

Welcome



Carolyn Ganaway has been hired for part-time in our Dietary Department.

She is excited to develop her cooking skills and to learn more about the importance of dietary needs in healthcare.

Carolyn enjoys being with her family especially her grandchildren.

Community Service

People choose to volunteer for a variety of reasons. For some it offers the chance to give something back to the community or make a difference to the people around them. For others it provides an opportunity to develop new skills or build on existing experience and knowledge. Regardless of the motivation, we all find it challenging and rewarding.

Since January 2019, staff at Nemaha Valley Community Hospital and Seneca Family Practice have given over 1,215 hours serving our community and the surrounding communities. We're all working to make this world a better place.

The summer months are no different, staff from Nemaha Valley Community Hospital and Seneca Family Practice are volunteering their time every Thursday throughout the summer to help with the Catholic Charities Food Program. The food program is held at the Seneca City Park from 11:30am-12:30pm Monday-Friday!



Left to Right:
 Tammy Schmitz
Director of Quality Services
 Stacey Steinlage
SFP Business Office Supervisor



Left to Right:
 Mary Sack
Administrative Assistant
 Kristie Porting
Director of Health Information Management



NEMAHA VALLEY
 Community Hospital & Seneca Family Practice
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 Hospital 785-336-6181 | Clinic 785-336-6107
 www.nemvch.com

You're Invited!

Thursday, July 11th

Grief Support Group

7:00pm at NVCH

Contact Krista Stallbaumer or Sarah Kramer at 785-336-6181

Tuesday, July 23rd

Diabetes Support Group

3:00pm-4:00pm at NVCH

Contact Karen Hynek at 785-336-6181

Message from the Administrator

Nemaha Valley Community Hospital and Seneca Family Practice staff members are acutely aware of just how fortunate we are to serve Nemaha County and the surrounding communities. Once again, this year, we are emphasizing the need for our staff to give back!

Nothing is more rewarding than knowing you made someone's day a little easier. We try to make a difference in every service we provide and the care we give. Contributing to our communities ongoing wellbeing

and quality of life is just as important as meeting a need in a crisis.

Throughout the year you see our staff helping in our schools, churches, civic organizations, and at spur of the moment opportunities. We take pride in our communities and our ability to serve others.

Thank you for giving us the opportunity to serve you...at the hospital and clinic as well as in the communities we live in!

-Kiley Floyd, CEO

Employee of the Month



Congratulations to Krista Stallbaumer for being selected as the Employee of the Month for May! Krista is the Director of our Social Services Department at NVCH. She has a big heart and a truly compassionate

and caring personality that is always available when patients and their loved ones are faced with emotional and challenging situations.

Krista is very involved in several programs within the hospital and our community including the Midwest Transplant Network, Medicare enrollment, Advanced Directives, Indigent Drug Program, Babies Best Start, Planting the Seed to Read book program, United 4 Youth and many others. Many of these programs were established within NVCH because Krista saw an immediate need.

Krista is a vital part of our organization and we are so fortunate to have her on our team. Thank you for all you do for NVCH, our patients, their families and our community!



Chores.
 A perfect moment to talk about alcohol.

An alarming number of pre-teens are drinking alcohol — which makes it urgent to find every opportunity to talk to your kids about the dangers of underage drinking. For tips on how — and when — to begin the conversation, visit:
www.underagedrinking.samhsa.gov

talk they hear you

Kansas Family Partnership, Inc. 1-800-206-7231 www.kansasfamily.com

UNITED youth 4

Mission: To provide prevention tools to reduce substance abuse by teens in Nemaha County, Kansas.
 Goal: To assist and empower all Nemaha County youth to reduce destructive decisions and encourage physical and mental health by making positive choices.

Contact us at united4youthnemaha@gmail.com

Eating Healthy with a Busy Schedule

Having a jam packed summer schedule doesn't mean throwing healthy eating out the window; it just means being a little more organized and thoughtful about the days ahead! Here are some tips to help you stay on track.

- Sometime on Saturday or Sunday (or whichever day you tend to grocery shop) look at the following days ahead and think about; how many meals away from home, how many meals away from home can we pack, and how many meals will I be able to make. Start making your list and meal ideas based on that criteria.
- Have your kids help! Include them in the discussion on menu planning/quick meal planning (take them grocery shopping and let them pick out their own fresh fruits and veggies). They can also help by keeping the kitchen clean (this is constantly a work in progress!) and doing some meal prep for you. Teaching them to cook takes time in the beginning but saves time for you down the road.
- Summer is the season for grilling so throw on extra meat while you have it up and going. Make extra chicken breast, hamburgers, pork or fish to have during the week on salads, wraps, quick sandwiches or with a plate of steamed vegetables.
- Make a list of easy meal ideas and try to keep those ingredients on hand. So when you are too busy to think about it just go to the list!! Limit the amount of junk food on hand so you are not tempted to reach for the bag of potato chips while you are thinking about what to feed everyone, try a bag of carrots instead.
- And lastly, take some time after shopping to wash and prep fresh fruits and vegetables so that they are easy to grab (easy kid job). Studies show putting them at eye level in the fridge increases your chances of eating them before they turn bad.

Of course it wouldn't be summer without enjoying ballgame food, late night trips for ice cream and ice pop after ice pop just make sure those days don't run all together!

Leah Heinen, RD,LD

We Want You to Practice Sun Safety

Nemaha Valley Community Hospital and Seneca Family Practice promote sun safety for the community with a donation of sunscreen to the Seneca Aquatic Center and Spring Creek Golf Course.

"The donation is a small and simple way to help protect the visitors of the Aquatic Center and Spring Creek Golf Course from the dangerous rays of the sun," said Courtney Schmelzle, Community Outreach Coordinator and Foundation Director for Nemaha Valley Community Hospital and Seneca Family Practice.

The physicians and nurses at Nemaha Valley Community Hospital and Seneca Family Practice have a few tips to keep you protected from the sun this summer:

- Apply sunscreen with a sun protection factor (SPF) 15 or higher at least 20 minutes before sun exposure and then reapply every two hours.
- Wear sunglasses with total UVA & UVB protection.
- Wear wide-brimmed hats, long sleeved shirts and pants.
- Avoid direct sun exposure as much as possible during peak UV radiation hours between 10 a.m. and 4 p.m.
- Perform skin self-exams regularly to become familiar with existing growths and to notice any changes or new growths.

Health care officials warn that unprotected skin can be damaged by the sun's UV rays in as little as 15 minutes, and 80 percent of a person's lifetime sun exposure is acquired before age 18. Officials say about 90 percent of non-melanoma skin cancers and 65 percent of melanomas are associated with exposure to UV radiation from the sun.

If you become concerned about a particular area when doing your skin self-exams, ask your primary care physician to refer you to a dermatologist so they can do a full body skin check. Nemaha Valley Community Hospital has Tiffany Engelken, APRN-C with KMC Dermatology that schedules appointments in our Outpatient Clinic three times a month. For additional information regarding our Dermatology specialty clinic please contact our Outpatient Clinic at 785-336-0462.

Take care of yourself and your family!



Tish Hermesch, RN—NVCH, Lynda Cross, RN, BSN, DON—NVCH, Lifeguards Bryant Stallbaumer and Katia Rivera and Chelsie Ronnebaum, RN—NVCH



Chelsie Ronnebaum, RN—NVCH, Brock Corby—Spring Creek Golf Course, Lynda Cross, RN, BSN, DON—NVCH, and Tish Hermesch, RN—NVCH

Struggling With Your Sleep This Summer?

Whether it's the heat, the holidays, or just the summertime mindset, getting a good night's rest can feel particularly tricky during the summer months.

But paying attention to your sleep quality and quantity—and making an effort to fix any problems that come up during this time of year—should be a priority: Research shows that people with poor sleep patterns are more likely to carry around excess weight, develop chronic disease, and die sooner. Even just a few nights of tossing and turning can affect mood, concentration and metabolism.

Your behaviors during the day, and especially before bedtime, can have a major impact on your sleep. They can promote healthy sleep or contribute to sleeplessness.

Your daily routines – what you eat and drink, the medications you take, how you schedule your days and how you choose to spend your evenings – can significantly impact your quality of sleep. Even a few slight adjustments can, in some cases, mean the difference between sound sleep and a restless night. Completing a two-week sleep diary can help you understand how your routines affect your sleep.

The term "sleep hygiene" refers to a series of healthy sleep habits that can improve your ability to fall asleep and stay asleep. These habits are a cornerstone of cognitive behavioral therapy, the most effective long-term treatment for people with chronic insomnia. CBT can help you address the thoughts and behaviors that prevent you from sleeping well. It also includes techniques for stress reduction, relaxation and sleep schedule management.



If you have difficulty sleeping or want to improve your sleep, try following these healthy sleep habits listed below.

Follow these tips to establish healthy sleep habits:

- Keep a consistent sleep schedule. Get up at the same time every day, even on weekends or during vacations.
- Set a bedtime that is early enough for you to get at least 7 hours of sleep.
- Don't go to bed unless you are sleepy.
- If you don't fall asleep after 20 minutes, get out of bed.
- Establish a relaxing bedtime routine.
- Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.
- Limit exposure to bright light in the evenings.
- Turn off electronic devices at least 30 minutes before bedtime.
- Don't eat a large meal before bedtime. If you are hungry at night, eat a light, healthy snack.
- Exercise regularly and maintain a healthy diet.
- Avoid consuming caffeine in the late afternoon or evening.
- Avoid consuming alcohol before bedtime.
- Reduce your fluid intake before bedtime.

Talk to your doctor if your sleep problem persists, you may need a sleep study referral. NVCH has an ACHC Accredited Sleep Apnea program that conducts all sleep studies in house with one of our licensed Respiratory Therapists.

Article provided by AASM (American Alliance for Healthy Sleep).



We have been experiencing intermittent issues with our phone system recently making it difficult, at times, for our patients to call in using 785-336-6181.

GOOD NEWS...We have an alternative number!

If you experience issues when calling our main number please call **785-336-5327**.