



# MEMORIAL COMMUNITY HEALTH, INC.

## Community Connection

memorialcommunityhealth.org

Volume 4 June 2009 Number 6

### Memorial Hospital

1423 7th Street  
Aurora, NE 68818  
402-694-3171

### Memorial Community Care

1423 7th Street  
Aurora, NE 68818  
402-694-8230

### Memorial Health Clinic

609 O Street  
Aurora, NE 68818  
402-694-3191  
Monday—Friday  
8:00 AM—5:00 PM  
Saturday  
8:00 AM—12:00 PM

### Memorial Health Clinic

319 W. Glenvil  
Clay Center, NE 68933  
402-762-3236  
Monday—Friday  
9:00 AM—4:30 PM  
Saturday—Closed

### Memorial Health Clinic

203 E. Walnut  
Harvard, NE 68944  
402-772-5330  
Monday and Thursday  
9:00 AM—4:30 PM  
Saturday—Closed

### East Park Villa

1704 L. Street  
Aurora, NE 68818  
402-694-2300

## MCHIs EMPLOYEE OF THE

Leanna Warner, MCHI House-keeping Department, has been selected as the June, 2009, Employee of the Month. Leanna is always willing to help in any way she can and goes above and beyond the call of duty. She is especially conscientious of how she can make things better for the hospital nursing staff. When she is called in after hours, she comes in with a smile. She will always try to rearrange her schedule if a co-worker needs to trade days.

Congratulations Leanna!



## OUR BIGGEST LOSERS ARE WINNERS!

MCHI had 45 employees that participated in the Hamilton County Health Challenge. We are very proud of these people for their dedication and hard work in losing weight, getting in shape and making lifestyle changes that will help them to live happier and healthier lives!

People chose many different methods to help attain their goals. Some examples are Curves, Weight Watchers, Jazzercise, marathon training, weight lifting programs diet changes, etc. Many employees also took part in the free educational seminars put on by our Wellness Coordinator, Kayte Tranel.

Many members took advantage of the free opportunities to try the different exercise services available to our community.

Even though the challenge is over, many employees continue to work hard and encourage co-workers, family and friends to do the same. Keep up the great work!

We want to take this opportunity to thank all of the businesses who sponsored this event and individuals who participated in the Hamilton County Health Challenge.



## MCHIs DEPARTMENT OF THE MONTH



Kathy Rath, Kim Larsen, and Janet Kliever of the East Administration Office have been selected as MCHI's June, 2009, Department of the Month. They all do a great job of answering the phone calls and completing all the special tasks and requests timely each day with a smile. While they work together in the same office, they each have different responsibilities. Kathy work in Central Supply and is the

Purchasing Agent for MCHI, Kim works with Accounts Payable and Janet is the Administrative Secretary. They are teamplayers and have a great attitude.

## SAVE THE DATE—August 7<sup>th</sup>, 2009

MCHI will host its Annual Charitable Golf Tournament this year on Friday August 7, 2009!

We invite you to join us this year for our annual charitable Golf tournament! The tournament this year will be a 9 hole 4-person scramble, at the beautiful Poco Creek Golf Course. All proceeds from this tournament will benefit MCHI's healthcare system, including East Park Villa, Aurora, Harvard, & Clay Center Medical Clinics, and Memorial Community Care.

We hope you will join us for a fun Friday afternoon and a great 9 holes of golf. MCHI would love to have your support and hope that you will consider sponsoring a hole or a team.

Our tournament is a 4 person scramble. It is open to men and women of all ages and skill. First time golfers are welcome! Team entry fee includes a great luncheon, nine holes of golf (carts are additional), flag prizes and an afternoon of fun. Registration and lunch begins at 12 noon, shotgun start at 1:00 pm. The field is limited to the first 18 teams. There are lots of ways you can be part of the day! For more information or if you wish to donate a flag or raffle prize, please contact ReeAnn Regier at the Foundation 402-694-8220 or email her at [reeann@mchiaurora.org](mailto:reeann@mchiaurora.org) or contact Phil Fendt at 402-694-8204 or email, [fendt75@mchiaurora.org](mailto:fendt75@mchiaurora.org)

The Poco Creek golf Course is looking great this year and we hope to see you there!



## FIRE WORK SAFETY

From the National Council on Fireworks Safety

With the 4th of July just around the corner, the staff of MCHI want to remind everyone of some basic fireworks safety tips.

- Only persons over 12 years of age should handle sparklers of any type. Too many young people get burned by sparklers every year. By keeping sparklers out of the reach of youngsters, we can reduce these injury rates.
- Obey local laws. If fireworks are not legal where you are, don't use them. Always read and follow label directions.
- Stay away from illegal explosives, such as M-80s, M-100s, blockbusters or quarter-pounders. They are not fireworks but they are federally banned explosives.
- Only use fireworks as intended. Don't try to alter them or combine them. Always read and follow label directions.
- Fireworks and alcohol do not mix. Have a designated "shooter".
- When all else fails, use common sense. Respect fireworks and sparklers as the great American tradition they are, but also respect the fact that they must be used with caution.
- Always have water handy (a garden hose and a bucket).
- Dispose of fireworks properly by soaking them in water and then disposing them in a trash can.

Our physicians and emergency room staff are always here to help in case of injury. But they want you to be safe at home with your friends and family for the holiday.

*Have a Happy and Safe 4th of July.*



## MCHI PHYSICAL THERAPY RUN AND WELLNESS WALK SATURDAY, JUNE 27, 2009

MCHI Foundation & the Physical Therapy Dept. are looking for a great turnout on Saturday June 27<sup>th</sup>, for our annual Fun Run and Wellness walk! We're excited about returning to the Bremer Center this year for the beginning of the 10K/5K Fun RUN. The Fun Run is always a great way to start the days festivities off. Many returning alumni look forward to this event every year as a way to maintain those hometown friendships. MCHI is proud to be apart of this community celebration.

Runners that day can look forward to meeting the Physical Therapy's Dept. newest Physical Therapist. *Phillip Esslinger* will be joining the Memorial Health Care Rehab team this summer. Phillip completed his undergraduate studies from Wayne State College with Bachelors in Science. After Wayne State College he completed his Doctorate of Physical Therapy from the University of Creighton Medical Center. Phillip has clinical experience in a variety of healthcare settings including geriatric, pediatric, sports, and orthopedic rehabilitation. He was raised in the small town of Bertrand, NE and enjoys the outdoors, old cars, and Husker sporting events.

He came to know our wonderful community when he first met his wife, Erin Esslinger. Erin is the daughter of Jay and Linda Oswald and is pursuing her Masters in Social Work. Erin enjoys running in her spare time and has qualified this year for the Boston Marathon. Phillip and Erin are excited to join the community and look forward to becoming a part of the great Aurora heritage.

We're excited to have Phillip join our MCHI family. Phillip will be on hand the day of the MCHI Physical Therapy FUN RUN, and looks forward to meeting all of you!



## IT'S TIME FOR SCHOOL AND SPORTS PHYSICALS

### SCHOOL PHYSICALS

Sports—7th Grade—Kindergarten—Camp  
Now Available

Throughout the Year at

### Memorial Health Clinic

Aurora-Clay Center-Harvard  
at the Reduce Price of  
\$40.00

Schedule an Appointment Now:

Aurora: 402-694-3191 (Monday thru Friday only)  
Clay Center: 402-762-3236 (Monday thru Friday only)  
Harvard: 402-772-5330 (Monday and Thursday only)  
School Physical Must Start After June 1

## JULY, 2009 OUTPATIENT SPECIALTY CLINIC SCHEDULE

Audiology—Craig Foss	July 17
Bone Densitometry	July 7
Bryan Mobile Nuclear	July 10, 24
Cardiology, BHI	July 8, 22
Cardiology, NHI	July 1, 8, 15, 29
Dermatology	July 21
Diabetic Educator—Dana Vettel, RN	By Appointment
Ear, Nose, Throat, G.I.	July 17
Immunization Clinic	July 2, 9
MRI	July 1, 8, 15, 22, 29
NHI Nuclear	July 1, 15, 29
Nephrology—Dr. Saleem	July 2
Nephrology—Dr. Bodonyi	July 16
OB/GYN—Dr. Pankratz	July 2, 16
Oncology—Dr. Copur	July 9, 23
Ophthalmology—Dr. Janky	July 8, 22
Orthopedic, Grand Island—Dr. Cahoy	NO July Clinic
Orthopedic, Lincoln—Dr. Clare	July 7, 21
Orthopedic, Lincoln—Dr. Volin	July 3
Pain Management—M. Perry, CRNA	July 13, 27
Pain Management—Dr. Meyer	July 15
Peripheral Vascular—Dr. Myers	July 10
Peripheral Vascular—Dr. Whittle	July 24
Podiatry—Dr. Larsen	July 14, 28
Prenatal Class	July 20
Pulmonary	July 2
Sibling Class	July 13
Surgeon—Dr. Goering	July 2, 9, 16, 30
Surgeon—Dr. Luebbe	July 6, 20, 27
Urology—Dr. Conant	July 7, 21, 28

To schedule an appointment, contact your physician or call Memorial Hospital at (402) 694-8274.