

From the Sidelines to the Starting Line: How One Aurora Athlete Got Back in the Game

For most high school students, classes, homework, and extracurricular activities are enough to fill their schedules. For Aurora High School junior Gabe Gibson, there's rarely an off-season. Between football, wrestling, and track and field, athletics are a year-round commitment.

That commitment was put on hold last fall when Gabe began experiencing increasing pain in his shoulder. What started as soreness soon became impossible to ignore.

Like many Aurora student-athletes, Gabe's first stop was with Memorial Rehabilitation's Certified Athletic Trainer, Jordan Stithem.

"I had been dealing with shoulder pain throughout the season, so I started working with Jordan, our athletic trainer," Gabe said. "He referred me to an orthopedic specialist for an evaluation, and that's what led me to Dr. Wardyn."

Gabe scheduled an appointment with Dr. Seth Wardyn, a visiting orthopedic specialist with Central Nebraska Orthopedics who sees patients every other Tuesday at Memorial Hospital's Specialty Clinic. After evaluating Gabe's shoulder, Dr. Wardyn ordered an MRI, which revealed a torn shoulder labrum and a torn bicep tendon.

"Dr. Wardyn assured me that he would get me all fixed up and back to competing," Gabe said.

While the diagnosis provided answers, it also came with difficult news. Recovery would take approximately six months, forcing Gabe to miss both wrestling and track season.

During surgery, Dr. Wardyn repaired Gabe's shoulder using ten anchors to reattach the torn labrum and a suture to repair his bicep tendon. What was expected to be a two-hour procedure ultimately lasted nearly four hours because of the complexity of the injury.

Four weeks after surgery, Gabe began his five-month physical therapy journey at Memorial Rehabilitation.

"We chose Memorial Rehab because they know Gabe," said his mother, Jana Gibson. "Their staff are at the practices and games, they're familiar with his previous injuries, and they stay connected with his surgeon throughout the recovery process. We knew

everyone would be working together toward the same goal."

That coordinated approach is one of Memorial Community Health's greatest strengths. From injury evaluation on the sidelines to diagnostic imaging, orthopedic specialty care, surgery, and physical therapy, every step of recovery is connected, allowing patients to receive comprehensive care close to home.



SCHEDULE YOUR APPOINTMENT ONLINE, ANYTIME

It's never been easier to schedule an appointment at Memorial Health Clinic. With online scheduling, you can view your provider's available appointment times and book a visit at your convenience—anytime, anywhere.

**SCAN THE QR CODE TO SCHEDULE
YOUR NEXT APPOINTMENT:**



Who's New!

Jelynda Anderson, SHRM-CP and JoDe Kinnaman, MA, BA, RN



Jelynda Anderson

Memorial Community Health is excited to welcome Jelynda Anderson, SHRM-CP, as Director of Human Resources. Jelynda brings extensive healthcare human resources experience and a passion for supporting employees and fostering a positive workplace culture. In her role, she will lead efforts related to recruitment, employee engagement, benefits, compliance, and workforce development across the organization.



JoDe Kinnaman

Memorial Community Health is pleased to welcome JoDe Kinnaman, MA, BA, RN as Population Health Nurse and Care Coordinator for Memorial Health Clinic. JoDe brings a wealth of expertise to the team, having earned a nursing diploma from the Mary Lanning School of Nursing, followed by a Bachelor's and Master's degree from Bellevue University. With extensive experience in patient care, health education, and care management, she is uniquely equipped to help patients navigate their health journeys. In her role as a Care Coordinator, JoDe supports patients and their healthcare teams by providing information on current treatments, establishing goals, and setting strategies to help individuals manage their health.

ASK THE EXPERT



Kachine Banahan,
APRN, FNP-C
Emergency & Acute
Care Provider

Q: When Should I Choose Acute Care vs. Emergency Care?

A: When you're not feeling well or an unexpected health issue comes up, it can be difficult to know where to go for care. Should you visit an Acute Care Clinic or head to the Emergency Room? Understanding the difference can help you get the right care at the right time.

Acute Care is designed to treat illnesses and injuries that need prompt attention but are not life-threatening. Think of conditions like sore throats, ear infections, flu symptoms, minor cuts, sprains, rashes, or a urinary tract infection. Acute care is a great option

when you need to be seen quickly and can't wait for a regular appointment with your primary care provider.

Emergency Care, on the other hand, is intended for serious or potentially life-threatening situations. Symptoms such as chest pain, difficulty breathing, signs of a stroke, severe bleeding, major injuries, or sudden changes in consciousness should always be treated as emergencies. In these situations, every minute matters, and emergency medical teams are equipped to provide advanced care immediately.

A simple way to think about it is this: if your condition is uncomfortable,

concerning, or needs attention soon, Acute Care is often the best place to start. If your condition could threaten your life, a limb, or long-term health, seek Emergency Care right away.

Choosing the appropriate level of care not only helps you receive treatment faster, but it also ensures emergency resources remain available for those facing critical situations.

If you're ever unsure where to go, don't hesitate to call ahead for guidance. When it comes to your health, it's always better to ask questions and seek care than to wait and worry.

Your health matters, and we're here to help when you need us.

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

STAY STRONG, STAY INDEPENDENT: TIPS FOR PREVENTING FALLS

Staying active and independent is important at every stage of life. While falls can become more common as we age, they are not an inevitable part of getting older. In fact, there are many simple steps you can take to help maintain your balance, confidence, and mobility for years to come.

One of the best things you can do is keep moving. Regular activity helps strengthen muscles, improve balance, and keep joints flexible. Whether it's taking a daily walk, participating in an exercise class, gardening, or dancing, staying active can make a big difference in how steady and confident you feel. Even small amounts of movement each day can help.

Your home should be a place where you feel comfortable and secure. Taking a few moments to remove tripping hazards, improve lighting, and keep pathways clear can help create a safer environment. Consider adding grab bars in the bathroom and making sure stairways have sturdy handrails. These small changes can provide extra peace of mind.

It's also important to pay attention to your overall health. Regular vision and hearing checkups can help you stay aware of your surroundings and maintain good balance. If you wear glasses, be sure your prescription is up to date. Comfortable, supportive shoes with non-slip soles can also help you feel more stable throughout the day.

Sometimes medications can affect balance or cause dizziness. If you have concerns about how you're feeling, don't hesitate to talk with your healthcare provider or



pharmacist. They can review your medications and help identify anything that may be increasing your risk of falling.

Most importantly, listen to your body. If you feel unsteady, take your time when standing up, use handrails when available, and ask for assistance when needed. There's no shame in taking precautions that help you stay safe and active.

Growing older doesn't mean slowing down on the things you enjoy. By staying active, making a few simple adjustments, and taking care of your health, you can continue living life with confidence. Every step you take toward preventing falls is a step toward maintaining your independence, enjoying your favorite activities, and staying connected to the people and experiences that matter most.

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.

SCHOOL & SPORTS PHYSICALS

Nebraska law requires physical examinations prior to entering Kindergarten and 7th grade, as well as for students new to Nebraska. In addition, physicals are required for participation in sports for grades 8-12.

- Call today to schedule an appointment during clinic hours at Aurora 402-694-3191 or Clay Center 402-762-3236.
- Bring eyeglasses, immunization records, insurance card, and school-specific forms to be completed. Some school forms are available at the clinic. Call to inquire.
- Memorial Health Clinic offers all recommended immunizations for children and can be given at the time of the school physical.



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, LADC
Quality Healthcare Clinic, LLC

Every Thursday

G. Dallmann, 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, Nebraska
Orthopaedic Center

Every other Tuesday

Dr. Wardyn, Central
Nebraska Orthopedics

Third Friday

Dr. Volin, Nebraska
Orthopaedic Center

Pain Management

Third 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. Luebke, 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



CHAMPIONS

EMPLOYEE OF THE MONTH:

MARCH

Jackie Johnson, Radiologic
Technologist, Memorial Hospital

APRIL

Linda Yrskoski, Coder, Memorial
Hospital

MAY

Connie Krause, Medical Billing
Specialist, Memorial Health Clinic

MARK YOUR CALENDARS!

September 18 – Engage in some friendly competition at **Memorial Foundation's Annual Golf Tournament** at Poco Creek Golf Course.

October 8 – Ladies, you're invited to an **Evening of Women's Wellness and Wine** with MCHI, co-sponsored by The Leadership Center.



MCHI CHARITABLE

GOLF

TOURNAMENT

Friday, September 18

Poco Creek Golf Course
Aurora

Register
early...
Limited to
18 teams

Entries
accepted until
**Friday,
August 21**

Dear friends of MCHI,

It's time to close out the summer and have some fun at Memorial Foundation's annual golf tournament.

Proceeds from this event will support Memorial Community Health's commitment to providing Healthcare Close to Home. This year, we are excited to build upon our strong foundation as we continue to enhance and expand services for the communities we serve. Your support helps ensure exceptional care remains accessible and close to home for every individual who comes through our doors. Please consider joining us for a fun day of golf, good friends, great food and an opportunity to support our mission as we strive to provide exceptional healthcare in our community.

This tournament is open to men and women of all ages and skill. First time golfers are welcome! Team entry fee includes a fun nine holes of golf, cart snacks, and a fabulous spread of heavy appetizers following the tournament.

In addition to playing in the tournament, there are numerous other ways to support our cause:

Hole Sponsor & Team (\$500) - Includes team registration and company recognition at one of 9 holes and in tournament advertising.

Flag Sponsor & Team (\$425) - Includes team registration and company recognition in tournament advertising.

Team Sponsor (\$400) - Includes registration for a 4-person team.

Hole Sponsor (\$250) - Includes company recognition at one of 9 holes and in tournament advertising.

Flag Sponsor (\$175) - Includes company recognition in tournament advertising.

The field is limited to the first 18 paid teams. If you wish to donate a flag or raffle prize, please contact Taylor Willis at 402-694-8220 or Phil Fendt at 402-694-8204.



MCHI CHARITABLE

GOLF

TOURNAMENT

Friday, September 18

Poco Creek Golf Course • Aurora

Team or Sponsor Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

Team Member 1 _____

Team Member 2 _____

Team Member 3 _____

Team Member 4 _____

Yes, count on our support!

☐ \$500 Hole Sponsor & Team

☐ \$425 Flag Sponsor & Team

☐ \$400 Team ONLY

☐ \$250 Hole Sponsor ONLY

☐ \$175 Flag Sponsor ONLY

Number of carts needed _____

**cart fee is NOT included in above price. Add \$20 for each cart needed.
Personal carts are welcome.*

☐ Enclosed is our check payable to Memorial Foundation.
Amount Enclosed \$ _____

☐ We are unable to participate this year but want to support Healthcare Close to Home. Enclosed is our tax-deductible donation of:
\$ _____

Mail Registration to:
MEMORIAL FOUNDATION
1423 7th Street, Aurora, NE 68818
402-694-8220

OR

Scan the QR code
to register online

