



Message from the Administrator

"Volunteers don't get paid, not because they're worthless, but because they're priceless." – Sherry Anderson

What would we do without our volunteers? NVCH Volunteers play a vital role in our organization. Not only do they support our staff but they also help with important patient care initiatives such as our COVID vaccine clinics. These are the unsung heroes of our lives. You may not always see the impact of the work they do but I assure you, Nemaha Valley Community Hospital is able to do all we do in part due to the efforts of our Volunteer Services (previously Guild), our volunteer boards, communion ministers and others who help in various ways.

For me, volunteering has helped me gain perspective, thinking outside of my own needs and focus on others. It has brought me great joy and I have met wonderful people across the United States.

Sometimes it is hard to imagine that you have time to volunteer as you feel so overwhelmed with life in general. I think that happens to all of us at one time or another. Too often our lives focus on our jobs and the day-to-day demands of our families. Whether you can spare an hour a month or an hour a week, volunteering will bring a sense of accomplishment and fulfillment to your life. There are plenty of opportunities in our communities and with the prospect of COVID restrictions lifting more opportunities will come.

Whether you are picking up trash in your neighborhood or helping at the hospital, your efforts are making a difference in our community. Thanks for all you do!

Kiley Floyd, CEO



In the past month we have seen a multitude of community members coming in to receive their COVID-19 vaccinations. We are happy

to be able to provide this service to our patients. We also want to educate patients on the vaccination and how that may affect screening mammograms.

According to the Society of Breast Imaging; axillary swelling or tenderness (i.e. lymphadenopathy) is one side effect that patients may see after vaccinations. Vaccines of all types can result in temporary swelling of the lymph nodes, which may be a sign that the body is making antibodies in response as intended.

We are asking all patients scheduling their screening mammograms to inform their healthcare provider if they have recently had their COVID-19 vaccination. If the vaccination has been within the past 4 weeks of scheduling a mammogram the technologist may ask that the patient wait to have their screening test to reduce the chances of false positives.

Alcohol and Your Health

The pressure to drink alcohol is everywhere. Drinking too much alcohol increases people's risk of injuries, violence, drowning, liver disease, some types of cancer and more. This month, during Alcohol Awareness Month, Nemaha Valley Community Hospital encourages you to educate yourself and your loved ones about the dangers of drinking too much.

Alcoholism is a chronic, progressive disease that can be fatal if untreated. However, people can and do recover. In fact, it is estimated that as many as 20 million individuals and family members are living lives in recovery!

Drinking too much can take a serious toll on your health. Here's how alcohol can affect your body:

Brain

Alcohol interferes with the brain's communication pathways and can affect the way the brain looks and works. These disruptions can change mood and behavior and make it harder to think clearly and move with coordination.

Heart

Drinking a lot over a long time or too much on a single occasion can

damage the heart, causing problems including:

- Cardiomyopathy: Stretching/drooping of heart muscle
- Arrhythmias – Irregular heartbeat
- Stroke
- High blood pressure

Liver

Heavy drinking takes a toll on the liver, and can lead to a variety of liver issues including:

- Steatosis, or fatty liver
- Alcoholic hepatitis
- Fibrosis
- Cirrhosis

Pancreas

Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis, a dangerous inflammation and swelling of the blood vessels that prevents proper digestion.



Cancer

Drinking too much alcohol can increase your risk of developing certain cancers including:

- Mouth
- Esophagus
- Throat
- Liver
- Breast

Immune System

Drinking too much can weaken your immune system, making your body a much easier target for disease.

If you have any questions or want to know more about your alcohol treatment options please contact your Seneca Family Practice primary care physician at 785-336-6107 today!



April is National Donate Life Month, a time to observe those who have received or continue to wait for lifesaving transplants, and a time to honor the heroes that have given the gift of life as organ,

eye and tissue donors. It's also a good time to consider what you and your family's desires are in the event you may one day face a difficult decision.

Organ donation is a priceless gift. Registering at www.regis-terme.org as a donor is a gift to your family, giving them certainty of your decision to help others in need. It is also a symbol of hope to those awaiting a lifesaving or healing transplant.

Make Self-Care a Priority

Self-care at the simplest level is making sure that you are doing the things that you need to do in order to stay healthy physically and mentally. Caring for yourself is an active choice that you need to make every day that prioritizes your own health and happiness.

There are a lot of significant health benefits that come from making physical self-care a priority. Regular exercise will help you keep your muscles strong, reduce stress and help with weight management. According to medical studies taking the time for regular exercise can have any or all of these effects on your physical health:

- Better sleep
- Lower risk of heart attack
- Lower stress levels
- Stronger bones
- Better cardiovascular health
- Lower cholesterol
- Reduce risk of some kinds of cancer
- Lower risk of diabetes and insulin resistance
- Better circulation
- Better mood

Mental self-care means giving yourself a break from the worries and stresses that you have to deal with all day long so that you can relax, clear your mind and focus. Taking regular mental health breaks for self-care can help you manage the symptoms of conditions like depression and anxiety and for some people can get rid of those symptoms entirely. Meditation, journaling, making art and pursuing hobbies are all things that you can do to practice mental self-care.

If you're struggling with your self-care options please contact your SFP primary care physician at 785-336-6107 today.

NVCH HEALTH FAIR

Saturday, April 17th

8 AM - 11 AM

LAB DRAWS ONLY

ADDITIONAL DETAILS TO FOLLOW

Nemaha County
Community Building

1500 Community Drive - Seneca, KS



The importance of taking a proactive approach to health and wellness is more evident now than ever, which is why NVCH invites you to join us for our Annual Health Fair on Saturday, April 17th. For the safety and wellbeing of our community we will only be offering lab draws this year.

The lab draws will be offered at a discount rate of \$25 for CBC, CMP, Lipid Panel, A1C and TSH.

Men can include the PSA for an additional \$10.

In order to ensure that everything operates smoothly, we ask that you remain in your vehicle until you have been given instructions by an event volunteer.

The Health Fair consent form is available on our website at www.nemvch.com in the top right corner of the home page.



Employee of the Month

Congratulations to Mike Andrews, MLT for being selected as our February Employee of the Month! Mike works in our Lab department as a technician. He maintains a positive attitude and has quite the sense of humor! Mike is always willing to help whenever needed. Recently, during the inclement weather, he volunteered to assist patients who received their COVID vaccine to and from their vehicle.

COVID has impacted our Lab staff more than we all know and Mike has effortlessly adjusted the added strain and has continued to manage his daily responsibilities without skipping a beat. We are so grateful to have Mike as part of the NVCH team!

Join our healthcare family! NVCH might have the perfect position for you. Please visit the employment section of our website at www.nemvch.com to find out.

Speciality Services Offered at NVCH

Our expanded Outpatient Specialty Clinic offers specialized care and treatment without requiring you to travel outside of the community. Through partnerships with different specialists, Nemaha Valley Community Hospital is able to provide 21 different specialty clinics at our facility to ensure comprehensive care for you and your family. To learn more about our Outpatient Clinic and the specialty physicians please visit the Outpatient Clinic section of our website at www.nemvch.com.

NVCH is also proud to employ on-site local clinicians that offer a variety of specialty services including:

- Breastfeeding Clinic: Dana Deters, RN, IBCLC
- Diabetes Education: Karen Hynek, APRN, CDCES & Leah Heinen, RD, LD, CDCES

- Dietician: Leah Heinen, RD, LD, CD-CES
- Lymphedema Therapy: Cheryl Holthaus, OTR/L, CTL
- LVST Big & Loud Program: NVCH Physical, Occupational and Speech Therapy Department
- Mental Health Therapy: Kailey Patton, LCMFT, LCAC
- Speech Pathology: Brooke Strathman, MS, CCC-SLP
- Social Work - Advanced Directives & Medicare Education: Krista Stallbauer, LBSW

NVCH is dedicated to keeping our patients at the center of everything we do while caring for the growing needs of our community. For information about any of the listed specialty clinics please contact NVCH at 785-336-6181.

Save The Date

June

18th

2021

3 Person Scramble

25th Annual Nemaha Valley Health Care Foundation

Charity Golf Classic

Spring Creek Golf Course ~ Seneca, KS 66538

www.springcreek-seneca.com