

Henderson Health Care Foundation GROWTH GALA

Save the Date

March 4, 2023 at 5:00 pm
Holthus Convention Center
York, Nebraska

Buy Tickets & Donate at

<https://www.hhcsfoundation.org>

Henderson Health Care The Pulse



HHCS Welcomes Dr. Schroeder & Dr. Dietze NEW ROTATING GENERAL SURGEONS

We know how vulnerable you can feel before – and after – your surgery. At Henderson Health Care, we want to show you how surgery at our hospital can be a more reassuring and healing experience. Henderson Health Care recently welcomed two new general surgeons, Dr. Caleb Schroeder and Dr. Jarod Dietze, of Hastings General Surgery, to perform general surgery services to our patients. Each surgeon will follow your case and get to know you on a personal basis, from pre-surgery through your recovery. These two accomplished surgeons are focused on exceeding your expectations for personal and professional attention, as well as heal whatever ailments are impeding your life. It's all part of our commitment to help you get back to your life. Dr. Schroeder and Dr. Dietze have not set a schedule for general surgery at HHC, but they will perform on a rotating basis.

Dr. Caleb Schroeder is a board certified general surgeon and is a Fellow of the American College of Surgeons. He grew up in the Blue Hill area and earned his Bachelor of Science degree from Doane College in Crete, followed by his Medical Degree from the University of Nebraska Medical Center in Omaha. He completed his general surgery residency at St. Joseph Mercy Hospital in Ann Arbor, Michigan. As a husband and father of two children, he is honored to provide surgical care for the communities he serves. He enjoys watching sports, the outdoors, and exercising.

Dr. Jared Dietze graduated from Hastings High School, earned his Bachelor of Science degree from the University of Nebraska-Lincoln and his Medical Degree from the University of Nebraska Medical Center in Omaha in 2017. He recently completed his general surgery residency at St. Joseph Mercy Hospital in Ann Arbor, Michigan in 2022. Growing up in Hastings, Dr. Dietze is pleased to return to the area and provide excellent surgical care for Central Nebraska communities. When he is not with his patients, he enjoys spending time with his wife, playing disc golf and board games, 3D printing, and exploring the great outdoors.

Specialty Clinics, Surgery, & Services

Henderson Health Care
www.HendersonHealthCare.org

Legacy Square Long Term Living
Rosewood Court Assisted Living
Henderson Community Hospital
Henderson Family Care
Sutton Family Practice

Dr. Christopher Vanderneck
Dr. James Ohrt
Dr. Lindsey Nelson
Allison Bauer, PA-C
Cortney van den Berg, PA-C
Joshua Reiners, PA

This institution is an equal opportunity provider and employer.

Allergy, Asthma, & Immunology

Dr. Sullivan ... Allergy, Asthma, & Immunology Assoc.

Cardiology

Dr. Friesen..... CHI Health Nebraska Heart

Dr. Anchan Bryan Heart Institute

Dr. Jain..... Bryan Heart Institute

Dr. Johnson..... Bryan Heart Institute

Ear, Nose & Throat

Dr. Pflug

Dr. Robinson CHI Health

Endocrinology

Dr. Jones-Ryan Complete Endocrinology

Dr. Ward..... Complete Endocrinology

Mental Health

Sherry Kropatsch, PMHNP Mental Wellness

Nephrology

Dr. Marple..... Inpatient Physician Associates

Neurology

Dr. Morcos St. Anne's Hospital

Neurosurgery

Dr. Bixenmann..... Nebraska Neurosurgery Group

Obstetrics/Gynecology

Dr. Adam..... Obstetricians & Gynecologists, P.C.

Oncology

Dr. Ramaekers NE Cancer Specialists - St. Francis

Orthopaedics

Dr. Bigelow..... NE Orthopaedic Center

Chad Springer PA-C..... NE Orthopaedic Center

Dr. Bott..... NE Orthopaedic Center

Podiatry

Dr. Dodson Prairie Orthopaedic

Dr. Krejci..... Prairie Orthopaedic

Pulmonology

Lauren Klein, APRN CHI Health St. Francis

Urology

Dr. Brush Urology P.C.

General Surgery and Wound Clinic

Dr. Growney York Surgical Associates

Dr. Ye York Surgical Associates

Dr. Dietze..... Hastings General Surgery

Dr. Schroeder..... Hastings General Surgery

Clean Slate Healthy Weight is the dedicated resource to helping you create lasting weight loss while optimizing your health. Hosted by Registered Dietitian, Ashley Freeman, this podcast provides you with actionable and simple information to help you move forward and stay on track with your weight loss. Ashley bases her program on the award-winning Mayo Clinic Diet which was recently named the #1 Diet Program in US News & World Report's 2022 Best Diets.



Immerse yourself in a 12-week weight loss program that teaches a common sense, medically-sound approach to making smart decisions about eating — whether you're dining in or out.

Podcast host and registered dietitian, Ashley Freeman, said, "Clean Slate Health Weight is a platform that allows you to begin reshaping your lifestyle by adopting healthy new habits and breaking unhealthy old ones. I will guide you to make simple changes that will result in a healthy weight that you can maintain for the rest of your life. Over 20 participants in this program have lost an average of 15 pounds and 6 inches off their waist. Are you willing to start new for a better you?"



Scan Me

One former participant said, "The program was perfect for my lifestyle. Ashley is so on the mark with the help needed to be successful. I was very happy with my new "Clean Slate Healthy Weight". I surpassed my goal and couldn't be happier!"

The cost of the program is \$99 and includes 12 weeks of podcasts via email, accountability sessions, and a hardcover copy of the Mayo Clinic Diet. Learn more by scanning the QR code to the left. Contact Ashley at (402) 723-4008 to enroll any time.

Phase 2 Construction Underway



Phase 1 construction has wrapped up and we now turn our attention to Phase 2 of the Hospital/Surgery Renovation & Construction project. This phase of the project will focus on direct patient care and will feature a brand new surgical suite spotlighting an orthopaedic operating room, a cutting-edge surgery/endoscope procedure room, four pre/post operative bays, two post-anesthesia care units, and a family hospitality/waiting room.



Cheryl Brown, CEO, said, "We are always focused on improving health outcomes for our patients. In designing this new addition, an emphasis was placed on increasing the quality and scope of services as well as the patient experience. Our patients have voiced their desire for state-of-the-art medical services close to home and Henderson Health Care is responding."

Phase two is expected to be completed in late 2023.

A Breath of Fresh Air

HHCS Welcomes Respiratory Therapist, Michael Baribeau

Henderson Health Care is pleased to welcome Michael Baribeau, Registered Respiratory Therapist (RRT) to the team! The RRT credential is nationally recognized as the "standard of excellence" for respiratory care professionals. Respiratory Therapy is a specialized health care field where practitioners are trained in pulmonary medicine in order to work therapeutically with people suffering from lung diseases such as asthma, emphysema, chronic bronchitis, and pulmonary fibrosis.



They assess patients for lung and breathing disorders and recommend treatment modalities; interview patients and perform chest physical examinations to determine best therapy options; analyze breath sounds, measuring vital signs, and drawing arterial or venous blood samples to determine levels of oxygen and other gases; manage oxygenation and airway devices; and educate patients and families about lung disease to maximize recovery. In addition, Michael will also be in charge of the Cardiac/Pulmonary Rehabilitation and Sleep Programs at HHC.

Michael has over 17 years of experience as an RRT working in both acute and post-acute facilities and is excited to serve in a rural area again. "I like the variety of a rural healthcare campus. A broader spectrum will allow me to utilize my education and experience to the fullest potential. Ultimately my decision to come to Henderson from Denver, Colorado was to provide a service to a population that is increasingly losing healthcare options close to home."

Access To Your Health is Important. And Now It's Mobile!

Introducing the MyCareCorner Mobile App

Now there's a mobile version of MyCareCorner that gives you access to your personal health records, including appointments, current medication list, allergies and more — from anywhere. You'll get all the benefits of the MyCareCorner patient portal, with additional conveniences.

Utilize the MyCareCorner app in just a few simple steps:

- 1.) Give admissions staff your most up-to-date email address.
- 2.) Open your email and click the link to create your MyCareCorner account.
- 3.) Download the MyCareCorner app for your App Store or Google Play Store.
- 4.) Log in on the mobile app with the account you just created.
- 5.) Create a 4-digit pin for simple sign-in in the future.

You are now able to securely access all of your health records from your mobile device! View your medications, lab results, full health records, schedule an appointment, and even message clinic staff.

Henderson Family Care Clinic Operations Officer, Michele George, said this about the MyCareCorner app, "Having the ability to easily stay in touch with your doctors and other clinical staff from anywhere, at any time via a mobile device, means staying on top of appointments, test results, immunizations and more, which can dramatically improve health outcomes."

ASK THE DOC

Can chronic stress cause heart trouble?

Sometimes stress can be useful, but constant stress like work troubles, financial difficulties or family discord can affect your overall well-being and may even impact your heart health.

A few ways to minimize this stress could include: making time for friends, family, and laughter. Ease stress and improve mood through physical activity. Regular exercise can help to lower blood pressure and combat other cardiovascular disease risk factors. Meditation and deep breathing, such as yoga can be very affective. Your diet can also influence many aspects of your mental health. Minimize your intake of highly processed foods and beverages and eat more whole foods.

Sleep and stress are interconnected. Stress can affect sleep, and lack of sleep can, in turn, lead to more stress. Seven to eight hours of sleep per night is ideal. If you experience snoring or difficulty breathing at night, schedule an appointment with our RRT, Michael Baribeau.



This could help you achieve the most restful sleep possible.

For unending stress or symptoms of depression, give Henderson Health Care a call at (402) 723-4512.

- Dr. Christopher Vanderneck