



Message from the Administrator

Nemaha Valley Community Hospital and Seneca Family Practice staff members are acutely aware of just how fortunate we are to have the opportunity to serve Nemaha County and the surrounding communities. We continue to look for opportunities to fill unmet health-care needs.

Over the past few months we have worked with Sabetha Community Hospital, Nemaha County Community Health Services, and other organizations and individuals that are concerned about the health and wellbeing of our communities to identify needs through our Community Health Needs Assessment. Sabetha Community Hospital and NVCH have worked together on this assessment over the past few years to establish one platform that focuses on the County as a whole.

As has been true in past assessments the input from our community members was vital to the development of our updated plan. Nemaha Valley Community Hospital will implement our 2021 plan in July. Our focus will

continue to be improving public education and access to information to help patients and their families take a more active role in maintaining their health; continuing efforts to increase access to behavioral health resources for diagnosis, placement as needed, aftercare and public education (including suicide prevention and drug & alcohol abuse treatment); and helping patients navigate the health care system for critical diagnoses such as cancer.

Nemaha Valley Community Hospital staff members continue to serve in a variety of roles throughout our communities. We recognize the strength of our community is in our willingness to take care of each other. While the organization is still under the COVID 19 restrictions imposed by the Centers for Medicare and Medicaid and the Centers for Disease Control we constantly strive to ensure the absolute best care for our patients while protecting them as well as our staff members from new risks.

Thank you for giving us the opportunity to serve you!

Kiley Floyd, CEO



Suicide is a serious public health problem that can have lasting, significant effects on youth, families, peers, and communities. The causes of suicide among youth are complex and involve many factors.

No one person (parent, teacher, counselor, administrator, mentor, etc.) can implement suicide prevention efforts on their own. The participation, support, and active involvement of families, schools, and communities are essential.

The KDHE suggests there is something that each of us can do. Below are some tips that we can follow to help prevent youth suicide:

If I am a teen, I can:

- Encourage friends that getting help for life's ups and downs is okay.
- Share stories about times getting help has worked.
- Talk to my doctor anytime or during my annual well visit.
- Break the stigma by encouraging discussion of mental wellness.
- Be an example of kindness and connection to those around me.

If I am a parent, I can:

- Be willing to listen without judgment.
- Be the one to help my child seek mental and physical care when needed.

- Store firearms and prescription/over-the-counter medications safely at home to reduce the likelihood they will be used in a suicide crisis.

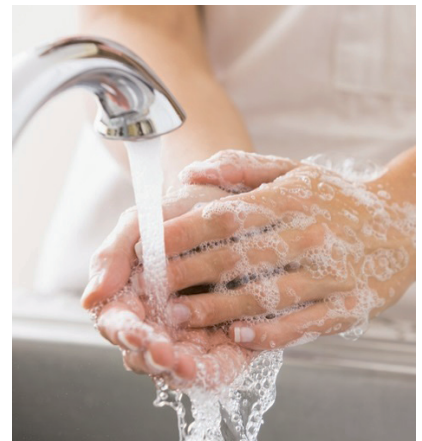
If I am a school employee, I can:

- Be willing to listen without judgment.
- Download the Columbia Suicide Severity Rating Scale screener tool and champion protocol changes for successful implementation within my school or district.
- Recognize social-emotional learning initiatives that focus on building social skills especially problem-solving skills.
- Implement evidence-based screening for depression and suicide for the entire student body.

If I am a community member, I can:

- Be willing to listen without judgment.
- Make resources for safe storage or disposal of means for suicide available (e.g. trigger locks, prescription take-back initiatives).
- Enroll in training like Mental Health First Aid or Applied Suicide Intervention Skills.
- Practice good self-care; share my coping mechanisms with those around me, tell stories of seeking help and gaining recovery.

If you or someone you know is in need of help, text KANSAS to 741741, call the National Suicide Prevention Lifeline at 1-800-273-8255 or contact your Seneca Family Practice primary care physician at 785-336-6107.



Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water.

Handwashing with soap removes germs from hands. This helps prevent infections because:

- People frequently touch their eyes, nose, and mouth without even realizing it. Germs can get into the body through the eyes, nose and mouth and make us sick.
- Germs from unwashed hands can get into foods and drinks while people prepare or consume them. Germs can multiply in some types of foods or drinks, under certain conditions, and make people sick.
- Germs from unwashed hands can be transferred to other objects, like handrails, table tops, or toys, and then transferred to another person's hands.
- Removing germs through handwashing therefore helps prevent diarrhea and respiratory infections and may even help prevent skin and eye infections.



Nemaha Valley Community Hospital

PROUDLY RECOGNIZED AS A
**High 5 for Mom
& Baby Facility**



Nemaha Valley Community Hospital has continued its commitment to infant and maternal health by earning recognition through High 5 for Mom & Baby, a program developed by the United Methodist Health Ministry Fund to increase breastfeeding initiation and duration rates in Kansas.

High 5 for Mom & Baby provides resources and a framework to help Kansas hospitals and birthing centers implement evidence-based practices proven to support successful breastfeeding, improv-

ing maternal and infant health outcomes while also reducing racial and ethnic health disparities.

“Breastfeeding plays a crucial role in the overall health of babies and mothers,” stated Katie Schoenhoff, Director of Programs at the United Methodist Health Ministry Fund. “Following the High 5 for Mom & Baby practices demonstrates NVCH’s commitment to infant and maternal health by helping moms successfully initiate and maintain breastfeeding.”

According to the National Center for Biotechnology Information (NCBI), 60% of mothers stopped breastfeeding sooner than they planned. Some factors that influence how long or if a baby is breastfed include: hospital practices, education and encouragement, policies or support in the workplace, and access to community support – which is why High 5 for Mom & Baby facilities are committed to helping women breast-

feed successfully, through staff trained in breastfeeding best practices and policies to help mothers meet their breastfeeding goals.

Along with the recognition of being named a High 5 for Mom & Baby facility NVCH also receives ongoing education and training opportunities, support and resources through a community of delivery centers, and scholarship opportunities to further staff education.

“Breastfeeding provides numerous health benefits for both infants and mothers, and we’re honored to receive this recognition from the United Methodist Health Ministry Fund for our efforts to support successful breastfeeding initiation and maintenance. As a facility committed to providing the very highest quality of care, we have found the High 5 practices and resources to not only improve health outcomes but also increase patient satisfaction,” said NVCH CEO, Kiley Floyd.

FEELING THE SUMMER HEAT!

Summer is finally here! When thinking of dangerous summer weather conditions, tornadoes often come to mind. However, according to the Centers for Disease Control and Prevention (CDC), Heat-related deaths are one of the deadliest weather-related health outcomes in the United States.

Heat related illnesses such as Heat Exhaustion and Heat Stroke are conditions resulting from exposure to extreme heat and must be treated immediately.

It is important to know the difference between the two most dangerous heat-related illnesses; heat exhaustion and heat stroke. Your ability to identify the signs and symptoms could save your life or that of a loved one.

HEAT EXHAUSTION or HEAT STROKE

HEAT EXHAUSTION	HEAT STROKE
USUALLY A FEVER OVER 100.4° F	HIGH FEVER, OVER 104° F
HEADACHE	HEADACHE
FATIGUE, ANXIETY & FAINT FEELING	FATIGUE, CONFUSION, AGITATION & STUPOR
WEAKNESS & MUSCLE CRAMPS	RAPID HEART RATE
NAUSEA & VOMITING	SEIZURES, COMA & DEATH POSSIBLE
PALE, MOIST SKIN	NAUSEA, VOMITING & LOSS OF APPETITE
DIARRHEA	WARM, DRY SKIN
FIRST AID	FIRST AID
MOVE TO A COOL PLACE & REST	CALL 911
REMOVE EXCESS CLOTHING & FAN SKIN	MOVE TO A COOL PLACE & REST
PLACE COOL CLOTHS ON SKIN	REMOVE EXCESS CLOTHING, DRENCH SKIN WITH COOL WATER & FAN SKIN
DRINK COOL WATER OR SPORTS DRINKS IF FULLY CONSCIOUS	PLACE ICE BAGS ON THE ARMPITS & GROIN AREAS

Nemaha Valley Community Hospital and Sabetha Community Hospital conduct a joint Community Health Needs Assessment (CHNA) every three years. All non-profit hospitals are required to conduct the CHNA annually.

The assessment meets the requirements of the Patient Protection and Affordable Care Act (ACA), IRS Code 501 (r) (3). This assessment identifies and prioritizes the health and wellness needs of those served by NVCH and SCH. This process helps guide the hospital's community health improvement plan and influences important community activities.

The 2021 CHNA will be available on the NVCH website in July 2021; meanwhile we are excited to report on the success of our 2018 CHNA. In 2018, our top priorities included Mental Health, Alcohol Abuse, Cancer Care, Obesity, Health Education, Substance Abuse and Child Care.

Mark your calendar for Wednesday, July 28th at noon for our CHNA Education Session. Additional information will be out soon!



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.



Volunteer Services at NVCH

The Nemaha Valley Community Hospital volunteers are back after nearly a year of limited services!

Volunteering is an excellent way to become an essential part of Nemaha Valley Community Hospital (NVCH). NVCH volunteers have the opportunity to be of service to our patients, their families and staff while gaining the personal satisfaction of knowing that they are helping others.

Our program builds meaningful connections, caring relationships and positive engagement between volunteers, patients and their families. There are many needs throughout NVCH where volunteers can provide service and make a difference. Our goal

is to find the perfect fit—matching your interests with a need of ours. Recent NVCH volunteer activities include:

- Assisting with vaccine clinics
- Visiting patients
- Selling quilt raffle tickets for local scholarship
- Membership drive
- Assisting with - Landscaping maintenance, NVHCF Charity Golf Classic, Hospital Week and much more.

Come join our team! New volunteers are always welcome. For more information contact our Volunteer Services Coordinator, Mary Sack at 785-336-6181 or mary.sack@nemvch.org.



Quitting smoking is hard. That is why we are empowering you to say goodbye to smoking forever.

Our Freedom From Smoking® program is America's gold standard smoking cessation program that is proven to help you create a personalized plan to overcome your tobacco addiction.

- Freedom from smoking is an eight-session smoking cessation group program that offers a step-by-step process to help you quit for good.
- This program is led by American Lung Association Certified Facilitators, Becky Bartkoski, RN, BSN and Jordan Hasenkamp, CRT.
- The cost for the program and the materials, which include a participant workbook and a relaxation CD, is \$25 per participant.
- We will work with you to create a program schedule that best fits your needs and those of your employees.

For additional information on our Freedom From Smoking® program please contact Becky Bartkoski at 785-336-6181.