



The Henderson Health Care Foundation Presents

GROWTH GALA: The Next Chapter

Save the Date

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March 7, 2026 at 5:00 pm
Holthus Convention Center
York, Nebraska

Specialty Clinics, Surgery, & Services



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

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

This institution is an equal opportunity provider and employer.

Cardiology
Dr. Anchan Bryan Heart Institute
Dr. Friesen..... Bryan Heart Institute
Dr. Jain..... Bryan Heart Institute

Ear, Nose & Throat
Dr. Pflug
Dr. Robinson CHI Health
Kami Skrdla, APRN CHI Health

Endocrinology
Dr. Jones-Ryan Complete Endocrinology
Dr. Ward..... Complete Endocrinology

Interventional Radiology
Dr. Kelly Advanced Medical Imaging
Dr. Razdan Advanced Medical Imaging
Dr. Vander Woude..... Advanced Medical Imaging

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

Orthopedics
Dr. Todd..... NE Orthopaedic Center
Dr. Webb..... NE Orthopaedic Center

Podiatry
Dr. Dodson Prairie Orthopaedic
Dr. Krejci-Reed..... Prairie Orthopaedic

Pulmonology
Melissa Hoferer, APRN..... CHI Health Good Sam

Surgery & Wound Clinic
Dr. Dietze..... Nebraska Rural Surgical Associates
Dr. Schroeder..... Nebraska Rural Surgical Associates
Dr. Ye York Surgical Associates

Urology
Dr. Brush Urology P.C.



Winter 2026

The Pulse

Advancing Orthopedic Treatment

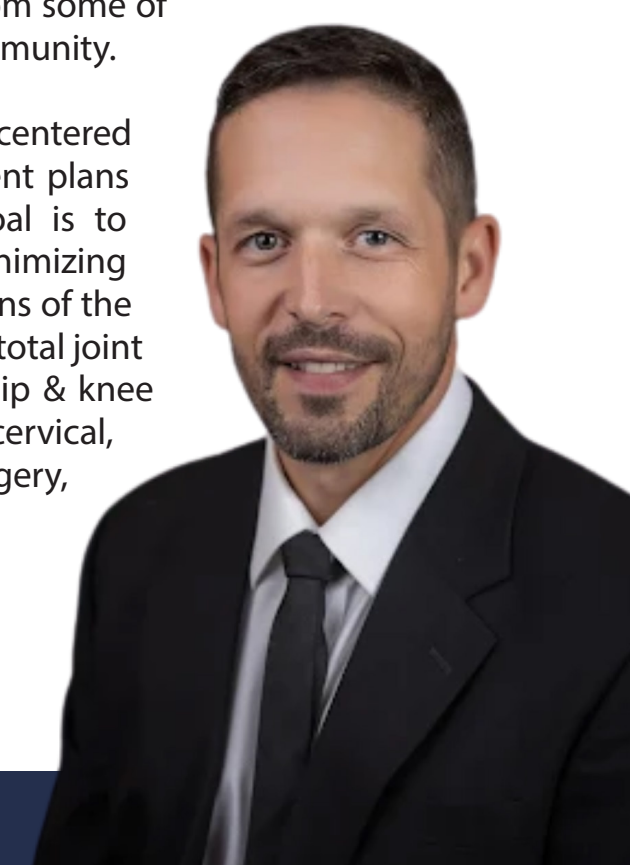
Welcoming Dr. Webb to Our Specialist Team

In late 2025, orthopedic surgeon, Dr. Brad Webb of Nebraska Orthopaedic Center, began offering services to Henderson Health Care providing a range of orthopedic surgery procedures and expanding access to specialized care for patients in our rural communities.

What makes his arrival especially meaningful is the way his expertise complements that of his counterpart, orthopedic surgeon, Dr. Dane Todd. While Dr. Todd provides exemplary care in his areas of specialization focusing on the upper body, Dr. Webb brings strengths in the spine and lower body —together creating a balanced, collaborative team equipped to manage a broad range of conditions. Henderson Health Care can now address complex joint issues of the upper and lower body with advanced surgical interventions. Dr. Todd and Dr. Webb have combined their skill sets to ensure that patients can receive comprehensive care from some of Nebraska's best orthopedic surgeons right here in our rural community.

Dr. Webb strongly believes in providing compassionate patient-centered care, helping coordinate non-operative and operative treatment plans utilizing state-of-the-art, outcome-driven techniques. His goal is to continue providing innovative and compassionate care by minimizing the suffering and discomfort associated with treatable conditions of the knees, hips, and spine. Dr. Webb's specialties include: same-day total joint replacement, direct anterior total hip replacement, complex hip & knee reconstruction, robotic partial/total knee & hip replacement cervical, thoracic & lumbar surgery, spinal trauma, complex spine surgery, and cervical & lumbar disc replacements.

Call us today at (402) 723-4512 to set up an appointment. We are here to help you understand your options and find the best solution for your comfort and mobility.



Bringing Interventional Radiology and Stereotactic Biopsy to Our Community

In today’s rapidly advancing medical landscape, the partnership between imaging technology and minimally invasive procedures is transforming the way clinicians diagnose and manage disease. One of the clearest examples of this synergy is where stereotactic biopsy meets the field of interventional radiology (IR). Together, they bridge the gap between advanced imaging and targeted tissue sampling, offering patients safer, faster, and more accurate diagnostic options.

Stereotactic biopsy uses mammography, three-dimensional coordinates, or other high-resolution imaging to precisely locate suspicious lesions—most commonly in the breast—that are difficult or near impossible to feel during a physical exam. By mapping the exact position of the abnormality, clinicians can obtain tissue samples with remarkable accuracy, even from areas just a few millimeters in size.

Interventional radiology applies this same philosophy on a broader scale. IR physicians rely on modalities such as ultrasound, CT, MRI, and fluoroscopy to guide a wide array of minimally invasive procedures. From placing drains to treating vascular disease to performing targeted tumor therapies, IR uses imaging to navigate the body without the need for traditional open surgery.

As imaging continues to evolve, the role of interventional radiology in performing sophisticated diagnostic procedures such as stereotactic biopsy will only grow. The collaboration between diagnostic radiology and interventional radiology ensures that patients receive comprehensive, precise, and compassionate care from the first moment a suspicious lesion is detected. HHC is proud to partner with Advanced Medical Imaging for the IR services of Dr. Kelly, Dr. Razdan, and Dr. Vander Woude. Their advanced expertise, commitment to patient-centered care, and dedication to innovative, minimally invasive treatments will further strengthen the quality of services we provide to our communities.

Where stereotactic biopsy and interventional radiology meet, patients benefit—and the future of diagnostic medicine becomes both clearer and brighter for the patients of Henderson Health Care.

Physical Therapy Receives FDN2 Certification

The Physical Therapy Department at Henderson Health Care is proud to announce that its team of highly skilled Physical Therapists, Whitney Rathke and Tanner Steingard, are now certified in Functional Dry Needling Level 2 (FDN2), marking another step forward in providing advanced, evidence-based care to patients experiencing pain or limited mobility.

Functional Dry Needling (FDN) is a skilled technique that uses thin, monofilament needles to target muscular dysfunction, helping to relieve pain, improve movement, and restore function. FDN can also be paired with electrical stimulation, helping to promote nerve function, blood flow and muscle recruitment. By completing FDN2, Whitney and Tanner added approximately 77 new muscle targets to their skill set — including muscle groups in the shoulder, hip, spine, jaw, lower leg, and neck regions.

“Completing the Functional Dry Needling Level 2 certification has really elevated how we are able to approach complex muscle and joint pain,” said Tanner Steingard, DPT. “This advancement in training gives us another tool to target the root cause of a patient’s discomfort and help them move and feel better faster.”

“Level 2 dry needling builds on the basics and takes treatment to another level,” added Whitney Rathke, DPT. “It allows us to address deeper and more intricate muscle groups, which can make a big difference for patients recovering from chronic pain, injuries, or post-surgical stiffness.”

Patients who may benefit from dry needling include those with back or neck pain, tension headaches, shoulder, hip or pelvis dysfunction, or chronic muscular dysfunction. Our Physical Therapy team continues its commitment to offering advanced, full spectrum rehabilitative care close to home.



New Year, Nourished You

Resetting Healthy Habits Without Restriction

As we step into a new year, after the busy holiday season, many of us feel ready for a complete reset. A chance to re-center our routines, rebuild or reintroduce healthy habits, and approach nutrition with more intention. The most impactful changes are realistic, sustainable and grounded in balance, rather than extreme shifts or rigid rules we often set for ourselves. A reset isn’t about restriction, it’s about re-establishing patterns that support energy, digestion, mood and a healthier relationship with food overall. This year, consider focusing on a few core areas that create the foundation for long-term health and wellness.

Starting with building a well-balanced plate. This helps to stabilize blood sugar, improves energy levels and increases satiety so you’re not constantly visiting the pantry. We want to begin with colorful fiber rich fruits and vegetables to support fullness, digestion and inflammation. Add protein at every meal for muscle support and sustained fullness. Finally, we want to incorporate some healthy carbohydrates into every well-balanced plate for fuel. Portion sizes matter, so using a 9-inch plate can help guide balance without restriction. This structure is simple, flexible and easy to apply, and can be built around any day, meal or time.

Research shows that when looking at health related behavior changes like drinking more water, diet changes, improving fitness, etc., it takes an average of about 62 days for a new behavior to become a habit. This means you need to give yourself time and grace. Behavioral psychology suggests that habits stick when they align with a person’s self-identity. Tell yourself, “I am a healthy eater” rather than “I am on a diet.” Instead of “I need to drink more water”, try “I’m someone who drinks water.” When habits reinforce what you believe you are, they become self-sustaining and much more concrete.

As you reset for the new year, consider increasing your fiber intake. The benefits of fiber are endless, so even starting with small steps like choosing whole grains, adding a piece of fruit to two of your meals daily and choosing greens instead of processed foods is a great start. Fiber supports digestion, fights disease, better maintains our blood sugar levels, and provides us steady energy throughout the day to name just a few of the benefits we see with fiber consumption. Studies show around 95% of Americans are consuming inadequate amounts of fiber daily.

Small steps are still steps, and consistent effort creates big momentum. As you move into the new year, focus on a few habits that make you feel energized, nourished, and confident. This isn’t about restricting the foods you love, but about finding balance and building something sustainable all year long.

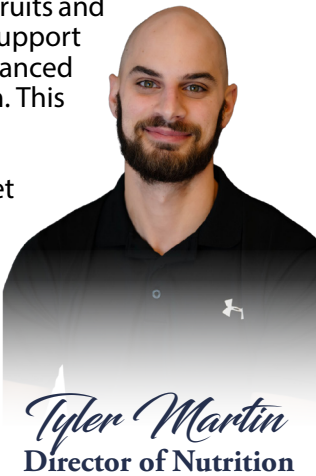
The Power of the MyCareCorner App

Download the MyCareCorner Mobile App Today!

Did you know there is 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 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.



Tyler Martin
Director of Nutrition

ASK THE DOC

Is it normal to feel more tired in the winter, or could it be something more?

Yes—feeling more tired during the winter is actually very common. Shorter days and reduced sunlight can disrupt your internal clock, lower your energy levels, and even affect your mood. Cooler temperatures and spending more time indoors can also make you feel less active and more sluggish.

However, sometimes winter fatigue can be a sign of something more. Conditions like seasonal affective disorder (SAD), anemia, thyroid issues, sleep apnea, depression, or vitamin D deficiency can all cause increased tiredness. If your fatigue is severe, lasts more than a few weeks, is interfering with daily life, or is paired with other symptoms—such as low mood, weight changes, or snoring—it’s worth scheduling an appointment to be evaluated.

The good news is that many causes of winter fatigue are treatable. Staying active, getting outside daily, maintaining a consistent sleep schedule, and talking with your provider about screening for underlying conditions can help you feel your best all season long.



- Allison Bauer, PA-C