



# aspire

FALL 2023

## News & Updates

A note from the CEO, facility updates and upcoming events.

## Our People

Awards and new additions to the MCH Physicians team.

## Foundation

Growing with the community.

## COMMITTED TO THE COMMUNITY

Tosha Hefling, RN received a DAISY Award by patient nomination to recognize her going above and beyond to not only provide patients and families with excellence in clinical care but also compassion.

Sarita White, Clerk Tech, and Del McDonald, RT received a TULIP award for being Thoughtful, Upbeat, Loving Individuals caring for Patients.



# HELLO & WELCOME

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## Message From The CEO

Welcome to the Fall edition of our MCH Aspire Newsletter. As we embrace the beauty of the autumn season, I am happy to share exciting updates from our team.

In this issue, you will find a wealth of information about new providers, expanded services, inspiring patient stories, and learn about our Labor and Delivery program.



Discover the backgrounds and specialities of our new healthcare providers and learn how their expertise enhances our ability to provide high-quality and personalized care. Our commitment to your well-being extends beyond the MCH team and we've expanded services designed with your needs in mind. We want to ensure that you have access to comprehensive healthcare services close to home and we are proud to continue to introduce innovations and enhancements. This includes expanded services with Pelvic Floor Therapy, Lymphedema treatment, and Tai Chi classes for our community members.

One of the highlights of this publication speaks to the environment and team members that make our Labor and Delivery area so special. MCH's Labor and Delivery department has been carefully designed to provide a safe birth environment that is as close to the comfort of your own home as possible. MCH is happy to announce we now offer nitrous oxide as an option during your birth experience. We recognize that welcoming a new life into the world is a momentous occasion, and we are committed to ensuring that your experience is safe and memorable.

Thank you for being part of the MCH community and entrusting us with your healthcare. Please don't hesitate to reach out if you have any questions or if there's anything more you'd like to know.

Sincerely,

Manny Banner, RN, MHA, FACHE  
President and CEO  
Memorial Community Hospital & Health System



## LABOR & DELIVERY MEMORIES

Every birth is a unique and extraordinary experience, filled with emotions, anticipation, and joy. We would like to share this testament from new mom, Cassie Chapman, about the compassionate care, expertise, and support provided to expectant mothers and their families. "I had the pleasure of delivering my baby at Memorial Community Hospital in June 2023. I delivered at a different hospital with my first child and this experience was a night and day difference. We loved our delivery at MCH! My favorite part was the highly personalized care. I never felt like a number or rushed through the process. The nurses were all very caring and attentive, at all hours of the day. We also loved the suite. The large bed was much more comfortable to snuggle my baby in, especially when big sister came to visit. The memories that were made with Memorial Community Hospital's Labor and Delivery team will be the ones we cherish for a lifetime!" said Chapman.

### Happenings..

Mom Support Group  
Mondays, 5:00 - 6:00  
with Carly Miller, CLC

Fall Baby Expo  
November 16, 4:00 - 7:00  
By appointment only -  
[mdahlgren@mchhs.org](mailto:mdahlgren@mchhs.org)

Pictured from left, Amy Turner, RN,  
Cassie Chapman, and Cindy Dukes, RN



Memorial Community  
Hospital & Health System  
Blair • Fort Calhoun • Tekamah

# NEWS & UPDATES

**Lunch 'N Learn:** Homecare and Hospice

October 26

Fall Baby Expo

November 16

**Lunch 'N Learn:** Diabetes

November 28

Santa at MCH

December 7

Blood Drive

December 12

Senior Exercise Class

M-W-F 9:00am



## Fall Baby Expo

November 16th, 2023

Call or email Molly Dahlgren to register at [mdahlgren@mchhs.org](mailto:mdahlgren@mchhs.org) or 402.426.1464



## Village Connect - Caregiver Support Group

1st and 3rd Tuesday of the month

Call or email Molly Dahlgren to register at [mdahlgren@mchhs.org](mailto:mdahlgren@mchhs.org) or 402.426.1464



## Caught in the Act

Maria Almanza, Dietary and Interpreter (center), receives a Caught in the Act Award going above and beyond.



## RTTDC Training

Lifenet training with local EMS and fire departments was taught by Paramedic Craig Marshall. Training included when to call a helicopter and how to set up a landing zone for a helicopter based on CAMTS and FAA standards.

# NEW PROVIDER

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MCH is proud to welcome Dr. Sean Erickson to our team of healthcare providers. Dr. Erickson is an M.D. from Ralston and specializes in family medicine and obstetrics. He will be serving patients at our Cottonwood Clinic in Tekamah and our main campus in Blair.

Dr. Erickson's roots in Nebraska run deep. He grew up in Ralston and his wife is from southeastern rural Nebraska. The couple is excited to be part of a smaller community and closer to family while still practicing a full scope of medicine. Dr. Erickson obtained his M.D. from the University of Nebraska Medical Center after completing undergraduate studies at the University of Nebraska-Lincoln.



Throughout his training, he has gained extensive experience in family medicine and developed a deep understanding of the unique needs of a rural communities. In addition, Heather Erickson, RN, Dr. Erickson's wife, has also joined the MCH team. She will be joining our Labor and Delivery team as a PRN. Together, the Erickson family looks forward to serving patients and becoming an integral part of the MCH Community.

## Community Health Week at Cottonwood Clinic

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Pictured from left, Penny Kment, RN, Daniell Krause, RN, Courtney Norton, RN, Adri Allison, Patient Access Rep, Emily Mahon, PA-C, Amber Miller, APRN

## MEET TERA RAND, RN, BSN ORTHO NURSE NAVIGATOR

In the dynamic field of healthcare, where patients often find themselves navigating through a complex system, having a knowledgeable and compassionate guide becomes invaluable. Meet Tera Rand, RN, BSN, who serves as the bridge between our orthopedics team and clinical care staff.

As a nurse navigator, Tera helps patients and families navigate the treatment process, from clinic appointments, to pre-op, surgery and rehabilitation. With a wealth of experience, she ensures that each patient receives the best possible outcome and a seamless journey through their orthopedic care.

One of the unique aspects of our orthopedic program at MCH is the presence of world-class surgeons. The team provides top-notch care in our community works in step with our local team, Tera and Bruce Town, PA-C, who have known each other since high school. This close bond allows them to work seamlessly together, and anticipate each other's needs.

Tera acts as a patient advocate and educator. She provides support, guidance, and education ensuring patients are well-informed and empowered to make the best decisions for their health. She also leads joint-camps, where she educates and prepares patients for their total joint surgeries and recovery processes. We are incredibly fortunate to have Tera and the orthopedic team serve our community!



### MCH ORTHOPEDICS AT-A-GLANCE

112 Orthopedic surgeries YTD in 2023

Total knee, shoulder, and hip

Ankle replacement

Total joint revisions

Ligament reconstruction

Arthroscopies of upper and lower extremities

Fracture repair

Nerve decompression



# FOUNDATION

Welcome to the MCH Foundation, a non-profit organization dedicated to securing and serving as stewards of charitable gifts and bequests that further the mission of the hospital. These generous donations play a crucial role in assisting the hospital as it provides care to the community. Through the kindness of donors like you, our foundation has been able to enhance special programs and services that directly benefit patients and families. Your contribution, no matter what size, goes a long way in providing comfort and support.

We invite you to join us in our mission by making a donation to the MCH Foundation. Your support helps us reach goals and make lasting impacts on the health and well-being of our community. To make a donation, simply visit [mchhs.org/foundation](http://mchhs.org/foundation) or drop off a donation at the hospital or mail to: MCH Foundation, ATTN Molly Dahlgren, Memorial Community Hospital, PO Box 250, Blair, NE 68008.

**“Growing with the  
Community”**



**Your foundation contributions  
have helped purchase:**

New beds for Labor and Delivery  
Bladder Scanner  
New exam tables

The ever popular Venmo, mobile payment app owned by PayPal, has introduced a new feature called “Charity Profiles” that allows charities, including hospital foundations, to raise funds and receive donations directly within the app. This new feature provides a secure and convenient way to support the hospital and contribute to our work!

@mchfoundation



**venmo**

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MCH's Annual Tree of Life Campaign is just around the corner, and we are excited to give you the opportunity to make a difference in the lives of our patients. By sponsoring the "Holiday Tree" with a donation in honor of a friend or relative, or someone special that is gone. You can celebrate their memory while spreading joy and warmth throughout the season. It's a symbol of hope and support for our patients and families.

Funds raised during this year's campaign will be used to purchase items that enhance patient comfort, ensuring their experience at MCH is as pleasant as possible. Your generosity will make a tangible impact on those who rely on our care.



# Tree of Life Campaign



Please include my tax deductible gift in the MCH Health System's Annual Tree of Life campaign in the amount of:

**\$50**      **\$100**      **\$250**      **\$500**      **\$1,000**      **Other** \_\_\_\_\_

My gift is in **HONOR** of:

My gift is in **MEMORY** of:

**Please make checks payable to:**  
 MCH Foundation  
 Attn: Public Relations  
 P.O. Box 250  
 Blair, Nebraska 68008

In order to receive tax information please send acknowledgment of my gift to:

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City, State, Zip \_\_\_\_\_  
 Phone Number \_\_\_\_\_

For your convenience, we also accept MasterCard and Visa.

M/C \_\_\_\_\_ Visa \_\_\_\_\_ Exp. Date \_\_\_\_\_  
 3-digit security code on back of card \_\_\_\_\_  
 Card Number \_\_\_\_\_  
 Card Holder \_\_\_\_\_  
 Amount of Gift \_\_\_\_\_  
 Signature \_\_\_\_\_

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