



Message from the Administrator

A friend of mine recently shared her experience as she tried to motivate herself to complete a project. Her story made me think about what motivates people in the world of COVID-19.

I am well aware Nemaha Valley Community Hospital is blessed with staff that is motivated by their passion for their patients. Sometimes that means you are working in departments you do not typically work in; sometimes that means you have to step outside your comfort zone to do new things; sometimes you have to be creative; and sometimes you have to be more patient than you thought possible.

For our staff it does not seem to matter what is needed, someone is always more than willing to step up.

If COVID-19 has done nothing else, it has helped us all evaluate our priorities and examine our motivation. Healthcare today is not what it was pre-COVID. Team approaches are appreciated more than ever. No player on the team is insignificant. Everyone contributes to the mission. We accept change as our normal operating procedure. Our team keeps everyone moving together.

I'm not saying it is always rosy. These are difficult times in the world of healthcare, and there are days staff members are exhausted. What I am saying is that you should know that Nemaha Valley Community Hospital staff is motivated and committed to the communities we serve. We are growing. We are excited about the future.

Thank you for being part of our future!

Coming together in a beginning. Staying together is progress and working together is success.

- Henry Ford

Kiley Floyd, CEO

Look to NVCH for Prediabetes & Diabetes Support

Nemaha Valley Community Hospital offers the following programs, educational services, and support to help patients with prediabetes or diabetes live long and healthy lives.

Prevent T2 Lifestyle Change Program

Through this CDC-recognized lifestyle change program, you will learn, laugh, share stories, try new things and build new habits – all while lowering the risk to develop Type 2 diabetes and improving overall health. Leah Heinen, NVCH Dietitian and Lifestyle Coach, will facilitate discussions and help make the program fun and engaging. During these group classes, you will learn to eat healthy without giving up the food you love, ways to increase physical activity, deal with stress and cope with challenges that can derail your hard work. Next in-person class session will start in March. In person not your style, a new online platform is getting ready to launch as well.

Healthy Living with Diabetes Program

Increase your knowledge and acquire skills to manage Type 2 diabetes and related conditions. Learn about the disease process, reducing risks and related acute complications, blood glucose monitoring, healthy eating strategies, a safe physical activity routine, methods to increase adherence to medication and techniques to manage the negative physical and emotional impact of diabetes. This can be completed individually or in a group setting.

Diabetes Support Group

A diabetes support group is, for many people, a vital part of their diabetes management. These groups are communities of people who are living with diabetes, and they can make a significant, positive difference in the lives of the members. “We meet at NVCH the 4th Tuesday of every month, we’re all there to support each other,” said Jill Lhamon, who joined the Diabetes Support Group in 2010. “During our meetings we are given so many resources that help with our day-to-day living, it has been an incredible group to be part of.”

Diabetes can be an exhausting illness. The demands of keeping your blood sugar under control can be overwhelming, and it’s disheartening when, despite your best efforts, your blood sugar still soars and plummets. Participating in the NVCH Diabetes Support Group can bring multiple benefits including:

- Emotional Wellness
- Essential Information on How to Manage Diabetes
- Healthy Cooking & Eating
- Self-Care & Goal Setting
- Physical Activity

Diabetes Management Care

Becky Bartkoski, RN, BSN and Diabetes Educator, provides Diabetes Self-Management Training (DSMT) when you are first diagnosed with diabetes. You may also qualify for an annual DSMT refresher session.

Becky also serves as the liaison between you and your physician for the continuous glucose monitoring. “Becky sends my monthly Dexcom report to Dr. Stueve. I really appreciate this service because Dr. Stueve can review all my glucose information before she even sees me for my appointment,” said Lhamon. “I just can’t say enough good things about my experience with the diabetes programs at the hospital. Becky and Leah have been absolutely tremendous, and I appreciate them so much.”

For additional information about any of the programs listed above please contact Leah Heinen, RD, LD, CDCES or Becky Bartkoski, RN, BSN at 785-336-6181.

DASH Eating Plan

The Benefits: Lowers blood pressure & LDL “bad” cholesterol.

✓ Eat This

⚠ Limit This

 Vegetables	 Fatty meats
 Fruits	 Full-fat dairy
 Whole grains	 Sugar sweetened beverages
 Fat-free or low-fat dairy	 Sweets
 Fish	 Sodium intake
 Poultry	
 Beans	
 Nuts & seeds	
 Vegetable oils	

www.nhlbi.nih.gov/DASH

Cholesterol: Keeping it in Check

Cholesterol is a waxy substance found in your blood. Your body needs cholesterol to build healthy cells, but high levels of cholesterol can increase your risk of heart disease. With high cholesterol, you can develop fatty deposits in your blood vessels. Eventually, these deposits grow, making it difficult for enough blood to flow through your arteries. Sometimes, those deposits can break suddenly and form a clot that causes a heart attack or stroke.

High cholesterol can be inherited, but it's often the result of unhealthy lifestyle choices, which make it preventable and treatable. By living a healthy lifestyle, you can help keep your cholesterol in a healthy range and lower your risk of heart disease and stroke.

Eat a Healthy Diet

Choose healthy meal and snack options to help you avoid high blood pressure and its complications. Be sure to eat plenty of fresh fruits and vegetables. Focus on eating a variety of foods rich in potassium, fiber, and protein and lower in salt (sodium) and saturated fat.

The DASH (Dietary Approaches to Stop Hypertension) eating plan is a healthy diet plan with a proven record of helping people lower their blood pressure.

Keep Yourself at a Healthy Weight

Being overweight or obesity increases your risk for high blood pressure. Talk with your health care team about ways to reach a healthy weight, including choosing healthy foods and getting regular physical activity.

Be Physically Active

Physical activity can help keep you at a healthy weight and lower your blood pressure. The Physical Activity Guidelines for Americans recommends that adults get at least 2 hours and 30 minutes of moderate-intensity exercise, such as brisk walking or bicycling, every week. That's about 30 minutes a day, 5 days a week. Children and adolescents should get 1 hour of physical activity every day.

Do Not Smoke

Smoking raises your blood pressure and puts you at higher risk for heart attack and stroke. If you do not smoke, do not start. If you do smoke, quitting will lower your risk for heart disease.

For more information about our Freedom From Smoking Program contact Becky Bartkoski, RN & American Lung Association Certified Facilitator at 785-336-0351.

Limit How Much Alcohol You Drink

Do not drink too much alcohol, which can raise your blood pressure. Men should have no more than two alcoholic drinks per day, and women should have no more than one alcoholic drink per day.

Get Enough Sleep

Getting enough sleep is important to your overall health, and enough sleep is part of keeping your heart and blood vessels healthy. Not getting enough sleep on a regular basis is linked to an increased risk of heart disease, high blood pressure and stroke.

Protect yourself and schedule your annual health exam today! Many people might not think an annual checkup is really necessary, especially when you believe that you're in good health. However, making time to see your primary care physician (no matter your age) at least once per year can keep you healthy and reduce your chance of serious health conditions down the road. Potentially catching the early warning signs of cancer or a chronic disease that you may not be aware of.

Prevention is the key! Scheduling regular health exams and tests can help find problems before they start. They also can help find problems early, when your chances for treatment and cure are better. By getting the right health services, screenings and treatments, you are taking steps toward living a longer, healthier life.

The value of having regular visits with your doctor goes beyond just the medical checkup — your physician's knowledge and connections can be just as helpful. They have additional resources of professionals that specialize in everything for your mental, physical and emotional health.

Call Seneca Family Practice at 785-336-6107 today to schedule your annual checkup!



Kylie Helmer has been hired as a Business Office Representative.



Heather Suther, CNA is working as needed on the nursing floor.



Sara Rottinghaus has been hired as an HIM Clerk in our Medical Records department.



Joni Deters has joined our Housekeeping team.



Ashley Nordhus, RN has joined our Seneca Family Practice team of nurses.



Laura Hammes, CNA is also working as needed on our nursing floor.



Brianna Johnson has also joined our Housekeeping team.

NVCH HEALTH FAIR

TENTATIVE

Saturday, April 16th

8AM - 11AM

LAB DRAWS ONLY

ADDITIONAL DETAILS TO FOLLOW

**Nemaha County
Community Building**

1500 Community Drive - Seneca, KS



Save the Date



26th Annual Nemaha Valley
Health Care Foundation

**Charity
Golf Classic**

06.17.22

Spring Creek Golf Course
Seneca, KS

springcreek-seneca.com

Just a friendly reminder of our updated visiting hours. Our current visiting hours are **8am-5pm everyday**.

If you are visiting a patient you will need to enter through the front screening area. Weekend visitors need to enter through the Emergency Room entrance.

 **NEMAHA VALLEY**
Community Hospital & Seneca Family Practice