

Top 100 Critical Access Hospital in the United States



## Save The Date

*June 19th 2020*  
3 Person Scramble

### 24th Annual Nemaha Valley Health Care Foundation Charity Golf Classic

Spring Creek Golf Course ~ Seneca, KS 66538  
[www.springcreek-seneca.com](http://www.springcreek-seneca.com)

## Employee of the Month



Congratulations to Duane Tanking for being selected as our Employee of the Month for January. Duane has been a loyal employee for more than 30 years.

He has always been willing to stop what he's doing to help make someone's day a little easier, whether it be staff or one of our patients.

During the recent stretch of inclement weather Duane went above and beyond on several occasions. From scraping a patient's windshield, starting the car and pulling it under the awning to helping a mom and baby make it into the building safely, Duane did this because he cares! We are so grateful to have Duane on our Maintenance staff and part of the great team at NVCH! Thank you Duane!

MARCH 2020

## Message from the Administrator

It seems that there is a commemorative day for just about everything. My personal favorite is National Potato Chip Day, celebrated this year on March 14<sup>th</sup>! Many times, commemorative days are to remind of us of serious issues. We need to pay attention. Sometimes these days are the idea of some marketing firm or Hallmark! It is fun to jest about some of these ridiculous commemorations (by the way National "She's Funny That Way" Day is always observed on March 31st) but there are some days when we need to stop and appreciate the talent and commitment of those we depend on in times of crisis and need.

March 30<sup>th</sup> is National Doctor's Day. At Nemaha Valley Community Hospital it is a celebration of all of the health care providers in our community that give up their family time, get up in the middle of the night to respond to our health crises, deliver our babies and hold our hand when we are in emotional and physical pain.

These are Doctors, Advanced Practice Nurse Practitioners, Physician Assistants and Certified Registered Nurse Anesthetists.

Our community is blessed with a Medical Staff that knows their patients. You are not a number. They know you, your kids, your parents and your in-laws. They understand the significance of family. They are also recognized by their peers as some of the most talented in the region.

Nemaha Valley Community Hospital is proud to celebrate our Medical Staff on March 30<sup>th</sup> and throughout the year. I hope you will join us with a note of appreciation or a simple thanks the next time you see your health care provider. At a time of hospital closings, decreased reimbursement for services, and increased regulatory demands, the commitment of our Medical Staff is even more significant. It's a reason to celebrate!

Kiley Floyd, CEO

## NVCH Medical Staff



Tony Bartkoski, D.O.



Angela Stueve, M.D.



Jarod Snyder, M.D.



Heather Cooper, D.O.



Lori Lueger, APRN



Erica Winkler, APRN



Sheri Wessel, PA

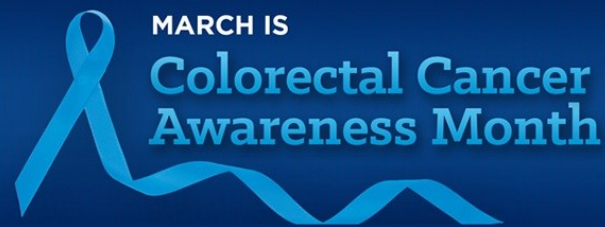


Karen Hynek, APRN



Harry Stewart, CRNA





Colorectal cancer (cancer that starts in the colon or rectum) is the third most commonly diagnosed cancer and the second leading cause of cancer death in men and women combined in the United States.

When discovered early, it is highly treatable. Even if it spreads into nearby lymph nodes, surgical treatment followed by chemotherapy is highly effective.

#### Risk Factors:

- Are age 50 or older
- Smoke or use tobacco
- Are overweight or obese
- Are not physically active
- Drink alcohol in excess
- Eat a lot of red meat
- Have a personal or family history of colorectal cancer or benign (not cancerous) colorectal polyps
- Have a personal or family history of inflammatory bowel disease

#### Prevention:

- Be physically active for at least 30 minutes at least five days a week
- Maintain a healthy weight and waist size
- Don't smoke
- Limit alcohol to no more than one drink per day
- Eat more fruits, vegetables and whole grains which are good sources of fiber
- Eat less red meat and cut out processed meat
- Get screened according to guidelines

*Early detection is vital so contact your primary care physician today to discuss your screening test options.*

## 33rd Annual Health Fair 2020 VISION OF HEALTH

**Saturday, April 4<sup>th</sup>**

**8 am - 11 am**

**Nemaha County Community Building**

Sponsored by  
Nemaha Valley Community Hospital  
1600 Community Dr. Seneca, KS. • 785-336-6181

Bring a children's  
book for our  
"Planting the Seed  
to Read"  
Book Program and  
receive an  
additional entry  
into our door prize  
drawings

**Lab work available for \$20 at the  
2020 Health Fair**

*Men can add the PSA test for \$10.*

**Test panel includes:** CBC, CMP, Lipid Panel, A1C, TSH



**For our  
Employee Recognition  
Celebration**

**Thursday, March 19, 2020**  
5:30 to 8pm  
Knights of Columbus Hall in Seneca

*\$25 per person or \$175 for a table of 8*  
**OPEN TO THE PUBLIC**  
*Full meal, beer & wine provided*  
**RSVP to: Mary Sack 785-336-6181**

NVCH & Seneca Family Practice would like to recognize employees who help make our hospital and community better. Take a moment to suggest an employee for the  
**Compassionate Caregiver Award.**  
This award recognizes any employee who is involved in patient care and demonstrates extraordinary compassion toward patients and their families. Contact Mary Sack 785-336-6181 or stop by the hospital for a nomination form.



**NEMAHA VALLEY  
COMMUNITY HOSPITAL**  
People You Know... Care You Need!



Seneca Family Practice  
CLINIC

Guest Speaker is Lisa Mills  
"STAND-UP and PROVIDE"

**Don't forget to RSVP and submit your nomination  
for the Compassionate Caregiver Award.**

## What is Sleep Apnea?

Have you ever woken up in the middle of the night gasping for air? Does your partner complain about your loud snoring? Do you feel more tired in the morning than when you went to bed? Then you could be one of the 18 million Americans who suffer from sleep apnea.

The only way to confirm whether you have sleep apnea is to participate in a sleep study. But these are the common signs of sleep apnea:

#### **Loud, consistent snoring.**

Sawing logs now and then is normal, but if you snore loud enough to wake your partner on a regular basis.

#### **Waking up to breathe.**

A key symptom is waking up in the middle of the night gasping for air, trying to breathe.

#### **Daytime sleepiness.**

Being excessively tired during the day is another clue that you may have sleep apnea. Those who suffer from the condition may drift off in the middle of conversations or during meals.

#### **Sleeping with your mouth open.**

Consistently waking up with a very dry mouth is an indication that you likely sleep with your mouth open.

If you regularly experience these symptoms, ask your physician if a sleep study is right for you.

Nemaha Valley Community Hospital provides in-lab sleep studies for anyone 13 years of age or older. We also provide in-home sleep studies for patients who qualify.

If you would like more information about the sleep studies that are provided at NVCH please contact Dawn Osterhaus, RRT, Danielle Dalinghaus, CRT or Jordan Hasenkamp, CRT at 785-336-0589.

## 5 Reasons to Eat More Color

Turns out mom was right. We need to eat our fruits and veggies. But why are these colorful, nutritious and delicious foods so important?



#### **Full of the good.**

Fruits and vegetables provide many beneficial nutrients, including vitamins, minerals, healthy fats, protein, calcium, fiber, antioxidants and phytonutrients. Add fruits and veggies to meals and snacks for a nutritional power boost.

#### **Free of the bad.**

Fruits and vegetables typically contain no trans fat, low saturated fat and very little or no sodium. The natural sugars they contain don't affect your health the same way added sugars do, especially if you eat the whole fruit or vegetable and not just the juice.

#### **Won't weigh you down.**

Fruits and vegetables tend to be low in calories, so they can help you manage your weight while still filling you up, thanks to the fiber and water they contain. Replacing higher-calorie foods with fruits and vegetables is an easy first step to a healthier eating plan.

#### **Super flexible superfoods.**

All forms of fruits and vegetables – fresh, frozen, canned, dried and 100% juice – can be part of a healthy diet. They can be eaten raw or cooked, whole or chopped, organic or not, and alone or in combination with other foods. They are among the most versatile, convenient and affordable foods you can eat.

#### **A whole body health boost.**

A healthy eating plan rich in fruits and vegetables can help lower your risk of many serious and chronic health conditions, including heart disease, stroke, obesity, high blood pressure, high blood cholesterol, diabetes, kidney disease, osteoporosis and some types of cancer. They're also essential to many daily functions of a healthy body.