



## Message from the Administrator

March is the month we celebrate the contributions of our Medical Staff to our organization and personal lives. Nemaha Valley Community Hospital's team of providers willingly 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.

This past year has been rough for everyone. I am proud to say that our Medical Staff never wavered in their commitment to their patients, even when they knew they could be putting their own health at risk. I hope you will join us with a note of appreciation or a simple "thanks" the next time you see your health care provider. Nemaha Valley Community Hospital, our patients, and their families are blessed with a caring compassionate team of medical professionals.

Kiley Floyd, CEO

## NVCH Medical Staff

Angela Stueve, MD  
Chief of Staff

Tony Bartkoski, DO

Heather Myers, DO

Jarod Snyder, MD

Lori Lueger, APRN

Erica Winkler, APRN

Erica Bletscher, APRN

Karen Hynek, APRN

Sheri Wessel, PA

Harry Stewart, CRNA



*NOT ALL  
SUPERHEROES  
WEAR CAPES,  
OURS WEAR  
WHITE COATS*

**HAPPY  
DOCTOR'S  
DAY**

**MARCH 30, 2021**

## Faster Healing with NVCH Wound Care Clinic



**IT'S TIME  
TO HEAL.**

Our bodies are designed to recover from minor wounds and injuries, but certain damages require more involved treatment to heal. At Nemaha Valley Community Hospital, we want to make sure our patients have the special care they need with wounds that are slow to heal or resistant to conventional treatment.

Our Wound Care Clinic provides experienced clinical professionals who focus on each patient's individual needs and deliver evidence-based care in a professional and compassionate manner.

If left untreated, non-healing or chronic wounds can result in a variety of health risks, including loss of limbs and life-threatening conditions, making effective treatment critical.

The Wound Care Clinic will be opening Spring 2021 and will be held on Friday of each week. For additional information about the Wound Care Clinic or to make an appointment please call our Out-patient Clinic at 785-336-0462.



## NVCH HEALTH FAIR

**Saturday, April 17th**

**8AM-11AM**

**LAB DRAWS ONLY**

ADDITIONAL DETAILS TO FOLLOW

**Nemaha County  
Community Building**  
1500 Community Drive • Seneca, KS

Lab work  
available at the  
2021 Health  
Fair for \$20!

Men can add  
the PSA test  
for \$15.

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

## Colorectal Cancer Awareness

Colorectal cancer 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:

- Age 50 or older
- Smoke or use tobacco
- Overweight or obese
- 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
- 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
- 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.

## DASH Eating Plan

About 1 in 3 U.S. adults have high blood pressure, a major risk factor for heart disease, stroke, congestive heart failure and kidney disease.

A diagnosis of high blood pressure is usually confirmed by a doctor after a patient has had more than one elevated reading, which for most people would be 140 mmHg or higher over 90 mmHg or higher.

People with high blood pressure should consult a physician and follow a heart healthy diet, such as the Dietary Approaches to Stop Hypertension (DASH) eating plan. A balanced plan based on 1,600 to 2,600 calories per day would include:

- 7 to 12 servings of fruits and vegetables
- 6 to 11 servings of grains — such as whole-wheat bread, pasta or pitas, oatmeal, brown rice
- 2 to 3 servings of fat-free or low-fat dairy products
- 6 or fewer servings per day of lean meat, poultry and fish 2

to 3 servings per day of fats and oils — avoiding trans fat and lowering saturated fat intake

- 3 to 5 servings per week of nuts, seeds and legumes
- Limited amounts of sweets and added sugars — 5 or fewer servings per week.

The bottom line in lowering blood pressure is to follow a heart healthy eating plan, maintain a healthy weight and increase physical activity.

To learn more about how you can get started with the DASH diet please call Leah Heinen, RD, LD, CDCES at 785-336-6181 today!





## Employee of the Month

Congratulations to Isabel Heideman for being selected as the Employee of the Month for January! As the Medical Screener, Isabel's welcoming smile is the first thing people see when walking into our facility. The Medical Screener position requires patience, diligence and a friendly and positive demeanor, all of which come naturally for Isabel!

She always goes above and beyond her Medical Screener duties in assisting patients and co-workers with various needs. Even if it requires scooping snow in the parking lot so patients can get in and out of their car safely.

We are grateful that Isabel provides such a positive first impression to our patients and their families, she is a tremendous asset to NVCH!

Join our healthcare family! NVCH might have the perfect position for you. Please visit the employment section of our website at [www.nemvch.com](http://www.nemvch.com) to find out.



## Mark Your Calendar

**NVHCF 25th Annual Charity Golf Classic**  
**Friday, June 18, 2021**  
**Spring Creek Golf Course in Seneca, KS.**



This annual tournament is being held to benefit healthcare in Seneca and the surrounding communities. Nemaha Valley Health Care Foundation was established in 1990 to enhance the current and future health care needs of Nemaha Valley Community Hospital and the communities they serve.

Through various fundraising initiatives, the Foundation contributes to enhancing technology, supporting the Hospital's core medical programs, and most im-

portantly, improving patient centered services.

Last year 144 golfers participated, raising nearly \$20,000 for the Foundation. This tournament continues to grow each year and is recognized as one of the finest golf events in this area.

For additional information or questions about the NVHCF Charity Golf Classic please contact Courtney Schmelzle at 785-336-0426 or [cschmelzle@nemvch.org](mailto:cschmelzle@nemvch.org).



LET'S CELEBRATE THE FULL-TIME RETIREMENT OF

*James J. Lueger D.O.*

Nemaha Valley Community Hospital is hosting a **CARD SHOWER** in celebration of his 41 dedicated years to his patients and their families.

*Help us fill his mailbox with words of gratitude and special memories!*

Please send cards to: NVCH c/o Mary Sack  
 1600 Community Drive ~ Seneca, KS 66538

*A good physician treats the disease; the great physician treats the patient who has the disease.*

*-William Osler*