder what sets it apart from a regular treadmill. The BOOST is a lower-body positive pressure treadmill, meaning it uses gentle air pressure to reduce part of your body weight. After stepping into a pair of special shorts that zip into the chamber, the machine inflates and supports you from the waist down. This reduces the impact on your hips, knees, ankles, and feet, allowing you

to walk or jog with far less pain and strain than on a standard treadmill.

This added support offers several important benefits. Patients often feel more comfortable moving for longer periods, which can speed up recovery after injury or surgery. The BOOST also helps improve balance and walking mechanics, making it a great option for older adults or anyone who feels unsteady. People with arthritis or chronic joint pain appreciate the reduced stress on their joints, while athletes use it to maintain endurance and train safely during rehab.

The treadmill is designed for a wide range of users because the level of body-weight support can be adjusted

to match each person's needs. Your therapist can increase or decrease support based on your comfort, goals, and progress, making it useful for everything from early mobility after surgery to building strength and confidence later in recovery.

If you're interested in trying the BOOST Treadmill, simply call Memorial Rehab to schedule a session. Our team will walk you through how it works and determine the best settings for your mobility and goals. Whether you're healing, training, or looking for a low-impact way to stay active, the BOOST Treadmill offers a safer, more comfortable way to keep moving.

The content of MCHI's "Ask the Expert" feature is not intended as a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Have a question you'd like us to answer? **Send it to doc@mchiaurora.org.**

Senior Focus

Staying Safe and Confident with Medication Management

For many, medications play an important role in keeping us healthy and feeling well. Whether it's to manage blood pressure, ease arthritis pain, or control a chronic condition, the right medications can make a tremendous difference in how we feel each day. But as prescriptions add up, so does the challenge of keeping them all straight—and that's where careful medication management becomes so important.

Many seniors take multiple medications, sometimes prescribed by different providers. It can be easy for doses to overlap, schedules to become confusing, or for new prescriptions to interact with existing ones. Even over-the-counter medicines, vitamins, or herbal supplements can cause unexpected side effects when mixed with prescription drugs. Paying attention to these details helps prevent problems before they start.

Understanding your medications is the first step to staying safe and feeling your best. Keep a current list of every medication you take—prescriptions, supplements, and as-needed items—and share it with your healthcare providers at every appointment. Ask questions if anything is unclear: What is this medication for? When should I take it? Should I avoid certain foods or activities? Clear communication helps ensure each medication supports your health without causing harm.

Organization also makes a big difference. Using a daily pill organizer, setting phone reminders, or linking your medication routine to a daily habit—like breakfast or bedtime—can help prevent missed or double doses. If a medication ever causes new or



uncomfortable side effects, don't stop it on your own; talk to your provider before making changes.

For those with multiple conditions and medications, our Care Coordinator at Memorial Health Clinic is here to help.

Working closely with patients and their healthcare providers, our Care Coordinator reviews medications, checks for possible interactions and overlapping medications, and simplifies schedules when possible. Whether you've just returned home from a hospital stay or simply want an extra layer of support, Care Coordination can make managing medications safer and less stressful. For seniors who reside in an assisted or long-term care senior living community, trained staff are available to assist in managing and administering medications.

Taking medications correctly is about more than following the directions on the label—it's about protecting your well-being and maintaining independence. With the right tools, support, and attention, you can feel confident your medications are working for you, not against you.

Save the Date!

Mark your calendars for the
2026 Memorial Foundation Gala
Friday, April 17, 2026

Join us for an unforgettable evening
of dinner, dancing, and a live
auction—all in support of enhancing
healthcare in our community.



East Park Villa in Aurora is a senior living residence for those 55+. Nursing home care is provided at Memorial Community Care on the Memorial Community Health campus.

For more information, please contact Laurie Andrews at East Park Villa at 402-694-2300 or Katelyn Honas at Memorial Community Care at 402-694-8230.

SPECIALTY CLINICS

The specialty clinics offered at Memorial Hospital are listed below. To make an appointment, please call the scheduling office at 402-694-8274.

Allergy, Asthma and Immunology

Second Thursday, Every other Month
Dr. Szalewski, Allergy, Asthma and Immunology Associates

Cardiology

First Tuesday
Dr. King, CHI Health/ Nebraska Heart Institute

First and Third Thursday, Second and Fourth Wednesday
Dr. Meckel / Dr. Johnson / Dr. Anchan, Bryan Heart Institute

First and Third Wednesday, Second and Fourth Friday
Dr. Ayala / Dr. Korpas / L. Vakoc, APRN, / C. Lefever, APRN Pioneer Heart Institute

Ear, Nose, and Throat

Fourth Wednesday
Dr. Robinson
ENT Nebraska of Lincoln

Second Tuesday
K. Skrdla, APRN,
ENT Nebraska of Lincoln

Interventional Radiology

First and Third Monday
Dr. Evans / Dr. Murdoch / Dr. Vavricek / S. Fill, PA-C,
Heartland Radiology

Mental Health—Counseling

Every Monday
T. Spencer, PLMHP,
Quality Healthcare Clinic, LLC

Mental Health—Psychiatry

Fourth Monday
J. Cunningham, PMHNP,
Mary Lanning Healthcare

Nephrology

First Thursday and Fourth Tuesday
Dr. Lavudi, Prairie Center Internal Medicine & Nephrology

Neurosurgery

Second Friday
Dr. Mubita
CHI Health Clinic Neurosurgery

OB/GYN

Second Wednesday
Dr. Johnson, Grand Island Clinic

Fourth Friday
Dr. Brennan, Grand Island Clinic

Oncology

Fourth Thursday
Dr. Ramaekers / J. Kezeor, APRN,
Nebraska Cancer Specialists

Ophthalmology

First and Second Wednesday
Dr. Janky, Gleason—Janky
Eye Physicians

Orthopedic

Every other Tuesday
Dr. Clare / S. Gabriel, PA-C,
Nebraska Orthopaedic Center

Every other Tuesday
Dr. Wardyn, Central
Nebraska Orthopedics

Third Friday

Dr. Volin, Nebraska
Orthopaedic Center

Pain Management

Call for schedule
Dr. Donovan/ L. Ostendorf, APRN/
Dr. Massey, MD Pain

Podiatry

First and Third Tuesday
Dr. Broxterman, Foot & Ankle
Clinic of Central Nebraska

Pulmonology

Fourth Friday
Dr. Ganatra, Hastings
Pulmonology and Sleep Clinic

Second Tuesday
M. Hoferer, APRN
CHI Health Pulmonary

Third Friday
Dr. Strom
Prairie Center Internal
Medicine & Nephrology

Surgical Clinic

Every Monday
Dr. Luebbe, Surgery
Group of Grand Island

Every Thursday
Dr. Goering, Surgery
Group of Grand Island

Urology

Third Wednesday
Dr. Williams, Kearney
Urology Center

Vascular

Second Monday
Dr. Pitsch, Bryan Heart Institute

Wound Care

First and Third Friday
S. Bruguera, APRN, CHI Health

HEALTH CLINIC LOCATIONS:

AURORA

Monday: 7:00 a.m. – 5:00 p.m.
Tuesday: 8:00 a.m. – 5:00 p.m.
Wednesday: 8:00 a.m. – 5:00 p.m.
Thursday: 8:00 a.m. – 5:00 p.m.
Friday: 7:00 a.m. – 5:00 p.m.
Saturday: 8:00 a.m. – Noon
For appointment call:
402-694-3191

CLAY CENTER

Monday: 8:30 a.m. – 4:30 p.m.
Tuesday: 9:30 a.m. – 4:30 p.m.
Wednesday: 8:30 a.m. – Noon
Friday: 9:30 a.m. – 4:30 p.m.
For appointment call:
402-762-3236

HARVARD

Wednesday & Thursday:
1:00 p.m. – 4:30 p.m.
For appointment call:
402-772-5330

Congratulations to these



CHAMPIONS

EMPLOYEE OF THE MONTH:

SEPTEMBER

Beca Hadenfeldt, Lead Receptionist,
Memorial Health Clinic

OCTOBER

Jenna Holland-Hurst, Radiologic
Technologist, Memorial Hospital

NOVEMBER

Dee Starr, Admissions
Representative, Memorial Hospital

MARK YOUR CALENDARS!

Jan. 31, Feb. 2, 3 & 5 – Discounted Live Healthy Health Fair **cardiovascular screenings** available onsite at Memorial Hospital. Call 402-694-8274 for appointment.

Feb. 3, 5, & 10 – Live Healthy Health Fair **discounted blood draws** available at Memorial Health Clinic. Call 402-694-8274 for appointment.

February 14 — Join us for **MCHI's Live Healthy 2026 Health Fair** in the Schaffert Exhibit Hall (formerly known as the Commercial Building) at the Hamilton County Fairgrounds.

April 17 — Save the date for a night out in style at Memorial Foundation's annual Gala Fundraiser.



I want to make a difference.

Please accept my tax-deductible contribution of:

\$25 \$50 \$100 OTHER \$ _____

Direct my gift to:

Endowment Fund

Area of Greatest Need (Unrestricted)

Other _____

Please contact me about a bequest or transfer of stock or real estate.

Donor Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

Enclosed is my check payable to Memorial Foundation.

Charge my Credit Card:

Visa _____ Mastercard _____ AmEX _____

Name on card _____

Card No. _____

EXP date _____ Security Code _____

Signature _____

Your donation is tax deductible to the extent allowed by law. Memorial Foundation will provide a receipt for your records.

One time or monthly donations can be made online at:

www.memorialcommunityhealth.org/foundation/donate-online

Or, return completed form to:

Memorial Foundation • 1423 Seventh Street • Aurora, NE 68818

Please contact the Foundation office with any questions

regarding a gift to Memorial Foundation:

Taylor Willis, Memorial Foundation Director

402-694-8220 or foundation@mchlaurora.org

The Memorial Foundation Endowment Fund provides long-term financial support to ensure Memorial Community Health can continue delivering quality care close to home. Built through generous community contributions, the fund is invested so its earnings can support essential needs year after year. These dollars help purchase important medical equipment, enhance patient programs, and strengthen care across all departments. Because only a portion of the earnings are used annually, the fund continues to grow and serve future generations. With deep gratitude for our supporters, we invite you to consider a gift to the Memorial Foundation Endowment Fund to help sustain exceptional local healthcare for years to come.



Taylor Willis

Named Executive Director of Memorial Foundation



Memorial Community Health is excited to welcome Taylor Willis as the new Executive Director of Memorial Foundation. With a well-rounded background in leadership, community engagement, and diverse professional experiences, Willis is poised to make a significant impact in her new role. Her career spans across industries including finance, banking, hospitality, property management, event planning, and customer service.

"I'm truly honored to step into this role and be part of an organization that has such a positive impact on our community," said Willis. "I look forward to fostering meaningful connections with donors, staff, and residents, and leveraging my skills and experiences to help strengthen the future of healthcare in our area."

Taylor and her husband, Andrew, reside in Aurora with their two children, Austyn (10) and Ledger (8). Outside of work, she enjoys spending time with family and friends, attending her children's events, visiting relatives in Kansas, golfing, and enjoying summer weekends on the river.

