

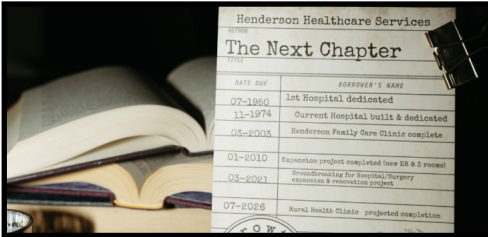
Henderson Health Care Foundation

GROWTH Gala Raises \$116K

On the evening of March 7th, 300 attendees gathered at the Holthus Convention Center in York, Nebraska for the Henderson Health Care Foundation's annual fundraiser: GROWTH Gala. Lynn Hall served as Master of Ceremonies, playing an important role in tying the evening together.

Guests enjoyed the opportunity to win \$1,000 cash with an entertaining coin flip game as well as a suspenseful chance to win a gold and diamond necklace, at "Bookmark and Bling." This year's silent auction featured 80 items thanks to many generous donors across the region. A gourmet dinner was served by Kerry's Catering followed by an impressive assortment of desserts donated by local baking enthusiasts. Guests appreciated hearing a patient testimonial expressing gratitude for the funds raised at last year's gala, which helped support the purchase of the new mammography machine, and for the opportunity to receive care close to home. Several nurses were also honored in the program, highlighting decades of service at HHC.

A total of \$115,741 was raised to support HHC. This year, the proceeds will help offset the cost of the new Rural Health Clinic, which is expected to be completed this Summer.



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. Robinson CHI Health
Kami Skrdla, APRN CHI Health
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.



The Pulse

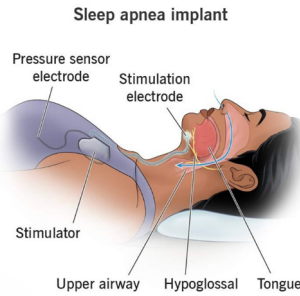
Spring 2026

Innovation in Sleep Care

HHC First in the Region to Offer Inspire Therapy

For many people living with obstructive sleep apnea, a full night of restful sleep can feel out of reach. While traditional treatments such as CPAP machines have helped countless patients manage their condition, they are not the right solution for everyone. Henderson Health Care, along with Dr. Aaron Robinson of CHI Health, is proud to announce that we will now begin offering Inspire therapy, an innovative surgical treatment designed to help patients breathe more easily and sleep more soundly.

Inspire therapy is an FDA-approved treatment for people with obstructive sleep apnea (OSA) who are unable to tolerate or benefit from CPAP therapy. Instead of using a mask or external machine, Inspire works inside the body to keep the airway open during sleep.



The system includes a small device implanted during a minimally invasive surgical procedure. It works by delivering gentle stimulation to the nerve that controls the tongue muscles, preventing the airway from collapsing while a person sleeps. Patients activate the device with a small handheld remote before bedtime, and the system works quietly throughout the night to help maintain normal breathing. Dr. Robinson is the only physician in the region who performs Inspire Therapy and has successfully treated over 400 cases. CHI Health in Lincoln is the premiere location for these surgeries, but Dr. Robinson selected Henderson Health Care as a prodecure site for easier accessibility for patients in Western Nebraska and even Kansas.

The addition of Inspire therapy represents another step forward in expanding advanced medical services at Henderson Health Care. By offering this innovative treatment close to home, patients in our region will have access to specialized sleep apnea care without needing to travel long distances.

Obstructive sleep apnea can affect more than just sleep—it can also contribute to fatigue, heart problems, and reduced quality of life. Our goal is to provide patients with more options so they can find the treatment that works best for them.

Henderson Health Care continues to grow and adopt new technologies, treatments like Inspire therapy demonstrate our commitment to improving patient outcomes and bringing leading-edge care to our communities. Patients who believe they may benefit from Inspire therapy are encouraged to speak with one of our primary care providers or our visiting ENT specialist, Dr. Aaron Robinson, to learn more about whether this treatment may be right for them.



Dr. Aaron Robinson

Restoring Mobility Close to Home



Over the past several years, orthopedic surgery has become one of the most transformative services offered at Henderson Health Care. Procedures such as hip, knee, and shoulder replacements are doing more than restoring mobility—they are helping patients reclaim independence, reduce chronic pain, and remain active within the communities they love.

For many rural residents, traveling long distances for specialized surgical care can be a barrier. By offering advanced orthopedic procedures locally, our organization has ensured that patients can receive high-quality care close to home while remaining surrounded by family and support systems during recovery.

Joint replacement surgeries have advanced significantly in recent years. Modern techniques, improved surgical technology, and comprehensive rehabilitation programs have dramatically improved outcomes for patients experiencing joint damage caused by arthritis, injury, or wear and tear over time. Hip, knee, and shoulder replacements are now helping patients return to everyday activities—whether that means walking without pain, enjoying time with grandchildren, or getting back to work on the farm.

For a rural healthcare system, providing these procedures locally is a major milestone. It represents both the growth of specialized medical services and a commitment to ensuring residents do not need to leave their community for high-level care. At the center of this success are two exceptional orthopedic surgeons whose expertise and dedication have brought advanced surgical care to our region. Dr. Brad Webb and Dr. Dane Todd, both of Nebraska Orthopaedic Center, share a commitment to precision, patient-centered treatment, and continual innovation has helped establish orthopedic surgery as a cornerstone service within our healthcare organization. Together, these physicians have performed numerous hip, knee, and shoulder replacements, delivering results that have significantly improved patients' quality of life. Their ability to offer specialized orthopedic care locally has strengthened both patient trust and the overall healthcare services available at Henderson Health Care.

While the surgeons play a critical role, successful orthopedic procedures rely on a highly skilled team working together seamlessly. Two outstanding local physician assistants serve alongside our surgeons in the operating room, helping ensure each procedure runs smoothly from start to finish. HHC provider, Josh Reiners, PA, and Henderson native, Patrick Peters, PA-C, equally have expertise in surgical assistance, patient care, and recovery coordination which allows our orthopedic team to provide a comprehensive and efficient surgical experience. Patients often see these physician assistants not only during surgery but also throughout the recovery process, creating continuity of care that is especially valuable in a rural healthcare setting.



The growth of orthopedic surgery within our organization reflects a broader commitment to strengthening rural healthcare. By investing in specialized services, advanced surgical techniques, and skilled medical professionals, we continue to expand what is possible for patients in our region.

The result is clear: patients are regaining mobility, returning to their daily lives faster, and receiving high-quality orthopedic care without leaving their community.

As our orthopedic program continues to grow, the dedication of our surgeons, physician assistants, and care teams remains focused on one goal—helping our patients move better, live better, and stay close to home while receiving exceptional care.



HHC Named Top 100 Critical Access Hospital

Henderson Health Care has been recognized as a 2026 Top 100 Critical Access Hospital by The Chartis Center for Rural Health. The Top 100 awards program celebrates outstanding performance annually among the nation's rural hospitals based on the results of the Chartis Rural Hospital Performance INDEX®.

"It's an honor to be recognized as a Top 100 Critical Access Hospital by the The Chartis Center for Rural Health," Cheryl Brown, CEO of Henderson Health Care. "This achievement reflects the commitment of our entire team to delivering high-quality, compassionate care to every patient we serve. It's a testament to the dedication, skill, and heart of our providers, support staff, and leadership, and reinforces our mission to improve the health and well-being of the communities we serve."

"The delivery of care within rural communities is perhaps more complex today than at any point in recent memory. This year's Top 100 Critical Access Hospitals have emerged as true leaders – committed to their mission through a powerful combination of resilience, dedication and innovation," said Michael Topchik, Executive Director of The Chartis Center for Rural Health. "We're delighted to recognize this year's winners and celebrate their Top 100 status."

Now in its 16th year, the INDEX is the industry's most comprehensive and objective assessment of rural hospital performance. Leveraging publicly available data, the INDEX is utilized nationwide by rural hospitals, health systems with rural affiliates, hospital associations, and state offices of rural health to measure and monitor performance across a variety of areas impacting hospital operations, quality, patient perspective and finance.

Henderson Health Care Financial Assistance Policy

HHC encourages patients who may qualify to apply for financial assistance. Patients can apply for financial assistance by completing and submitting a financial assistance application to Patient Financial Services at: 1621 Front Street, Henderson, NE 68371.

To receive financial assistance under the Financial Assistance Policy, you must be financially or medically indigent.

To obtain a copy of the application visit our website, www.hendersonhealthcare.org, or call Patient Financial Services at (402) 723-4512.

Men's Health Matters

Men are often known for their resilience, their work ethic, and their willingness to push through challenges. But when it comes to their own health, many men tend to take a step back. As medical providers, we see this pattern often—men waiting until symptoms become serious before scheduling an appointment. The truth is, some of the most important steps toward a longer, healthier life begin long before a problem arises.

Preventive care plays a critical role in men's health. Routine checkups allow providers to monitor blood pressure, cholesterol levels, blood sugar, and other important indicators that may reveal early signs of heart disease, diabetes, or other conditions.

Another key part of men's health is screening. Depending on age, family history, and lifestyle factors, men may need screenings for conditions such as prostate cancer, colorectal cancer, and cardiovascular disease.

Lifestyle choices also have a powerful impact. Regular physical activity, balanced nutrition, adequate sleep, and stress management all contribute to overall wellness.

Mental health is another important topic that deserves attention. Many men feel pressure to appear strong and self-reliant, which can make it difficult to talk about stress, anxiety, or depression. As healthcare providers, we want patients to know that these conversations are not only welcome, they are important.

Ultimately, taking care of your health isn't just about you—it's about the people who depend on you. Family members, friends, and communities all benefit when the men in their lives prioritize their health.

If it has been a while since your last checkup, consider making an appointment with one of our healthcare provider. A simple visit today can help ensure many healthy tomorrows. Your health is worth the time.