



THE HEALTH MONITOR

A MONTHLY HEALTHCARE NEWSLETTER FOR OUR PATIENTS AND FRIENDS

KYLE BOWERS NAMED MANAGER OF REHABILITATION AND SPORTS MEDICINE



(February 19, 2026) – ABILENE, Kan. — Memorial Health System is pleased to announce the promotion of Kyle Bowers, PT, DPT, as manager of Rehabilitation and Sports Medicine. Bowers will replace Jeff Sanborn, who retired after 20 years of service to the organization.

Bowers has been a member of the MHS Rehabilitation and Sports Medicine team since 2020, providing care across outpatient, acute and skilled settings. He also has supported local schools with weekly screenings, reflecting his commitment to both patients and the broader community.

Bowers is a native of Sidney, Neb., and earned a bachelor of science in exercise physiology from the University of Nebraska at Kearney and a doctorate in physical therapy from Creighton University. He practiced in critical access and outpatient settings in Kansas and Missouri prior to joining MHS, with an emphasis on orthopedic, sports medicine and vestibular rehabilitation.

Bowers has continued to pursue professional development during his time at MHS. He is certified in dry needling, serves as a Meditech super user, has completed Front Line Leader Training and earned his Lean Six Sigma Green Belt. In addition to his professional accomplishments, he coaches his children’s recreational sports teams, serves on the Solomon Planning and Zoning Commission and the church council at Faith Lutheran Church in Abilene.

“I am humbled, honored and blessed to have the opportunity to lead a group of exceptional clinicians who provide amazing patient care,” Bowers said.

As manager, Bowers plans to focus on expanding services to meet growing community needs, including exploring opportunities to increase pediatric therapy offerings and women’s health services. In the immediate term, he will also prioritize onboarding and mentoring a new physical therapist joining the department this summer.

In this issue:

| | |
|-------------------------------------|---|
| Community Impact | 2 |
| Services | 3 |
| What Patients Are Saying | 4 |
| Health & Wellness | 5 |
| Patient & Visitor Information | 6 |
| Inside MHS | 7 |
| Careers | 8 |

Stay informed, join our mailing list and receive your copy of The Health Monitor right to your inbox.



<https://mhsks.org/health-monitor/>

MHS EMPLOYEES DONATE TO LAUNDRY LOVE OF ABILENE

Employees of Memorial Health System (MHS) in Abilene participated in another “Jeans Day” fundraiser throughout the month of January. Employees make a donation, of at least \$2, and are allowed to wear blue jeans at work. A total donation of \$892 was presented to Laundry Love of Abilene.

Laundry Love brightens the lives of thousands of people through love, dignity, and detergent, and gives a fresh start to neighbors in need. As part of a nationwide movement, Laundry Love partners with local groups and laundromats to wash the clothes and bedding of individuals and families who could use a little extra support.

In Abilene, free laundry nights are held every third Thursday, from 6:00 p.m. to 8:00 p.m. (sign up begins at 5:45 p.m.). Volunteers cover the cost of up to five loads per household, offering help without judgment and no income requirements of any kind.

If you’d like to learn more, get involved, or support the work, visit the Laundry Love of Abilene Facebook page.

The monthly Jeans Day fundraiser is organized by the MHS Employer of Choice (EOC) Council.



Pictured from left are: Traci Jurgensen, EOC Council member; Jenn Chaput, EOC Council member; Tori Bowers, EOC Council member; Tanya Rader, EOC Council member; Wendi Pratt, Laundry Love of Abilene team member and MHS employee; Holly Walker, Laundry Love of Abilene Coordinator and MHS employee; Pam Schoemaker, EOC Council member; Sara Brown, EOC Council member; and Sarah Veach, EOC Council member.

Keeping care close to home takes a community.

Make your dollars count on Donate Day!



Memorial Health System Fund

Keeps healthcare **close to home** by supporting local services.



Home Health & Hospice Fund

Ensures quality of life until the very end for **EVERYONE**.

March 20, 2026



Give through the Community Foundation of Dickinson County and ensure care stays local.

Learn more and give at DonateDickinson.com. Donations made on March 20 will be matched up to **\$5,000** per fund.

SCHOLARSHIP

APPLY NOW

Memorial Health System Volunteer Corps \$1000 Scholarship Opportunity!

Those eligible to apply shall

- ... be a senior attending school in Dickinson County
- ... be seeking a medical related degree at an accredited college or vocational school.
- ... have at least a 3.0 GPA.
- ... have contributed volunteer hours within their community.

Follow the link below to find the application on our website, or scan the QR for quick access.

<https://mhsks.org/mhs-volunteer-corps/>
Deadline to apply: March 27, 2026



EVERYONE HAS A COLON.
EVERYONE NEEDS SCREENING.



No one is exempt. When the time comes, **age-appropriate colorectal screening** should be part of every adult's preventive health.



MARCH: COLORECTAL CANCER AWARENESS MONTH
Colorectal screening saves lives.



MEMORIAL HEALTH SYSTEM
Heartland Health Care Clinic

ABILENE | Salina Regional Health Center
511 NE 10th Street, Abilene, KS (785-263-4131)

WALK - IN CLINIC

Monday—Friday

7:00 a.m. ~ 11:00 a.m.

1:00 p.m. ~ 6:00 p.m.

* Pending Provider Availability *

FREE colorectal cancer screening kits available in March for ages 45-75

Kits are available to pick up at Salina, Abilene, Concordia, Minneapolis and Lindsborg pharmacies and can be returned by mail.

Prepaid postage is provided.



events.tammywalkercancercenter.com



MEMORIAL HEALTH SYSTEM
ABILENE | Salina Regional Health Center
Caring for you.

SURGICAL CARE CLOSE TO HOME

Salina Regional Health Center is committed to providing services to patients close to their own home. To help patients receive their care closer to home, the surgeons at Salina Regional Surgical Associates travel to Memorial Health System to offer comprehensive, personalized care in outreach clinics.

SALINA REGIONAL SURGICAL ASSOCIATES GENERAL SURGEONS



Dr. Justin Klaassen



Dr. Jesse Gray



Dr. Leah Speaks



Dr. Megan Welborn

To schedule an appointment in Abilene call Salina Regional Surgical Associates at (785) 452-7245.



WHAT PATIENTS ARE SAYING...



i have trusted your clinic and staff through several generations my grandmother and other members have been helped by your clinic and staff and now my children and i along with several others i have sent to your clinic. thank you

The best hospital around. They have the best doctors and nurses and staff.

A friendly bunch of medical folks. They always make you glad you chose this hospital and clinic.

Dr. Hinman provided information to help manage health through nutrition and exercise. She listened and answered my questions. She is an excellent health professional.

I love, love, love, love my doctors and hospital. Thank you.

The doctor in the ER named Lori did an exceptional job with us. You guys were super busy in the emergency department and she made sure that she was there for our needs and we were very thankful for her. She did a great job.

Dr. Ziegler gave us excellent care. He was very thorough and listened very well to all of our concerns. I also really appreciated Nurse Holly. She was amazing.

Dr. Holmes goes above and beyond to help care for his patients making sure he doesn't miss any thing in the lab report that could cause problems. He does an excellent job of describing medications and reports so that I understand. He's patient about answering questions. I'm moving to S.C and wish I could take him along to be my doctor there.

Rochelle Sims nurse practitioner is the best, I specifically asked for her every time I come up because she listens to what I say, and she tries to solve everything that's wrong with me,

I love Dr. ALLISON THOMPSON

We are always happy with the experience we have at Memorial Health Systems and try to use there health services whenever we can. We are so thankful they are there for us and the rest of the community.

What a wonderful place! ALL staff was happy, smiling, more than helpful and most importantly seemed to be glad they worked in this facility. I drive from Herington and it was well worth the trip. Dr. Hicks is awesome!

I am very uncomfortable going to doctors/medical personnel due to several earlier experiences. Dr. Brown is first Dr in years that I can somewhat relax with , ask questions, and talk to... still stresses me out for days ahead of my appointment, but I do better now, once she comes in and she treats me respectfully, with kindness, and with a touch of humor!! I still stress going but once Dr Brown starts talking to me , I can usually relax a bit....I pray she stays in Abilene!!

WHY JOIN IMPACT SPORTS AND FITNESS?

- Clean, safe, family-friendly
- No contracts
- No enrollment fee
- *\$36.50/month (discounts if qualify)
- *single membership
- Cancel anytime

**YOU DON'T NEED MOTIVATION.
YOU NEED A ROUTINE.**

418 N. BROADWAY, ABILENE, KS
785-263-3888

MEMORIAL HEALTH SYSTEM
Impact Sports and Fitness
ABILENE Salina Regional Health Center

March

National Nutrition Month



DISCOVER THE POWER OF NUTRITION
NATIONAL NUTRITION MONTH® 2026
A CAMPAIGN BY THE ACADEMY OF NUTRITION AND DIETETICS

Celebrate with us! Learn the power of nutrition and how it helps individuals and communities thrive. Discover how simple food and beverage choices can power your day, explore healthy options in your area, and build realistic habits that help you feel great now and in the future.

Follow us on Facebook and learn more in the month of March!

POWER UP WITH: **FIBER FORCE** BLACK BEAN & CHEESE QUESADILLAS

Ingredients

- 1 (15 oz) can black beans, drained
- 1 cup frozen corn
- ½ cup chopped red onion
- 1 clove garlic, finely chopped
- 2 cups shredded sharp cheddar cheese
- 1 envelope taco seasoning
- 10 (7") flour tortillas
- 1 cup sour cream (optional, for serving)

Directions

1. Drain black beans and place in a bowl with corn.
2. Add onion, garlic, taco seasoning, and shredded cheese.
3. Preheat skillet over medium-low heat.
4. Spread ½ cup filling over half of a tortilla and fold over.

Estimated cost: \$1.06 per serving

POWER Boost!

Black beans provide fiber and plant-based protein to support heart health and digestive wellness — making this a satisfying, affordable meal option

This Recipe Powers You By:

- Supporting heart health
- Delivering fiber for digestive wellness
- Providing plant-based protein
- Offering a budget-friendly, family meal option

Nutrition Snapshot (Per Quesadilla)

| | |
|----------------------------|----------------|
| Calories: 290 | • Fat: 12g |
| Carbs: 35g | • Sodium 834mg |
| Makes: approx. 4 servings. | |

National Nutrition Month® • March 2026 • Discover the Power of Food!



**TRY THIS
TASTY,
BUDGET
FRIENDLY
RECIPE!**

FREE Education for Everyone!



March Health Topic

Presented by Dr. Hinman:

The Dangers of Sepsis

Join us for our next Monthly Health Session focused on Sepsis. Learn to recognize the signs and symptoms, understand who is at risk, and discover how early treatment can save lives.

Knowledge makes a difference.

Don't miss this important conversation!

Monday, March 9

5:30 - 7:30 PM

snacks and drinks provided

**Nichols Education Center
1003 N Brady, Abilene**

(located in the basement of Abilene Childcare Learning Center - enter through the back door)

Memorial Health System
Volunteer Corps
presents

Coffee & Conversation



**March 4 and March 18 @ 9:30 AM
Memorial Hospital Cafeteria**

*Send a smile
to someone you
care about*



MESSAGE A PATIENT

Our free *MESSAGE A PATIENT* service makes it easy to stay connected. Submit your message online at no cost, and our Volunteer Corps will hand-deliver it with care.

Enhance your message and add a handmade card, pop-up flower card, or candy-filled balloon jar from the Caring Hearts Gift Shop. Simply call the gift shop to place your order, and we'll take care of the rest.



Contact Us!

Gift Shop Hours
Monday - Friday
8:00AM - 3:30PM

785-263-6119

Send a message through the Caring Hearts Gift Shop webpage or scan the QR Code.



www.mhsk.org/gift_shop



Village Manor, an affiliate of Memorial Health System, is pleased to announce the appointment of Tim Swenson as its new director of nursing. Swenson brings more than 20 years of diverse health care experience to the Abilene community. Swenson was introduced to the opportunity through a recruiting firm and quickly felt a strong connection to the role after meeting the teams at Memorial Health System and Village Manor. "After meeting the team, I immediately knew the role was for me," Swenson said. "I have worked in health care for more than 20 years in many different facets, and I could see how my experience aligned with the mission and vision here."

TIM SWENSON NAMED VILLAGE MANOR DIRECTOR OF NURSING

Throughout his career, Swenson has served in clinical, operational and business development roles across the Midwest, including the past eight years in traveling leadership positions. His broad background, paired with a passion for servant leadership, positions him well to guide Village Manor's nursing team and enhance resident care.

For Swenson, long-term care is deeply personal. "Long-term care is more than just a medical service; it is a commitment to dignity and family," he said. "Having seen the impact of life-altering physical and health challenges with my home health and hospice patients throughout the years, 'care' involves supporting the whole person and their environment. It represents a bridge between clinical excellence and the comfort of home." He added that ensuring residents and families in the Abilene community receive the same high-standard advocacy he would want for his own family is a driving force behind his leadership.

"Tim's ties to the community, professional experience, commitment to servant leadership and dedication to providing resident-centered care positions him well to lead the Village Manor nursing team and its commitment to providing compassionate, high-quality care," said Kimberly Haverly, Memorial Health System administrator.

Employee of the Month!

DARELD BURLESON

Maintenance Mechanic

Dareld Burleson is our March Employee of the Month. With 3–5 years at Memorial Health System, Dareld consistently demonstrates leadership, teamwork, professionalism, dedication, and innovation in his work.

He is always working on helping people and puts himself right in with the group, whether the job is easy or one of the not-so-fun tasks. Dareld jumps right in to help with no hesitation and approaches every project with a great attitude.

He also uses his knowledge of woodworking, a personal hobby of his, to create pieces for departments throughout the hospital, occasionally even using his own tools. Dareld is always working on the next project and continues to contribute in ways that support both his team and the organization.



Congratulations, Dareld, and thank you for your continued dedication to Memorial Health System!



MEMORIAL HEALTH SYSTEM
ABILENE | Salina Regional Health Center
Caring for you.
 511 NE 10th St. Abilene, KS 67410
 785-263-2100
 WWW.CARINGFORYOU.ORG

MISSION
 ENHANCE THE HEALTH AND WELLNESS OF ALL

VISION
 BE THE HEALTHCARE PROVIDER AND EMPLOYER OF CHOICE.

CORE VALUES
 COMPASSION FOR ALL
 APPRECIATION FOR OTHERS
 RESPECT FOR EVERYONE
 EXCELLENCE THAT EXCEEDS EXPECTATIONS

JOIN OUR

TEAM



<https://mhsks.org/careers/>



CARES
 Co^llition
 of Dickinson County
 CARESRESOURCES.ORG



Looking for resources available in Dickinson County? Visit the CARES Coalition website and find what you are looking for with the online resources guide.

Memorial Health System is a proud member, and sponsor, of the CARES Coalition of Dickinson County.

WOUND CENTER RECOGNITION

CLINICAL DISTINCTION AND PATIENT SATISFACTION AWARDS



Memorial Hospital Wound Center Receives Dual Recognition

Abilene, KS. – February 26, 2026 – Memorial Hospital is pleased to announce Memorial Hospital Wound Center is a dual recipient of RestorixHealth’s Clinical Distinction and Excellence in Patient Satisfaction Awards. Recipients of these awards meet or exceed national quality benchmarks over a set period of time.

RestorixHealth’s Clinical Distinction Award recognizes wound centers that have demonstrated exceptional success by meeting or exceeding clinical benchmarks; while the Excellence in Patient Satisfaction Award recognizes wound centers that have demonstrated superior performance in overall patient satisfaction.

“The Memorial Hospital Wound Center is pleased to be recognized for our dedication not only to healing but also to patient satisfaction,” said Dr. William Short, MD. “We are proud to be a recipient of an award that recognizes the work of our staff as both a health care team and patient champions.”

The Memorial Hospital Wound Center is dedicated to optimizing outcomes and preventing lower limb loss in patients with non-healing wounds. Their approach to wound care is comprehensive, coordinating traditional and advanced therapies that aid and accelerate the healing process.

The center is staffed with clinicians with advanced training in wound care. Integrating a team of wound care professionals optimizes patient care while offering the most advanced healing options for hard to heal wounds.

The Memorial Hospital Wound Center is located at 511 NE 10th Street and is open Wednesday’s and Friday’s, 8:30 a.m. to 3:30 p.m. For more information, please call 785-571-1070 or visit www.CaringForYou.org.