

# KCHS NEWSLETTER

SEPTEMBER 2025

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KEARNEY COUNTY  
HEALTH SERVICES  
*Exceptional Family-Centered Care |*

## HEALTHY AGING MONTH

### CARE FOR ALL AGES: FAMILY MEDICINE

Good health at every age starts with a strong relationship with your provider. Our family medicine team at Minden Medical Clinic cares for **patients of all ages**, helping you stay on top of screenings, manage chronic conditions, and make healthy choices for the future. We're here to support you through every stage of life, from preventive care to treatment and beyond.



### EXPERT HELP: SPECIALTY SERVICES

Sometimes healthy aging means getting help from a specialist. At KCHS, we bring **advanced care close to home** with services in pain management, urology, orthopedics, cardiology, pulmonology, podiatry and more. Our goal is to help you maintain mobility, independence, and quality of life without the stress of traveling far for the care you need.



### MIND MATTERS: SENIOR LIFE SOLUTIONS

Healthy aging is about more than physical health—it's about emotional well-being, too. Our **Senior Life Solutions program** offers outpatient mental health services designed for older adults facing depression, anxiety, grief, or other life changes. With **compassionate care** and **group support**, we help you feel connected, understood, and empowered.



## UROLOGY AWARENESS MONTH



DR. MATTHEW RUTMAN

At KCHS, **Dr. Matthew Rutman** provides expert diagnosis and treatment for a wide range of urologic concerns, helping patients improve comfort, function, and quality of life.

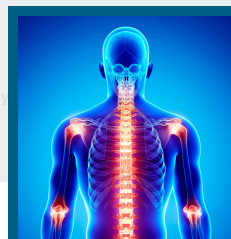
Whether you're dealing with kidney stones, urinary incontinence, prostate issues, or other concerns, Dr. Rutman offers compassionate, specialized care close to home.



As summer turns to fall, it's the perfect time to check in on your health. September is **Pain Awareness Month, Healthy Aging Month, and Urology Awareness Month.**

Our team is here with the care, resources and encouragement you need to keep living life to the fullest. Talk to your provider to see how we can help!

## PAIN AWARENESS MONTH



Living with pain can make even simple tasks feel overwhelming, but relief is possible. The KCHS Pain Management Specialty Clinic is here to help. Our team of **Dr. Pravardhan Birthi** and **Michelle Schiel, APRN, GNP-BC** work with you to find the cause of your pain and create a treatment plan tailored to your needs so you can move more comfortably and get back to doing the things you love.



www.kchs.org



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