

## You're Invited!

**September 2nd**

*Labor Day*

Seneca Family Practice and Nemaha Valley Community Hospital will be closed.  
Have a safe and enjoyable Labor Day!

**September 11th**

*Alzheimer's Association Remote Learning Session*

12:30pm-1:30pm at NVCH  
Contact Courtney Schmelzle at 785-336-0426

**September 12th**

*Grief Support Group*

7:00pm at NVCH  
Contact Krista Stallbaumer  
at 785-336-6181

**September 26th**

*American Red Cross Blood Drive*

9:00am-3:00pm at NVCH  
Contact Beth Brokamp at 785-336-6181  
for an appointment.

**October 5th**

*Bunco for Breast Cancer*

7:30pm at Castle Rock—517 Main St.  
Contact Courtney Schmelzle at  
785-336-0426 to RSVP.

## Expanding Services to Meet Community Needs

In 2018 Nemaha Valley Community Hospital and Sabetha Community Hospital worked together to conduct the Community Health Needs Assessment (CHNA). Creating healthy communities requires a high level of mutual understanding and collaboration among community leaders. The development of this assessment brings together community health leaders and providers, along with the local residents, to research and prioritize county health needs and document community health delivery success. Among the top seven health related priorities established for Nemaha County, Alcohol Abuse and Substance Abuse rank as two of those priorities.



M I R R O R

"We take our responsibility seriously to invest in our resources and energies to understanding and meeting the diverse healthcare needs of all and ensure that everyone receives necessary care" said Kiley Floyd, CEO at NVCH. "We are excited to partner with Mirror Inc. to offer Substance and Alcohol Assessment and Counseling via tele-health in our Outpatient Clinic to continue to fulfill our obligation to our patients and their families."

Mirror Inc. was founded in 1972 on the belief that people can and do change. Including you. As a major provider in Kansas, they offer a comprehensive continuum of services and programs for people seeking help.

Just like many other chronic diseases, addiction can be successfully managed. Mirror's approach is designed to help you succeed in counteracting addiction's powerful, disruptive effects on the brain and behavior – and help you regain control of your life. To accomplish that, services are tailored specifically to meet the needs of each individual. Emphasis is placed on using cognitive, behavioral and other research-based approaches.

Services are offered via tele-health in the NVCH Outpatient clinic include Substance and Alcohol Abuse Evaluation and Assessments and Individual Counseling. To schedule your appointment please contact Mirror Inc. at 785-367-0561 and request the NVCH location.

SEPTEMBER 2019

## Message from the Administrator

September 2019 is National Suicide Prevention Awareness Month. In September we are reminded of the resources we have, but year round we must constantly consider how we can support our friends, neighbors and families who have experienced loss.

Suicide impacts all of us. The impact crosses age, gender, financial bracket, religious preference and geographic area. Unfortunately the act of suicide and suicidal thoughts has reached epidemic proportions. We can no longer allow this illness to be hidden. We MUST address this with every resource we have. We must invest in the resources we do not have.

Suicide is the third leading cause of death among young people and is on the rise in our older population as well. We have to think about the social and environmental factors that are contributing to our friends' and family members' mental health. We must start addressing the issues that may be contributing to the rapid rise in suicides and suicide attempts. This is no longer someone else's problem. It is our problem!

Not only do we need to face the contributing factors but we also need to address the aftermath. In many cases the individual's friends and families affected by suicide are left in the dark, feeling shame or stigma that prevents talking openly about issues dealing with suicide. Questions like "what could I have done?" and "why didn't I see this coming?" often lead to feelings of guilt. The families and friends impacted by a loss due to suicide need as much support as the victim themselves. We believe that these issues are important to address year round. Highlighting them during Suicide Prevention Awareness Month and World Suicide Prevention Day are good opportunities to provide a time for people to come together and display the passion and strength of those working to improve the lives of the millions of

Americans that can benefit from honest discussions about mental health conditions and suicide. But we cannot limit these efforts to a specific month of the year.

The mental health crisis in our country will not be going away any time soon. Mental and behavioral health issues were identified as a priority in Nemaha County during our 2018 Community Health Needs Assessment. Our goal is to increase awareness and provide access to professionals who can help. We are also vocal advocates for our mental health system. Sometimes, all you have to do is be willing to listen. Be willing to be a friend that listens. Do not try to just pretend something isn't right. Be conscious of changes in mood or signs of depression in friends and family. Be willing to speak up about your concerns and step out of your comfort zone. Be willing to make a difference.

My challenge to you is to never underestimate the value of a kind word, a hug, encouragement and the value of listening. If ever the initiative to "See something, say something" applies it most certainly does in the world of mental health. Please do not let the opportunity pass to be a positive force in someone's life. Also, help us break the stigma too often associated with mental health issues. If you need someone to talk to PLEASE reach out to a friend, your doctor, your pastor, or call the suicide prevention hotline, 1-800-273-8255. If you know someone in need, refer them to one of the many resources available. Encourage them to reach out.

Nemaha County has resources for individual and group therapies. For more information on how you can help or information on local support groups and treatment options contact Krista Stallbaumer, Social Worker, Nemaha Valley Community Hospital at 785-336-6181.

CEO, Kiley Floyd

## Child Passenger Safety Tips

Child passenger safety has dramatically evolved over the past decade; however, motor vehicle crashes continue to be the leading cause of death for children 4 years and older.

NVCH wants to help you choose the right seat for your child. Dana Deters, RN at NVCH, is a nationally Certified Child Passenger Safety Technician (CPST). She uses her knowledge and expertise to provide hands-on assistance and proper education to parents and caregivers regarding child seat safety. Dana keeps up-to-date on the latest technical information about child passenger safety through seminars and other continuing education opportunities.

Please contact Dana at **785-336-6181** for more information about child passenger safety or to have your car seat inspected or properly installed.

Using the correct car seat or booster seat can be a lifesaver: make sure your child is always buckled in an age- and size-appropriate car seat or booster seat.



**REAR-FACING CAR SEAT**

**Birth up to Age 2\***  
Buckle children in a rear-facing seat until age 2 or when they reach the upper weight or height limit of that seat.



**FORWARD-FACING CAR SEAT**

**Age 2 up to at least age 5\***  
When children outgrow their rear-facing seat, they should be buckled in a forward-facing car seat until at least age 5 or when they reach the upper weight or height limit of that seat.



**BOOSTER SEAT**

**Age 5 up until seat belts fit properly\***  
Once children outgrow their forward-facing seat, they should be buckled in a booster seat until seat belts fit properly. The recommended height for proper seat belt fit is 57 inches tall.



**SEAT BELT**

**Once seat belts fit properly without a booster seat**  
Children no longer need to use a booster seat once seat belts fit them properly. Seat belts fit properly when the lap belt lays across the upper thighs (not the stomach) and the shoulder belt lays across the chest (not the neck).



## Handwashing a Do-It-Yourself Vaccine

The kids are back in school and there's no better time than now to teach them how to properly wash their hands!

Handwashing is like a "do-it-yourself" vaccine—it involves a few simple and effective steps you can take to reduce the spread of diarrheal and respiratory illness so you and your family can stay healthy and happy this season.

### Your Protection Against Infection



## NVCH Offers Lymphedema Therapy Program



Nemaha Valley Community Hospital (NVCH) is currently offering an outpatient lymphedema therapy program. The program is available through our Occupational Therapy department and managed by the hospital's Certified Lymphedema Therapist (CLT), Cheryl Holthaus, OTR/L.

Lymphedema is a chronic, often progressive condition that can result in excess swelling of the head, arm, leg and/or trunk

caused by disruption of the lymphatic system. Left untreated, lymphedema can lead to serious tissue/skin changes and increase risk of infection.

According to Cheryl Holthaus, lymphedema can be primary or secondary. Primary lymphedema is due to congenital malformations of the lymphatic system. Secondary lymphedema occurs due to damage to the lymphatic system. Common causes include surgery, cancer, trauma, radiation or infection.

## We're 1/2 Way There We Need Your Help!

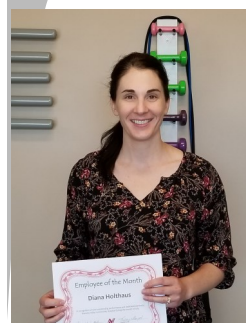
We're almost 1/2 way to our goal of \$40,000 to purchase a new Defibrillator/Monitor with Code Management Module for our ER Department.

Since 2016 NVCH has seen a 25% increase in emergency room visits and that number continues to climb. Recognizing this trend and the need to expand on the resources necessary to respond to medical emergencies, NVCH staff has asked for a new Defibrillator/Monitor with Code Management Module. NVCH's current defibrillator system is 15 years old and in January 2020 it will no longer be a serviceable piece of equipment. Therefore, it is vital for NVCH to secure funds, approximately \$40,000, to purchase the new system.

According to the American Heart Association, rapid defibrillation and early cardiopulmonary resuscitation (CPR) are the two major contributors to survival of adult victims of sudden cardiac arrest. Automated external defibrillation is one of the most promising methods of treating cardiac arrest.

Your donations are an investment in healthcare in Nemaha County and the surrounding communities. To discuss giving options please contact Courtney Schmelzle at 785-336-0426.

## Employee of the Month



Congratulations to Diana Holthaus for being selected as our July Employee of the Month. Diana is a Physical Therapist at NVCH. She has recently taken on an unexpected leadership role and has truly embraced the opportunity entirely.

Diana is an excellent patient advocate and is always researching ways to better serve her patients making sure that they are receiving the best care possible. Her patients are her priority!

She is also willing to lend a hand throughout the department, even when she's running short on time. Diana always goes through each day with a positive attitude! She has truly made an amazing impact on our entire organization!

## Mark Your Calendar & Register TODAY!

Kick-off to  
**Breast Cancer  
Awareness  
Month**

**Saturday, Oct. 5<sup>th</sup> + 7:00 pm**  
doors open at 6:30 pm

**Castle Rock - 517 Main St. in Seneca**  
\* hors d'oeuvres will be served  
\* BYOB

**\$15 per person**  
proceeds to  
Race Against Breast Cancer

**Bunco**  
for breast cancer

\*\*\*\*\* Don't forget to schedule your mammogram today \*\*\*\*\*

Limited spots available  
to RSVP  
Contact Courtney Schmelzle  
at [cschmelzle@nemvch.org](mailto:cschmelzle@nemvch.org) or  
785-336-0426

## Do You Know Your Cholesterol Numbers?



and sometimes it seems very confusing. Which ones do we have to watch, is the bad one really bad, does it matter if a food label says no cholesterol or no trans-fats?

Why is all of this important to know? According to the CDC, more than 102 million American adults (20 years or older) have total cholesterol levels at or above 200 mg/dL, which is above healthy levels, and only about one-third of them have the condition under control. Plus, more than 35 million of these people have levels of 240 mg/dL or higher, which puts them at high risk for heart disease.

Cholesterol is a waxy, fat-like substance found in your body and many foods. Your body needs cholesterol to function normally and makes all that you need. Too much cholesterol can build up in your arteries. After a while, these deposits narrow your arteries, putting you at risk for heart disease and stroke, the two leading causes of death in the United States.

We all know it's important to keep track of our cholesterol levels. But what does that really mean? There is good cholesterol, and bad cholesterol, dietary cholesterol, trans fats, saturated fats – the list only seems to get longer,

High cholesterol usually doesn't have any symptoms. As a result, many people do not know that their cholesterol levels are too high. However, doctors can do a simple blood test to check your cholesterol. Talk with your doctor to see how often they want to check your cholesterol levels.

- **LDL cholesterol** is considered the “bad” cholesterol, because it contributes to fatty buildups in arteries (atherosclerosis).
- **HDL cholesterol** can be thought of as the “good” cholesterol. A healthy HDL cholesterol level may protect against heart attack and stroke.
- **Triglycerides** are the most common type of fat in the body. They store excess energy from your diet. A high triglyceride level combined with high LDL (bad) cholesterol or low HDL (good) cholesterol is linked with fatty buildups within the artery walls, which increases the risk of heart attack and stroke.

Knowing your numbers and maintaining healthy cholesterol levels are great ways to keep your heart healthy. They can lower your chances of getting heart disease or having a stroke. Talk to your doctor today about what you can do to improve your cholesterol. Even small changes can greatly impact your health.