

# HealthMatters

Up-to-date news & happenings for our community



A publication of

**Memorial**  
COMMUNITY HEALTH

SPRING 2026

## A New Way to Connect: Our Website Gets a Fresh Start

On February 19, Memorial Community Health launched a newly redesigned website — created with one goal in mind: making it easier for our community to connect with care.

For nearly 15 years, our previous website helped patients, residents and families find information about services, providers, and events. But as technology has advanced and more people rely on smartphones and tablets to access information, it became clear that an updated experience was needed.

Today's website reflects how people search for healthcare today — quickly, conveniently, and often on the go.

“Our mission is improving lives through community health services, because every moment matters,” said Tina Hunt, Marketing Director for Memorial Community Health. “We wanted a website that truly

supports that mission by making it simple for people to find what they need — whether that's scheduling an appointment, paying a bill, or learning about a service.”

The redesigned site features a clean layout, simplified navigation, and improved mobile responsiveness so visitors can move easily from one page to the next. Important tools such as “Pay Your Bill” and “Make an Appointment” are prominently displayed, and provider and service information is easier to explore.

For CEO Justin Wolf, the update represents an investment in ensuring our online presence reflects the quality, innovation, and compassion that define the care we provide today.

“Investing in technology like our new website is about more than staying current — it's about serving our patients, residents and community

more effectively,” Wolf said. “When someone visits our website, it's often because they need something — information, reassurance, or care. We want that experience to be smooth, efficient, and reflective of the quality of service they receive when they walk through our doors.”

The new website is also built on a modern platform that allows for continued updates and future growth. It meets ADA and website security standards, helping ensure accessibility and reliability for all users.

As Memorial Community Health continues to serve every generation, this new digital front door strengthens how we communicate, connect, and care for our community — today and into the future.

We invite you to explore the new site at [memorialcommunityhealth.org](http://memorialcommunityhealth.org).

## DISCOVER WHAT'S NEW ONLINE

Our redesigned website was built with our community in mind — making it easier to connect with care, stay informed, and access services when you need them.

### HIGHLIGHTS INCLUDE:

- ◆ **Faster access to care tools** — Schedule appointments and manage payments directly from the homepage
- ◆ **Clear pathways to services** — Organized by division and department for quicker browsing
- ◆ **Provider information at your fingertips** — Easily explore specialties and care options
- ◆ **Improved readability and accessibility** — Designed for users of all ages and abilities

Visit [memorialcommunityhealth.org](http://memorialcommunityhealth.org) and explore the new experience today.



## Who's New!

## Dr. Cameron Sidak & Jennifer Leiting, APRN



### DR. SIDAK.

Memorial Community Health, Inc. is pleased to welcome Cameron Sidak, MD, to the family medicine team at Memorial Health Clinic. Dr. Sidak is a board-certified family physician who earned his Bachelor of Science degree magna cum laude from Wayne State College and his Doctor of Medicine from University of Nebraska Medical Center, where he also completed the Advanced Rural Training Residency Program.

With more than 15 years of experience in primary, acute, and emergency care, Dr. Sidak is passionate about building lasting relationships and serving as a trusted partner in his patients' health. Raised on a northeast Nebraska cattle ranch, he and his wife, Trish, live near Central City with their eight children.



### JENNIFER LEITING

Memorial Community Health, Inc. is pleased to welcome Jennifer Leiting, APRN, FNP-C, to the family medicine team at Memorial Health Clinic in Aurora. Jennifer earned her Bachelor of Science in Nursing from Nebraska Methodist College and her Master of Science in Nursing from Clarkson College. She is board-certified through the American Association of Nurse Practitioners.

With more than 15 years of healthcare experience—including six years as a family nurse practitioner and three years in pain management—Jennifer is committed to providing compassionate, comprehensive care. Originally from Spalding, she and her husband, Nic, have four children. She looks forward to serving Aurora and surrounding communities and is now accepting patients at Memorial Health Clinic.

Appointments with Dr. Sidak and Jennifer Leiting are available at Memorial Health Clinic in Aurora and can be made by calling 402-694-3191 or by self-scheduling online at [www.MemorialCommunityHealth.org](http://www.MemorialCommunityHealth.org).

## ASK THE EXPERT



Taylor Woodman, RRT  
Respiratory Therapy  
Manager, Memorial  
Hospital

### **Q:** My baby has bronchiolitis and is very congested. What is the Suctioning Clinic and how can it help?

**A:** When your baby is struggling with congestion from bronchiolitis or another respiratory virus, it can be stressful and overwhelming. Because infants—especially those under 24 months—primarily breathe through their noses, a buildup of mucus can make feeding, sleeping, and breathing more difficult.

Bronchiolitis is commonly caused by viruses such as RSV (respiratory syncytial virus) and other respiratory infections that increase mucus production and inflame the small

airways. For some infants, this congestion can be especially challenging to manage at home.

Memorial Hospital's Respiratory Therapy Department in Aurora offers outpatient nasal suctioning services designed to help babies breathe easier while recovering at home. An order from your healthcare provider is required prior to your first visit. Services are available Monday through Friday from 8:00 a.m. to 4:00 p.m.

During your visit, a respiratory therapist will assess your child's symptoms using an approved scoring system. Your baby will then receive gentle nasopharyngeal or

nasal suctioning to help clear mucus obstruction. After suctioning, your child will be reassessed to ensure they are tolerating the illness well. If appropriate, caregivers will receive instruction on effective suctioning techniques to continue care at home.

Families may visit for suctioning services once a day, and the prescription remains valid for five days following diagnosis from their provider. If at any time your child appears more seriously ill, you will be escorted to Emergency for further evaluation. Our suctioning clinic offers added support and reassurance while your child recovers.

*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](mailto:doc@mchiaurora.org).**

## Senior Focus

### SPRING INTO HEALTH: PREVENTIVE SCREENINGS TO SCHEDULE NOW

Spring is a season of renewal, making it the perfect time to refresh your focus on preventive health. Staying proactive with recommended screenings can help detect potential concerns early—when they are often most treatable—and keep you feeling your best all year long.

For adults age 55 and older, routine preventive care plays an important role in maintaining independence and quality of life. An annual wellness visit with your primary care provider is a great place to start. This visit allows you to review medications, discuss any new symptoms, update vaccinations, and create or adjust your personalized prevention plan. It's also an opportunity to talk through lifestyle habits such as nutrition, physical activity, and sleep, which all contribute significantly to long-term wellness.

**Several key screenings may be recommended this time of year:**

#### **BLOOD PRESSURE & CHOLESTEROL CHECKS:**

Monitoring heart health remains essential, especially since high blood pressure and elevated cholesterol often have no noticeable symptoms.

**DIABETES SCREENING:** A simple blood test can identify elevated blood sugar levels early and help prevent complications.

**COLORECTAL CANCER SCREENING:** Colonoscopies or other screening options are typically recommended through age 75, depending on your health history.

**BONE DENSITY TESTING:** Osteoporosis becomes more common with age, particularly in women. A bone density scan can assess fracture risk and guide treatment decisions.

*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.*



#### **MAMMOGRAMS & PROSTATE HEALTH DISCUSSIONS:**

Staying current on gender-specific screenings supports early detection and better outcomes.

**VACCINATIONS:** Spring is a good time to review protection against shingles, pneumonia, tetanus, RSV, and other preventable illnesses.

Preventive care is not just about tests—it's about conversations. If you've noticed changes in memory, balance, strength, sleep, or mood, don't hesitate to bring them up. Even small concerns can provide important clues about your overall health. Addressing issues early often leads to simpler treatments, improved outcomes, and greater peace of mind for both you and your loved ones.

At Memorial Health Clinics and Memorial Hospital, many preventive screenings, diagnostic services, and outpatient specialty clinics are available right here in Aurora. Receiving care close to home makes it easier to stay on schedule and build lasting relationships with your healthcare team.

Taking a little time this spring to prioritize your health can help you enjoy the seasons ahead with confidence, vitality, and continued independence.

**NEW**

## ONLINE BILL PAY NOW AVAILABLE

Managing your healthcare payments is now easier and more convenient than ever. The "Pay My Bill" feature—powered by PersonaPay—offers a secure, user-friendly way to take care of your medical bills online, anytime and from anywhere.

**With this enhanced system, patients can:**

- Pay medical bills online at their convenience
- Enroll in paperless billing
- Set up flexible payment plans
- Receive text and email notifications about statements and balances
- Access current and past billing statements in one place
- Update contact and insurance information quickly and securely

This streamlined platform is designed to simplify the billing process while providing greater flexibility, convenience, and peace of mind.



Visit our website and click  
"Pay My Bill" to get started.

**Senior Care Matters**

# 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.

## Cardiology

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

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

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

First, Second, and  
Fourth Wednesday  
Dr. Donovan / L. Ostendorf,  
APRN, 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: 8:00 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: 8:00 a.m. – 5:00 p.m.  
Saturday: 9:00 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. – 4:30 p.m.  
Friday: 9:30 a.m. – 4:30 p.m.  
For appointment call:  
402-762-3236

Congratulations to these

**care matters**  
**CHAMPIONS**

## EMPLOYEE OF THE MONTH:

### DECEMBER

Bonnie Sok, Dietary, Memorial  
Hospital

### JANUARY

Peggy Scribner, Receptionist,  
Memorial Health Clinic

### FEBRUARY

Kim Kilgore, Housekeeping,  
Memorial Hospital

## MARK YOUR CALENDARS!

**APRIL 4** – Hop over for the **MCHI Easter Egg Hunt** at Memorial  
Community Care.

**APRIL 17** – Enjoy a night out in style at **Memorial Foundation's**  
**annual Gala Fundraiser.**

**MAY 7** – Get more bang for your buck by donating to Memorial  
Foundation during **GO Big GIVE.**

**JUNE 25** – Start the **A'ROR'N Days** festivities off right by taking on the  
**Hospital Auxiliary Pie Stand**, located on the historic downtown square.

**JUNE 27** – Grab your tennis shoes and get movin' at **MCHI's Fun Run**  
**and Wellness Walk**



# Regency Gala

# Regency Gala

**FRIDAY, APRIL 17**

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**Farr Building  
Hamilton County Fairgrounds**

**Farr Building | Hamilton County Fairgrounds**

Please select any of the following that apply:

- I (we) request \_\_\_ Gala ticket(s) at \$85 per guest
- I (we) would like to be a Table Sponsor for 8 guests at \$775
- I (we) would like to be an Event Sponsor for 8 guests at \$1000  
(includes premier seating, champagne and event recognition)

Guest Name(s) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Entrée Selections (choose one per person):**

- \_\_\_ Prime Rib
- \_\_\_ Salmon

*\*Please inform us of any dietary restrictions.*

- I (we) cannot attend but would like to support Healthcare Close to Home.  
Please accept a tax deductible gift of \$ \_\_\_\_\_
- I (we) would like to donate an item for the charitable auction.

Business/Organization Name \_\_\_\_\_

Contact Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

**Return this form by April 3rd**  
with check made payable to:

Memorial Foundation  
1423 Seventh Street  
Aurora, NE 68818

*Event tickets will be held at the door.  
Thank you for your generous support!*

Memorial Foundation invites you to join us for an evening of dining, dancing, and a spirited live auction as we revisit the Regency Era with a modern twist. Guests are encouraged to embrace this year's theme by wearing Regency-inspired attire, though any cocktail, semi-formal, or formal attire will be perfectly suitable for enjoying a most delightful evening.

Proceeds from the 2026 Regency Gala will support Memorial Community Health's commitment to providing Healthcare Close to Home.

*The itinerary for the evening is as follows:*

- 5:30 pm . . .Cocktail Reception**
- 6:30 pm . . .Dinner by Nitta's Catering**
- 7:30 pm . . .The Downtown Collective on Stage**
- 8:30 pm . . .Spirited Live Auction**
- 9:30 pm . . .Dance the Night Away  
The Downtown Collective**

The Gala is Memorial Foundation's premiere fundraising event. Please join us as we build upon our strong foundation as we continue to innovate and enhance services for the communities we serve.

**For additional information, contact  
Taylor Willis at 402-694-8220  
or by email at  
foundation@mchiaurora.org.**

