



Message from the Administrator

September is National Suicide Prevention Awareness Month. In September we are reminded of the resources we have, but we must constantly consider how we can support our friends, neighbors and families who are struggling.

Suicide and even the contemplation of 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. 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 continue to invest in resources so that one feels they have the support they need.

The COVID-19 pandemic, the associated changes to our lifestyles and frankly the constant societal friction 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 address 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 prevent openly discussing issues related to 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 or attempted 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.

In addition to adding Kailey Patton-Deters, LCMFT, LCAC to our staff last year, we are pleased to welcome Karla Hermes, MSW to our team. We have also partnered with CKF Addiction Treatment. CKF Addiction Treatment provides detoxification as well as residential and outpatient treatments.

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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What is Cholesterol?

Cholesterol is a waxy substance. It's not inherently "bad." Your body needs it to build cells and make vitamins and other hormones. But too much cholesterol can pose a problem.

Cholesterol comes from two sources. Your liver makes all the cholesterol you need. The remainder of the cholesterol in your body comes from foods from animals. For example, meat, poultry and dairy products all contain dietary cholesterol.

Those same foods are high in saturated and trans fats. These fats cause your liver to make more cholesterol than it otherwise would. For some people, this added production means they go from a normal cholesterol level to one that's unhealthy.

Two types of lipoproteins carry cholesterol to and from cells. One is low-density lipoprotein, or LDL. The other is high-density lipoprotein, or HDL. A test measures the amount of each type of cholesterol in your blood.

LDL (bad) cholesterol

LDL cholesterol is considered the

"bad" cholesterol, because it contributes to fatty buildups in arteries (atherosclerosis). This narrows the arteries and increases the risk for heart attack, stroke and peripheral artery disease (PAD).

HDL (good) cholesterol

HDL cholesterol can be thought of as the "good" cholesterol because a healthy level may protect against heart attack and stroke.

HDL carries LDL (bad) cholesterol away from the arteries and back to the liver, where the LDL is broken down and passed from the body. But HDL cholesterol doesn't completely eliminate LDL cholesterol. Only one-third to one-fourth of blood cholesterol is carried by HDL.

Triglycerides

Triglycerides are the most common type of fat in the body. They store excess energy from your diet.

A high triglyceride level combined with high LDL (bad) cholesterol or low HDL (good) cholesterol is linked with fatty buildups within the artery walls, which increases the risk of heart attack and stroke.

When it comes to cholesterol, remember: check, change and control. That is:

- **Check** your cholesterol levels. It's key to know your numbers and assess your risk.
- **Change** your diet and lifestyle to help improve your levels.
- **Control** your cholesterol, with help from your doctor if needed.

High cholesterol is one of the major controllable risk factors for coronary heart disease, heart attack and stroke. If you have other risk factors such as smoking, high blood pressure or diabetes, your risk increases even more.

Call your SFP Primary Care Physician at 785-336-6107 today to schedule your routine lab work including your cholesterol.



Protect Your Precious Cargo

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.

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 follows the latest technical information about child passenger safety.

Contact Dana at 785-336-6181 for more information about child passenger safety, to have your car seat inspected or installed.

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

Thursday, September 30
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.

The blood you donate gives someone
another chance at life.

GIVE THE GIFT OF LIFE
DONATE BLOOD



Karla Hermes, MSW

Karla has joined the team
as the Social Worker.



Sarah Thomas, LPN

Sarah is working on the
nursing floor as needed.



McKynsey Henry, CNA

McKynsey is helping as
needed on the nursing floor.

Coping with Back-to-School Anxiety

There is no doubt that the last year and half has been difficult, and the COVID-19 pandemic changed what many of us consider to be “normal.” That’s especially true for schools, which switched to virtual learning almost overnight — an adjustment that was harder for some than others. But now, with three vaccines available in the U.S. and schools opening up, many parents, students and teachers have braced for the return to the classroom.

It’s important to know the facts and stay up to date on the COVID-19 pandemic, and the Centers for Disease Control is a great resource. Regardless of whether your child is vaccinated, they may be required to wear a mask and take additional safety precautions like maintaining social distancing and practicing proper hand hygiene. Having a plan for yourself and your child as they transition back to in-person school can help keep expectations realistic and give your family some room to adjust if things don’t go according to plan.

Remember that any disruption to a routine can cause feelings of anxiety and stress, so be sure to check in with your child often. It’s crucial that you pay attention to your child’s behavior and emotions. Younger children in particular may be overwhelmed by being in such a socially rich environment after being at home for so long.

According to the teen Mental Health First Aid curriculum, symptoms of anxiety can occur when someone feels very worried, nervous or fearful. Sometimes these fears or worries make a person want to avoid certain activities or places; they can also cause the person to have trouble at work or school, or to be anxious around friends or social situations. Signs of depression or stress may also arise as your child transitions back to school. If your child becomes more withdrawn than usual or develops aches and pains they cannot explain, it’s worth starting an open dialogue about how they are feeling.

Mental health challenges can negatively affect your child’s learning and social development, so it’s important that you check in often and are equipped with the tools and skills to support them in the best way possible. Returning to in-person learning may not be easy for you or your child, but maintaining an open dialogue, having a contingency plan and managing your expectations are just some of the ways you can make this transition easier for your entire family.

If you feel your child is experiencing anxiety, overwhelming stress, depression or any other mental health issue please talk to your primary health care provider about scheduling an appointment with Kailey Patton-Deters, LCMFT, LCAC, Mental Health Therapist at Seneca Family Practice.

CATARACT SURGERY

at Nemaha Valley Community Hospital

The health of your eyes affect your comfort and quality of everyday life.

Dr. Thomsen is with Eye Surgical Associates, Lincoln, NE. He is American Board Certified in ophthalmology, specializing in Cataracts.

For additional information regarding Dr. Thomsen's clinic at NVCH, please contact our Outpatient Clinic staff at 785-336-6181.

NOW Accepting New Patients



Samuel Thomsen, M.D.
Ophthalmologist

A cataract is a clouding of the normally clear lens of your eye. For people who have cataracts, seeing through cloudy lenses is a bit like looking through a frosty or fogged-up window. Clouded vision caused by cataracts can make it more difficult to read, drive a car (especially at night) or see the expression on a friend's face.

Most cataracts develop slowly and don't disturb your eyesight early

on. But with time, cataracts will eventually interfere with your vision. At first, stronger lighting and eyeglasses can help you deal with cataracts. But if impaired vision interferes with your usual activities, you might need cataract surgery. Fortunately, cataract surgery is generally a safe, effective procedure.



Nemaha Valley Community Hospital would like wish Nanette Farwell the very best in her retirement.

Nanette is saying goodbye after 31 years. She began her journey with NVCH in 1990 working in the Medical Records department. In 1995 she became a transcriptionist for Dr. James Lueger and continued that service throughout the merger of Dr. Lueger's practice into Seneca Family Practice (SFP).

In 2013 SFP transitioned from medical transcription to voice-recognition software. At that time, Nanette took on a role in Accounts Receivable and continued that responsibility until her retirement.

In her retirement, Nanette is looking forward to spending more one-on-one time with each of her 15 grandchildren.

We are very grateful for Nanette's time with Seneca Family Practice and we hope she enjoys her retirement.

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 is-

ues. 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 contact Karla Hermes, Social Worker, Nemaha Valley Community Hospital at 785-336-6181. To schedule an appointment with Kailey, call Seneca Family Practice at 785-336-6107.

Kiley Floyd, CEO



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Community Hospital & Seneca Family Practice

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