

HealthMatters

Up-to-date news & happenings for our community



A publication of

Memorial
COMMUNITY HEALTH

FALL 2026

Right Where Paul Belongs

For Paul Friederichsen, Aurora has always been home. His family moved to the community in the 1970s, and after spending several years away, returning to Aurora has brought him back to the people, places, and memories that mean the most to him.

A year ago, Paul made East Park Villa his home. His daughter, Amber, a nurse with nearly 25 years of experience who lives in Omaha, helped move him back to Aurora. With her background in nursing and long-term care, Amber knows what to look for when it comes to quality care. So, when Paul broke his shoulder after a fall this summer, she was closely involved in deciding where he would receive care. After he was brought to the Emergency Department at Memorial Hospital, Amber was immediately impressed by the response from the care team.

"The ER staff was incredible," she said. "The provider called me right away and just kept me really informed." Paul remained at Memorial Hospital for an acute stay to help manage his pain. Throughout his stay, physical and occupational therapy worked with him, while nurses closely monitored his condition. "Everybody was so involved and so nice," Amber said. "They were just really on top

of everything. The nurses came in as soon as he hit his call light."

When it became clear Paul could not immediately return to East Park Villa, Amber considered taking him back to Omaha for rehabilitation. Instead, she toured Memorial Community Care. "I just felt really comfortable," she said. "Everybody's friendly, it's so clean, and Jennifer, the social worker, was just amazing."

"I felt very comfortable leaving him here. And that's saying a lot, you know, as a nurse."

~ Amber, Paul's daughter

Being back in Aurora has also given Paul the opportunity to remain connected to his community. Many of his longtime friends are still here, and a recent lunch visit at East Park Villa gave him the chance to reconnect with them and lifted his spirits.

"He just seems happier," Amber said. "He's just at home here in Aurora."

Paul recently finished his rehabilitative stay at Memorial Community Care and returned

to his home at East Park Villa. For Paul and his family, MCHI has provided more than medical care. It has given him the opportunity to heal close to home, surrounded by the people and places that have been part of his life for decades.



Paul with his granddaughter, Maggie, and daughter, Amber.

Fighting the FLU starts with YOU!

Protect yourself and those around you by getting your annual flu shot.

Visit one of our community flu clinics or schedule at Memorial Health Clinic in Aurora.

COMMUNITY FLU CLINICS

No appointment needed - Drop-ins accepted
Cash Pay & Medicare/Medicare Advantage

Cash Pay Cost:

Standard Flu Vaccine (age 6 mo. & older) **\$40**
High-dose Flu Vaccine (65+) **\$105**

Hamilton County Senior Center

1205 11th St. - Aurora

Wed, Oct 21 - 9:00 am – 12:00 pm

Memorial Hospital

1423 7th St. - Aurora
Conference Room

Thurs, Oct 22 - 4:30 – 6:00 pm

MEMORIAL HEALTH CLINIC

609 O Street - Aurora

Appointment Required.

Call 402-694-3191.

Private Insurance & Medicare/Medicare Advantage

Oct 19, 20, 21 & 23 • 4:00 – 5:30pm

Who's New!

Sam Karr, APRN, FNP-C, and Mandy McCarthy, APRN, FNP-C



Sam Karr, APRN, FNP-C, Acute/Emergency Care Provider

Memorial Community Health, Inc. is pleased to welcome Samantha “Sam” Karr, APRN, FNP-C, to the medical team at Memorial Health Clinic in Aurora. Sam earned her Bachelor of Science in Nursing from Western Governors University and her Master of Science in Nursing from Walden University. She is board-certified through the American Academy of Nurse Practitioners.

With more than 13 years of healthcare experience, primarily in emergency care, Sam will provide emergency care through Memorial Hospital’s Emergency Department and acute care through the walk-in clinic at Memorial Health Clinic. Originally from rural Montana, Sam has a strong appreciation for rural health care and is passionate about providing compassionate care and supporting patients through stressful moments.



Mandy McCarthy, APRN, FNP-C, Family Medicine Provider

Memorial Community Health, Inc. welcomes Mandy McCarthy, APRN, FNP-C, to the family medicine team at Memorial Health Clinic in Aurora and Clay Center. Mandy earned her Bachelor of Science in Nursing from the University of Nebraska Medical Center and her Master of Science in Nursing from Clarkson College.

Mandy joins us with nearly 25 years of healthcare experience in surgical care, women’s health, acute and emergency care, and other medical settings. She chose family medicine because she enjoys caring for patients at every stage of life and building long-term relationships with families. Mandy is committed to making patients feel comfortable, heard and involved in their care.

ASK THE EXPERT

Q: What types of imaging screenings should women have, and how do I know which ones I need?

A: It’s great that you’re thinking ahead about your health. Preventive screenings that involve imaging play an important role in caring for yourself, and knowing which ones you need—and when—can help you make informed decisions.

For most women at average risk, annual mammograms are recommended beginning at age 40. At Memorial Hospital, we offer 3D mammography, which provides a more detailed look at breast tissue and can help detect breast

cancer before a lump can be felt or symptoms appear.

If a mammogram shows something that needs a closer look, breast ultrasound may be recommended. Ultrasound gives us another way to evaluate an area of concern and can provide additional information after a mammogram.

Imaging can also support bone health. Bone density screening is generally recommended for women beginning at age 65, though some may benefit from



Angie Paschke, RT(R)(M),
Radiology Manager,
Memorial Hospital

earlier screening based on their risk factors. A bone density scan, or DEXA scan, measures bone strength and can help identify osteoporosis before a fracture occurs.

Because screening needs vary based on age, family history, personal health history and other risk factors, talk with your healthcare provider about what’s right for you.

Making time for the screenings your provider recommends can help protect your health today and for years to come.

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

HEALTHY AGING STARTS TODAY: *Make Preventive Care Your Superpower*

Aging well is not about slowing down—it is about staying ready for the people, places and moments that matter most. Preventive care helps you do just that. Keeping up with recommended vaccines, routine screenings and regular checkups gives you and your healthcare provider a clearer picture of your health, helping catch small concerns early and keeping you moving forward with confidence.



Vaccines: a simple step with powerful protection

Vaccines are one of the easiest ways to help protect your health as you age.

Ask your healthcare provider which vaccines are right for you, including flu, COVID-19, pneumococcal, shingles and RSV vaccines, as well as tetanus, diphtheria and pertussis boosters when appropriate. Staying up to date can help lower your risk of serious illness and bring peace of mind when spending time with family, friends and your community.



Screenings: knowledge that helps you stay in charge

Routine screenings can help find health concerns before symptoms appear, when they may be easier to manage or treat. Depending on your age, health history and risk factors, your provider may recommend checks for blood pressure, cholesterol, diabetes, colorectal cancer, breast cancer, osteoporosis and other conditions. Use each visit to ask, “What screenings are right for me now?”



Your annual wellness visit: a yearly check-in for your best life

Think of your annual wellness visit as dedicated time to focus on you—your goals, medications, safety at home, daily routines and plans for the year ahead. Your provider can review your health history, talk through fall risks, discuss activity and nutrition habits, review recommended vaccines and routine screenings, and help create a personalized prevention plan. It is also a great time to ask questions, share any changes you have noticed, and make sure your care plan fits the life you want to keep living.

Preventive care is an investment in your independence, energy and quality of life. You do not have to wait until something feels wrong to take care of yourself. By scheduling your wellness visit, keeping vaccines current and following through on recommended screenings, you are choosing strength, confidence and a healthier tomorrow. Your future self will thank you for the care you take today.

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.



MAMMO MONDAYS AT MCHI

Ladies, we know life gets busy, but your health is too important! That's why Memorial Hospital is offering Mammo Mondays—evening mammograms every Monday in October, designed with your schedule in mind.

Take charge of your health this October!

Call us at 402-694-8258 to schedule your mammogram and treat yourself to peace of mind.

Special Perks



FREE GIFT

Schedule your mammogram in October and receive a special gift to celebrate Breast Cancer Awareness Month!



SWEET TREAT

Enjoy a delicious treat when you come in for your Mammo Monday appointment.

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

First Friday
Dr. Larsen, Kearney
Urology Center

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. – Noon
Friday: 9:30 a.m. – 4:30 p.m.

For appointment call:
402-762-3236

Congratulations to these



CHAMPIONS

EMPLOYEE OF THE MONTH:

JUNE

Katelyn Honas, Administrator,
Memorial Community Care

JULY

Jennifer Heiden, Social Worker,
Memorial Community Health

AUGUST

Kerry Tanfield, Cook, Memorial
Hospital

MARK YOUR CALENDARS!

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

November 1 – Schedule your **discounted blood draw**, happening Jan. 26, 28, and Feb. 2, call 402-694-3171 to make your appointment.

