



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, Therapists, 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.

As we continue to work our way through the changes COVID-19 has forced upon us, I am proud to say that our Medical Staff has 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

Thank you to our SFP Primary Care Physicians who are leading the way!

Heather Myers, D.O. & Chief of Staff | Tony Bartkoski, D.O. | Angela Stueve, M.D. | Jarod Snyder, M.D.
Lori Lueger, APRN | Erica Winkler, APRN | Erica Bletscher, APRN | Sheri Wessel, PA

Progress Continues for NVCH Building Project

The Nemaha Valley Community Hospital's building and expansion project is edging closer to reality as the team wraps up the design phase and is now working to establish a construction phasing plan for the 22-million-dollar expansion and remodel to the current hospital. "We are excited to report that we have had a couple of very effective meetings with AHRS and Health Facilities Group to work through details of the initial design," said Kiley Floyd NVCH CEO. "The USDA loan application has been a work in progress as well. Our Finance Department staff is working diligently to ensure we have all the information required for the final loan application."

The expansion and remodel project will strengthen our capabilities and provide the infrastructure necessary to continue the level of service and quality of care vital for our rural hospital. "There will always be change in the world of healthcare and adapting to that constant change is essential for us to continue to provide the level of service and high quality of care our patients and their families deserve," stated Floyd. "This is an essential investment in our healthcare team and the success of our organization."

The design will integrate new technology, create an environment that improves the patient experience and efficiency for staff, and ensure a sustainable future for health care in our area. Additions and upgrades to critical improvement areas throughout the facility including:

- New nursing wing with 14 patient rooms, private family room and direct access to the Emergency Department.
- Expanding and upgrading of the Emergency Department to meet the needs of today's technology in addition to privacy and security requirements. It is also critical 'safe' areas are created for our staff, patients and visitors.
- Enhancing the surgical and radiology wings to meet regulatory and equipment standards.

- New services including Oncology and Pulmonary Rehabilitation.
- Updating mechanical systems facility wide. The air handling units, medical air system, boilers and hot water heaters, and our electrical system have all outlived their life expectancy and are not suitable for meeting regulatory demands.

These enhancements ensure that our patients can stay close to home when seeking the best medical care available. "We are always looking for ways to improve the patient experience while delivering the highest quality of care possible," said Lynda Cross, NVCH Director of Nursing. "This new design will help us centralize patient care as well as enhance patient safety, privacy and comfort—all very important when it comes to delivering first-rate nursing and emergency care service."

The hospital expansion will be paid for through community support, grants, and loans from the USDA. The Nemaha Valley Health Care Foundation is proud to sponsor the Investing in Our Families and Future Capital Campaign to support the NVCH building and expansion project. "Nearly 200 hospital staff, community donors and local businesses have supported the campaign so far, and now, NVHCF is asking for additional support from the public," said Courtney Schmelzle, NVHC Foundation Director. "It's important that we continue to invest and support our hospital because medicine never stops growing. It's always changing and have immediate access to health care in our community is vital."

For more information about the Hospital expansion please contact Kiley Floyd at 785-336-6181. To learn more about the current Capital Campaign contact Courtney Schmelzle at 785-336-0426.





The 26th Annual Nemaha Valley Health Care Foundation Charity Golf Classic is held to benefit health-care in Seneca and the surrounding communities.

The tournament format will be an 18-hole, three person shotgun scramble. Individual and team registrations are invited. Single entries will be placed on teams the day of the tournament.

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



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:

- 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

Colorectal cancer almost always develops from pre-cancerous polyps (abnormal growths) in the colon or rectum. Screening tests can find precancerous polyps, so that they can be removed before they turn into cancer. Screening tests can also find colorectal cancer early, when treatment works best. Regular screening is the key to preventing colorectal cancer and finding it early. Most people should begin screening for colorectal cancer soon after turning 45, then continue getting screened at regular intervals.

Contact your SFP primary care physician at 785-336-6107 today to discuss your screening test options.

JOIN OUR FALL PREVENTION PROGRAM

TAKE YOUR FIRST STEP TO PREVENTING FALLS

Classes are:

- For caregivers and individuals 65 and older or who have a high fall risk
- Held every Monday in April (4, 11, 18, 25)
- 9:00-10:00am
- \$20 registration fee
- Offered at the Seneca Free Library or virtual option available
- Focused on fall prevention education and exercise

To register call the NVCH Therapy Department at 785-336-0428.

Space is limited so register today!

NEMAHA VALLEY
Community Hospital & Seneca Family Practice



eat right.
Academy of Nutrition and Dietetics

Amid supply chain-related shortages at grocery stores, the Academy of Nutrition and Dietetics provides recommendations for creating healthful meals during National Nutrition Month® 2022.

"Since we are all dealing with food supply chain issues, consider making some simple food swaps that will help you get dinner on the table without much fuss," said registered dietitian nutritionist Grace Derocha, a national spokesperson for the Academy of Nutrition and Dietetics based in Detroit. "This is an opportunity to put a spin on a traditional family dish."

Derocha suggests food swaps for creating family-friendly meals:

Fruits and Vegetables: If you don't see your favorite fresh fruits or vegetables, look for canned or frozen versions. Choose canned fruit in their own juice and low-sodium canned vegetables.

Grains: If you're unable to find long-grain white rice, consider jasmine rice, basmati rice, brown rice, barley, couscous, farro, orzo or quinoa. Consider whole wheat pasta for white or if you can't find your favorite bread, consider making your sandwich with whole wheat wraps or tortilla shells.

Protein Foods: Swap ground beef for ground chicken or turkey. Make taco Tuesday meatless by swapping meat for canned low-sodium black beans. If fresh eggs are in short supply, consider purchasing an egg substitute in the dairy aisle and follow directions on how to incorporate them into your dishes.

Dairy: If you can't find your favorite flavor of low-fat yogurt, try flavoring plain Greek yogurt with fruit instead.

"Instead of becoming discouraged during your next trip to the grocery store, consider it as an opportunity to expand your horizons and try something new," Derocha said. "You might get lucky and stumble onto a new family favorite."

NVCH HEALTH FAIR

Saturday, April 30th

8 AM - 11 AM

LAB DRAWS ONLY

ADDITIONAL DETAILS TO FOLLOW

Nemaha County
Community Building

1500 Community Drive - Seneca, KS

Lab work available at the 2022 Health Fair
for \$20! Men can add the PSA test for \$15.

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

Importance of Routine Blood Work

As adults, when we see our primary care physician for check-ups, it usually means rolling up our sleeves.

With most routine blood work, physicians are trying to catch early warning signs of disease—before symptoms arise. Blood work helps establish a baseline for essential functions and then follow-up regularly. Baseline tests check for blood sugar levels, blood cell counts and metabolic function (how your body converts what you eat and drink into energy).

Understanding each individual's needs is at the core of patient-centered medicine. Routine blood work helps physician understand you and your body. So let's roll up those sleeves and stay healthy together!

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