

# thrive

Pender Community Hospital and Medical Clinics

THE BEST  
OFFENSE IS A  
GOOD DEFENSE:  
PREVENTATIVE  
CARE IS KEY TO  
MEN'S HEALTH

PG. 4

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# From our interim CEO

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Hello Readers,

Thank you so much for reading the latest edition of Thrive, our community publication. As another year comes to a close, I'm happy to connect with all of you and share some exciting highlights from our year.

We kick things off with a feature of two exceptional team members as they celebrated major career milestones this year. They've been incredible additions to our Pender family, and we're thrilled to celebrate them in this issue.

Our next story highlights the importance of men's preventive health and the services available at Pender Community Hospital to help prevent—rather than treat—health issues whenever possible. We also have the privilege of sharing the story of a prostate cancer survivor.

Then one of our trusted physicians, Dr. Matt Felber, helps myth bust some common misconceptions about COVID-19 vaccinations and shares who is eligible for booster shots. This is essential information as we continue to grapple with COVID-19. We're grateful to have physicians who not only are busy with patient care but also go above and beyond to research COVID-19 to make sure patients get the most appropriate care and relevant information.

After that, we have some wonderful news to share! One of our very own, inpatient RN Molly Hansen, received a prestigious Caring Kind Award from the Nebraska Hospital Association. This is a testament to her amazing nursing career, and she shares with us just what this award means to her.

We also were able to support the education of future healthcare professionals through four scholarships and share a bit about each winner in our final article.

Last but certainly not least, we're thrilled to have our new website up and running! With new features that make it more user friendly, it better serves our patients and community.

I hope you enjoy this edition of Thrive and thank you for trusting us to be your healthcare partner.

Yours in good health,

**SHANE SCHUSTER**

Interim Chief Executive Officer



# HAPPY ANNIVERSARY!

## Jeff Munderloh, PA-C

In the two decades Jeff Munderloh has been at Pender Community Hospital & Medical Clinics, he's been an exceptional member of our team. As a Physician Assistant, he provides primary care, emergency care, and chronic care management for our patients.

"In my position, I'm able to help patients in a variety of ways. From reviewing medical histories, examining patients, and interpreting diagnostic tests to giving treatment, prescribing medications, and more," Jeff shared. "I'm fortunate to work with a great team of doctors, physician assistants, nurses and staff."

Jeff has been a Physician Assistant since 1998. He initially worked in masonry construction, but after an event in his personal life, he felt called to the medical field—and he hasn't looked back since. He's also local to the area, having grown up in Bancroft, and loves that he is able to provide care for his own community.

"I enjoy working with patients I've known all my life," he said, "and meeting new patients of all ages." Jeff



**20**  
**YEARS**  
AT PCH

feels fulfilled knowing that he's helping people along their journey through life and is excited for the opportunity to continue to do so.

"I hope to continue providing healthcare to all the great people of rural Nebraska," he shared. "Working at PCH is the best job I could ask for as a physician assistant. It's been very rewarding."

## Matt Timm, M.D.

We are fortunate to have Dr. Matt Timm on our provider team for 15 years and counting. His knowledge and passion for healthcare is evident in the personalized care he provides every patient.

"Pender Community Hospital & Medical Clinics was the first and only place I've worked since finishing my primary medicine training," Dr. Timm shared, "And it's a wonderful place to work. I get the joy of practicing in many areas of healthcare and take care of patients from infancy to end of life."

Dr. Timm has many areas of expertise including primary care, emergency care, chronic care management, OB and maternity care, surgery, gastrointestinal care, and geriatric assessments. And after being with Pender Community Hospital & Medical Clinics for 15 years, he's got no plans to change that any time soon.

"I love the people I work with—in a close-knit facility like ours, you become like family," he explained. And he's also local, making his position even more perfect.



**15**  
**YEARS**  
AT PCH

"I grew up about a half hour away from Pender. And my wife and I knew we wanted to end up in a small community like this, so it was a great fit," he shared. "Looking back on my time here, it's been wonderful. I wouldn't change a thing, and I just hope I can continue to give back to our community through my practice."



# THE BEST OFFENSE IS A GOOD DEFENSE:

## PREVENTATIVE CARE IS KEY TO MEN'S HEALTH

It's all too easy for regular preventative healthcare to take a backseat to life's other priorities—but to live the longest and healthiest life possible, preventative care is essential.

"I think that Midwestern men—myself included—can often feel like we're pretty tough and that if we don't physically feel ill, we don't need to see a doctor," Dr. Cole Reha said, "But that's simply not the case. Regular check-ups are the key to maintaining good health."

Whether it's been just a few years since your last wellness

visit or if it's been over a decade, now is the time to restart your preventative healthcare routine with a visit to one of the providers at Pender Community Hospital & Medical Clinics.

At your wellness visit, you can expect the following among other screenings recommended by your provider:

- **Blood pressure screening**
- **Cholesterol screening**
- **Diabetes screening (if needed)**
- **Immunizations (if needed)**
- **Lung cancer screening**
- **Colonoscopy (Age 50+)**
- **Prostate cancer screening (Age 45+)**
- **Heart attack risk assessment**



**“AS A PROVIDER, PART OF OUR JOB IS TO UNDERSTAND PEOPLE’S HEALTH GOALS AND KEEP THEM HEALTHY VERSUS TREATING PROBLEMS AFTER THE FACT.”**

— DR. COLE REHA

Each of these screenings will help your provider get a baseline of your current health and discover if there are any potential issues that need to be addressed further.

“Men should really start coming in for regular wellness visits as early as possible,” Dr. Reha explained, “But for sure by age 45. As we age, health issues only increase and catching problems earlier becomes even more important.” Wellness visits are quick and easy—usually lasting around 30 minutes—and we’ll work with you to ensure appointments fit your schedule. For those who can’t get away from work during the week, we offer limited Saturday appointments.

“As a provider, part of our job is to understand people’s health goals and keep them healthy versus treating problems after the fact,” Dr. Reha said. “Bigger problems require more care and more time in the long run—so it’s not worth skipping regular preventative visits.”

One example of this is prostate cancer screenings. A screening can be the difference between an early diagnosis and simple treatment or a long and difficult health battle. Your provider at Pender Community Hospital & Medical Clinics will help guide you on when to get your first screening based on family history and other factors.

“I make sure to let patients know the risks and benefits of a screening and to help them make the best choice for their health,” Dr. Reha shared. “It’s all part of providing comprehensive preventative care to meet long-term health goals.”

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To schedule your preventative health visit, call our medical clinics at **402-385-3033**.

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**PATIENT TESTIMONIAL:  
FROM PROSTATE CANCER  
DIAGNOSIS TO CANCER-FREE**

*Names have been changed in order to maintain patient confidentiality.*

In March 2015, Scott decided to get a routine PSA screening, a blood test that screens for prostate cancer. Even though his results from a few years prior were well within the normal range, the results of this screening indicated he most likely had prostate cancer.

“The company I worked for hosted regular health fairs, so I often had my blood pressure and cholesterol checked,” Scott explained, “But after a while I figured I should go in for a full check-up and am so glad I did.”

After the PSA screening, Scott got a biopsy that confirmed he had prostate cancer—and it was close to spreading outside the prostate. “I was really lucky we caught it when we did,” he said.

After the biopsy, Scott’s doctor recommended surgery as the safest and most effective way to treat and remove the cancer. “I had a robotic surgery and was fortunate that with the surgery they were able to get it all and confirm it hadn’t spread. I didn’t need chemo or radiation after and only spent one night in the hospital.”

Once he was recovered, Scott continued to have regular PSA screenings, all of which came back normal. Finally, after receiving multiple normal results, he was declared cancer-free.

And now that he’s been through his prostate cancer journey, he wants other people to know the importance of regular screenings.

“A lot of people get their cholesterol or blood sugar checked, but a PSA test is just part of the same blood draw,” Scott said. “I almost waited too long—you just really need to go. I was lucky. It could have been a lot worse.”

# MYTH

## BUSTING

# COVID-19 VACCINES

## DR. MATTHEW FELBER SHARES THE FACTS

Dr. Matthew Felber, Primary Care Provider at Pender Community Hospital & Medical Clinics, wants to help our community win the battle against COVID-19—and knows that vaccinations are the best (and safest) way to do that.



“Unfortunately, there is a lot of vaccine misinformation out there from many sources. That, combined with the unfortunate politicization of this issue, has led some people to vaccine hesitancy,” Dr. Felber explained. “I believe the best way our country can manage COVID-19 is by reaching a 90% vaccination rate.

As we continue to grapple with COVID-19, Pender Community Hospital & Medical Clinics wants to ensure that our community understands that, for the majority of people, COVID-19 vaccines are a safe, simple, and effective way to slow the spread of this dangerous illness.

### Dr. Felber has “busted” some common myths about COVID-19 vaccinations.

**MYTH:** The vaccine causes infertility, miscarriages, and stillbirths.

**FACT:** There have been many studies on women who received the vaccine, and none showed any problems with infertility or miscarriages – all proved that the vaccine was safe and effective.

**MYTH:** If I've had COVID-19, I don't need to be vaccinated.

**FACT:** People that had COVID-19 and didn't get vaccinated are still twice as likely to get re-infected over those that had COVID-19 and have been vaccinated.

**MYTH:** The vaccine enters the cell and changes your DNA.

**FACT:** DNA is located in the nucleus of your cells. The mRNA vaccine never enters the nucleus, and therefore cannot affect your DNA.

**MYTH:** The vaccines were developed with fetal tissue and have transmitters or microchips in them.

**FACT:** The vaccines were not developed with fetal tissue and contain no microchips or transmitters.

**MYTH:** Researchers rushed the development of the vaccine, so its safety and effectiveness can't be trusted.

**FACT:** Scientists have been developing this technology for almost 20 years, and there were more people in the COVID-19 vaccine trials than any other vaccine trial in history.

**MYTH:** The side effects of the vaccine are dangerous

**FACT:** While the vaccines can have mild side effects, the vast majority are short term (a few days) and aren't dangerous. They are also far less serious than the symptoms of COVID-19.

**By and large, these vaccinations are safe. They are an easy and free way to help keep yourself—and your community—safe.**

Dr. Felber strongly encourages anyone still questioning whether they should get the vaccine to talk with their healthcare provider and get the vaccine if their doctor recommends it.

## WHAT ABOUT BOOSTER SHOTS?

For certain individuals who are already fully vaccinated with the Pfizer or Moderna Vaccine, a booster shot is recommended to offer additional immunity against COVID-19. Currently, the people encouraged to get a booster shot are:

- People 65+
- People who are immunocompromised
- Essential workers (healthcare employees, teachers, grocery store workers, etc.)
- Anyone who received the J&J Vaccine\*

\*Anyone older than 18 who received one dose of the Johnson & Johnson vaccine qualifies for a second booster dose two months following their first dose.

To schedule your booster shot, visit [www.pchne.org/news/covid-19](http://www.pchne.org/news/covid-19) or call 402-385-3033 to find a vaccine clinic location closest to you!



“WINNING THIS AWARD MEANS SO MUCH TO ME. IT HAS INSPIRED ME TO KEEP GIVING THE BEST CARE AND LETS ME KNOW KINDNESS AND COMPASSION IS NOTICED AND APPRECIATED.”

— MOLLY HANSEN, RN

# MEET OUR 2021 CARING KIND AWARD WINNER!

## *Molly Hansen, RN*

We are thrilled to announce this year’s winner of the Caring Kind Award, Pender Community Hospital Inpatient RN Molly Hansen. Molly has been a nurse for 10 years and has spent all that time at PCH helping give back to our community.

“The time [at PCH] has flown by! I truly love what I do,” Molly shared. “Being a critical access nurse is a true passion of mine... from working trauma, emergency room, OB, to med-surg I love it all. I love the people I work with. I have learned so much from the doctors and co-workers. It truly is like family.”

Despite her deep passion for nursing, she was still quite surprised to find she had won this special award.

“I have worked night shift for ten years. When I was asked to work some day shift hours (on the day they were announcing the recipient) I should have known that something was up – but I had NO idea that it was me,” she said. “Winning this award means so much to me. It has inspired me to keep giving the best care and lets me know kindness and compassion is noticed and appreciated.”

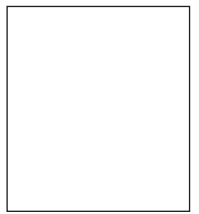
Molly’s supervisor Shaylyn Petersen was beyond excited to know a member of her team had won this award, sharing, “As a supervisor, it makes me proud to have someone like Molly as a leader on our team. She sets a great example for everyone and helps other nurses also provide exceptional care.”

We want to thank Molly for her 10 years of amazing care to her patients and offer her a big congratulations for winning this wonderful (and well-deserved!) award.



## EXCITING NEWS!

Our refreshed website is now live at [pchne.org](http://pchne.org)!



# Congratulations PCH Scholarship Winners!



**Leigh Jahnke**  
Justin J. Slama  
Memorial Scholarship  
Bancroft, NE

**Attending school:** University of  
Nebraska–Lincoln

**Plans after school:** I am majoring in  
Biological Sciences and Spanish on  
the pre-medicine track. It's my goal  
to become a physician in an under-  
served area and hope to someday  
return to rural Nebraska to serve  
the people who served me.



**Claire Raabe**  
Gloria Vollers  
Memorial Scholarship  
Wisner, NE

**Attending school:** University of  
Nebraska Medical Center – Kearney

**Plans after school:** I plan to work as  
a nurse back home in rural Nebraska.  
I hope that through my career, I am  
able to give back to the place that  
shaped me into who I am today.



**Kelcee Bacon**  
Trisha Kinnaman  
Scholarship  
Bancroft, NE

**Attending school:** University of  
Nebraska at Kearney

**Plans after school:** I would like to  
work as an occupational therapist  
in a rural setting and give back  
to a small community. As an  
occupational therapist, I'll help  
people achieve their goals and attain  
the quality of life they strive for.



**Kennedy Morgan**  
Merlin Brondum  
Memorial Scholarship  
Walthill, NE

**Attending school:** College of  
Saint Mary

**Plans after school:** After graduation,  
I plan to work as an occupational  
therapist and intend to return to  
my hometown area or other rural  
community that needs accessible  
healthcare.