

Message from the Administrator Continued..

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 priest/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 several 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. To schedule an appointment with Kailey, call Seneca Family Practice at 785-336-6107.

#betheonetoask

CEO, Kiley Floyd

What is CHOLESTEROL?

A **fat-like substance** in your blood. Too much cholesterol can **clog your arteries and increase risk for heart attack or stroke.**



LDL "Bad" Cholesterol + HDL "Good" Cholesterol + TRIGLYCERIDES/5 = TOTAL CHOLESTEROL

What Causes HIGH CHOLESTEROL?



FOOD TIPS

✓ **HDL-RAISING:**
Olive oil, avocados, walnuts
LDL AND TRIGLYCERIDE-LOWERING:
Oatmeal, apples, oranges, salmon, tofu

✗ **LDL-RAISING:**
Egg yolks, fatty meats, shellfish, dairy products, processed snacks
TRIGLYCERIDE-RAISING:
Excessive drinking, simple carbs/starches, sugars, animal products
What raises LDL can also raise Triglycerides.

How is it TREATED?



Message from the Administrator

SEPTEMBER 2020

September 2020 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 are struggling.

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 have reached epidemic proportions. COVID-19 concerns have not helped. We can no longer allow this illness to be hidden. We cannot accept "that's just the way he is" or "it's just a one of her mood swings" or "he will get over it". Depression and other mood disorders are medical issues that must be treated with the same diligence as we do cancer, infections, and other chronic diseases. We MUST address this with every resource we have. We must invest in the resources we do not have.

Suicide is the second leading cause of death among young people and is on the rise in our older population as well. The Centers for Disease Control and Prevention (CDC) surveyed US adults in June 2020 to assess mental health, substance use and suicidal ideation during the COVID-19 pandemic. More than 40 percent of survey respondents reported at least one adverse mental or behavioral health condition, including anxiety or depressive disorder, trauma and stressor related disorder (TSRD) related to the pandemic, and having started or increased substance use to cope with stress or emotions related to COVID-19. Survey results, published in the August 14th Morbidity and Mortality Weekly Report, show that the prevalence of the conditions included in the survey increased vs. 2019 and highlight the need for increased assessment and attention to the impact of the pandemic on mental health.

The COVID-19 pandemic and the associated changes we are all facing add to the variety of 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 continue to be an area of focus for Nemaha Valley Community Hospital. We have invested in staff and continue to use the resources of our regional partners to help our patients. Kailey Patton, LCMFT, LCAC is now seeing patients at Seneca Family Practice. Kailey is providing mental health therapy services and can be a great resource to other patients as well.

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**. **Be willing** to listen. 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. Most importantly, **be willing** to seek help for yourself or a family member.

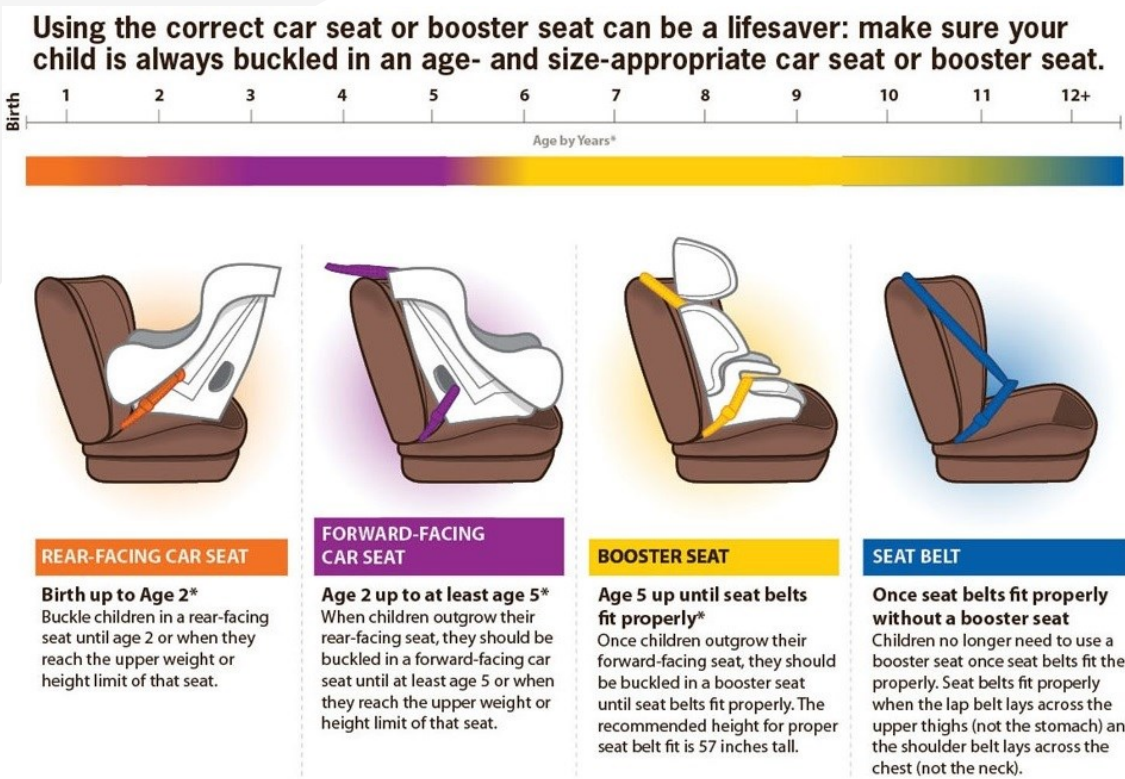
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Child Passenger Safety Week September 20-26

Dana Deters, RN, Nemaha Valley Community Hospital, is a nationally Certified Child Passenger Safety Technician (CPST). National CPS Certification Training is a program of Safe Kids Worldwide. This program also works closely with the National Highway Traffic Safety Administration.

As a CPST, Dana uses her knowledge and expertise to provide hands-on assistance and proper education to parents and caregivers regarding child seat safety. She also keeps up to date on the latest technical information about child passenger safety.

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



Get Your Low-Dose CT Scan

Kansas Department of Health and Environment recently added coverage for the life-saving low-dose CT scans to screen for lung cancer to all Kansas Medicaid recipients who are at high risk for lung cancer.

Through KanCare, people who meet the eligibility requirements can receive this lung cancer screening at no cost. Eligibility requirements for initial lung cancer screening include being between the ages of 55-80, having a 30 pack-year history of smoking (this means 1 pack a day for 30 years, 2 packs a day for 15 years, etc.), and are a current smoker, or have quit within the last 15 years.

Physicians at Seneca Family Practice encourage everyone who is eligible to get screened. Contact your primary care physician today to schedule your low-dose CT scan.

Give the gift of life and donate blood!
Make an appointment today to give blood at the
Nemaha Valley Community Hospital Blood Drive!

Thursday, October 1st
9a.m.-3p.m.

To schedule your appointment contact
Beth Brokamp at 785-336-0437. Walk-ins
are welcome, but appointments are encouraged.

You will be screened prior to your donation.



Back to School Health Tips!

School is many things—a place where kids learn and grow cognitively, develop social skills, and become independent individuals. It can also be a place where they pick up germs and illnesses and bring them home.

By teaching kids some important healthy habits, parents can help make school and health a priority during the school year. Here are some great tips on how to keep your kids healthy.

Teach Your Child About Proper Handwashing
Hand washing is one of the most important ways we can prevent the spread of illness in the classroom and elsewhere. By teaching your child how to wash their hands properly—and you can help them reduce the risk of getting sick, and keep them from infecting others if they catch an infection or illness.

Boost Your Family’s Immune System Health
Keeping your child's immune system strong is an important way to stay healthy and ward off illness during the school year.

Teach Good Hygiene Habits
Does your child know the important healthy habits to prevent colds, flu, and other infections? Healthy habits such as remembering to keep hands away

from their face/mask and coughing or sneezing into their elbow.

Set Good Sleep Habits

Making sure your child gets enough sleep is a crucial part of keeping them healthy. Sleep is important not only for a child's physical and emotional health but it can play an important role in how well they do in school, too.

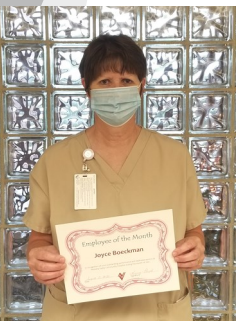
Help to Manage Stress

Back-to-school season is stressful for kids and parents alike, but too much stress can lead to a variety of health issues. Help manage stress by talking to your children about anything that's bothering them, and take care not to overload anyone's schedule, including your own. Schoolwork and after-school activities are important, but it's also essential to take time to relax, play and spend time as a family.

Eat Healthy and Stay Active

Eating a healthy breakfast is associated with improved cognitive function. Young people aged 6-17 should participate in at least 60 minutes of physical activity every day. Research shows that physical activity can help cognitive skills, attitudes, concentration, attention and improve classroom behavior – so students are ready to learn.

Employee of the Month



Congratulations to Joyce Boeckman for being selected as our July Employee of the Month! Joyce is a CNA on our nursing floor and been on the NVCH team for over 17 years.

Joyce is very kind and compassionate. She spends her days focused on making our patients comfortable during their stay at NVCH. She is often seen taking them on walks throughout the hospital or sitting with them in the courtyard for fresh air. Joyce also is known to be quite the in-house beautician and a great listener for our patients as well.

She is always willing to jump in and help with anything that needs to be done. She is a great co-worker and is outstanding with our patients! We are very lucky to have Joyce on our NVCH team!

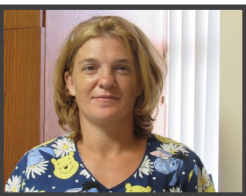
Welcome to the Team



Jill Nightingale - Jill will be working as a CNA on our nursing floor. She is excited to grow as a caregiver.



Kristie Clark - Kristie has also been hired as a CNA for our nursing floor. She is eager to be part of the NVCH team.



Sissy Wilson - Sissy will be working in our Housekeeping department. She is looking forward to helping others here at NVCH.