



Message from the Administrator

Volunteers make a difference! Regardless of the ways you choose to volunteer for an organization or a cause, your time, talents and input all make a difference to that organization. NVCH's Board of Trustees are volunteers. They guide the strategic direction of the organization. The members of our Volunteer Services (previously Guild) work in a variety of ways including spending time with our patients.

We have volunteer communion ministers, other volunteer boards such as our Foundation and volunteer committees such as the Patient and Family Advocacy Committee. All these volunteers make a valuable contribution to our organization likely, more than anyone outside this organization realizes.

This year we also celebrate the volunteers on our Capital Campaign Committee. This dynamic group of community leaders have put in many hours and had led a successful capital campaign for the hospital's construc-

tion project. The efforts of this group will be felt for many years to come as we move forward with our project.

Regardless of the role, volunteers make a distinct impact on the organizations they serve. It is sometimes hard to imagine that you have time to volunteer, we are often pulled in too many directions in life. Whether you can spare an hour a month or an hour a week, volunteering will bring a sense of accomplishment and fulfillment to your life.

If you are interested in participating in NVCH's Volunteer Service Program, please contact Mary Sack at 785-336-0436. Mary does a wonderful job matching volunteers' interest and the needs of the organization. Mary has great experience in this area as she volunteers more than anyone I know. If not at NVCH, reach out to your church or other community organizations. You will be glad you did.

Kiley Floyd, CEO

Speciality Services Offered at NVCH

Our expanded Outpatient Specialty Clinic offers specialized care and treatment without requiring you to travel outside of the community. Through partnerships with different specialists, Nemaha Valley Community Hospital is able to provide 25 different specialty clinics at our facility to ensure comprehensive care for you and your family. To learn more about our Outpatient Clinic and the specialty physicians please visit the Outpatient Clinic section of our website at www.nemvch.com.

NVCH is also proud to employ on-site local clinicians that offer a variety of specialty services including:

- Breastfeeding Clinic: Dana Deters, RN, IBCLC
- Diabetes Education: Becky Bartkoski, RN, BSN & Leah Heinen, RD, LD, CDCES
- Dietician: Leah Heinen, RD, LD, CDCES
- Lymphedema Therapy: Cheryl Holthaus, OTR/L, CTL
- LVST Big & Loud Program: NVCH Physical, Occupational and Speech Therapy Department
- Mental Health Therapy: Kailey Patton, LCMFT, LCAC
- Speech Pathology: Brooke Strathman, MS, CCC-SLP

- Social Work - Advanced Directives & Medicare Education: Karla Hermesch, MSW

NVCH is dedicated to keeping our patients at the center of everything we do while caring for the growing needs of our community. For information about any of the listed specialty clinics please contact NVCH at 785-336-6181.



April is Donate Life Month



Donate Life is the national symbol for the cause of organ, eye and tissue donation.

National Donate Life Month is celebrated every April. It features local and national activities to educate and encourage Americans to register as donors and consider living donation, as well as to celebrate those who have saved and healed lives through the gift of donation.

National Donate Life BLUE & GREEN DAY is April 22!

The public is encouraged to wear blue and green to help share the Donate Life message.

The Need is Great

More than **100,000** people are waiting for lifesaving organ transplants.

Did You Know?

55%+ of organ, eye and tissue donors are authorized by registries.



More than **41,000** organ transplants from 20,300 donors brought new life to patients and their families in 2021.

More than **85,600** corneal transplants help to restore sight each year.



More than **2.5 million** tissue transplants heal lives each year.



More than **170 million** people are registered organ, eye and tissue donors.

Thank you to all donors, donor families, registered donors and champions of the Donate Life cause!

National Pediatric Transplant Week — April 24-30, 2022



This final week of April focuses on the powerful message of ending the pediatric transplant waiting list.

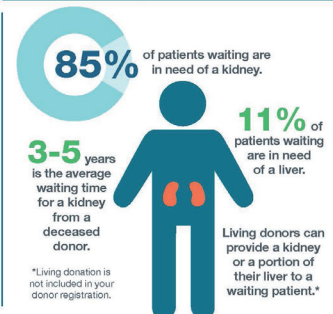
More than **1,900** children under the age of 18 are on the national transplant waiting list.

More than **1,890** children were saved by the generosity of donors & donor families in 2021.

Deceased Donation



Living Donation



Top 5 Frequently Asked Questions

Does registering as a donor change my patient care?

No, your life always comes first. Doctors work hard to save every patient's life, but sometimes there is a complete and irreversible loss of brain function. The patient is declared clinically and legally dead. Only then is donation an option.

Does donation affect funeral plans?

Funeral arrangements of your choice are possible, including a viewing. Through the entire donation process the body is treated with care and respect. Following donation, funeral arrangements can continue as planned.

Does my religion support organ, eye and tissue donation?

All major religions support donation as a final act of compassion and generosity.

Does my social and/or financial status play any part in whether or not I will receive an organ if I ever need one?

No. A national system matches available organs from the donor with people on the waiting list based on blood type, body size, how sick they are, donor distance, tissue type and time on the list. Race, gender, income, celebrity and social status, sexual orientation, gender identity or expression does NOT prevent someone from registering as an organ donor.

Why Register to be a Donor?

One donor can save up to 8 lives, restore sight to 2 people through cornea donation, and heal more than 75 lives through tissue donation.

What can I do to increase organ, eye and tissue donation?

- 1 Register your decision to be a donor at RegisterMe.org.
- 2 Tell your family and friends about your decision to Donate Life.
- 3 Visit DonateLife.net to discover ways you can be a champion of the cause.
- 4 Ask others to visit DonateLife.net to learn more and register.

Data from Donate Life America EOY 2021 Registry Overview Report, and Organ Procurement and Transplantation Network (OPTN), as of January 2022. Donate Life is a registered service mark of Donate Life America. © 2022 Donate Life America.

Become a Volunteer at NVCH

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 you are helping others. Our program builds meaningful connections, caring relationships and positive engagement between volunteers, patients and their families.

Volunteering has many proven benefits. There are many tangible effects including learning new skill sets, developing better communication practices and building new relationships. Volunteering has also been proven to increase life expectancy, functional ability and overall physical and mental health for those giving of their time.

Whether you volunteer to achieve personal fulfillment or to learn new skills for professional growth, your time is a valuable contribution to NVCH and the entire community of care. 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.

For additional information about the NVCH Volunteer Services Program please contact Mary Sack, Program Coordinator at 785-336-0436.



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



Make Self-Care a Priority

Self-care at the simplest level is making sure that you are doing the things that you need to do in order to stay healthy physically and mentally. Caring for yourself is an active choice that you need to make every day that prioritizes your own health and happiness.

There are a lot of significant health benefits that come from making physical self-care a priority. Regular exercise will help you keep your muscles strong, reduce stress and help with weight management. According to medical studies taking the time for regular exercise can have any or all of these effects on your physical health:

- Better sleep
- Lower risk of heart attack
- Lower stress levels
- Stronger bones
- Better cardiovascular health
- Lower cholesterol
- Reduce risk of some kinds of cancer
- Lower risk of diabetes and insulin resistance
- Better circulation
- Better mood

Mental self-care means giving yourself a break from the worries and stresses that you have to deal with all day long so that you can relax, clear your mind and focus. Taking regular mental health breaks for self-care can help you manage the symptoms of conditions like depression and anxiety and for some people can get rid of those symptoms entirely. Meditation, journaling, making art and pursuing hobbies are all things that you can do to practice mental self-care.

If you're struggling with your self-care options please contact your SFP primary care physician at 785-336-6107 today.

The pressure to drink alcohol is everywhere. Drinking too much alcohol increases people's risk of injuries, violence, drowning, liver disease, some types of cancer and more. This month, during Alcohol Awareness Month, Nemaha Valley Community Hospital encourages you to educate yourself and your loved ones about the dangers of drinking too much.

Alcoholism is a chronic, progressive disease that can be fatal if untreated. However, people can and do recover. In fact, it is estimated that as many as 20 million individuals and family members are living lives in recovery! Drinking too much can take a serious toll on your health. Here's how alcohol can affect your body:

Brain

Alcohol interferes with the brain's communication pathways and can affect the way the brain looks and works. These disruptions can change mood and behavior and make it harder to think clearly and move with coordination.

Heart

Drinking a lot over a long time or too much on a single occasion can damage the heart, causing problems including:

- Cardiomyopathy: Stretching/drooping of heart muscle
- Arrhythmias – Irregular heartbeat
- Stroke
- High blood pressure

Liver

Heavy drinking takes a toll on the liver, and can lead to a variety of liver issues including:

- Steatosis, or fatty liver
- Alcoholic hepatitis
- Fibrosis
- Cirrhosis

Pancreas

Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis, a dangerous inflammation



and swelling of the blood vessels that prevents proper digestion.

Cancer

Drinking too much alcohol can increase your risk of developing certain cancers including:

- Mouth
- Esophagus
- Throat
- Liver
- Breast

Immune System

Drinking too much can weaken your immune system, making your body a much easier target for disease.

If you have any questions or want to know more about your alcohol treatment options please contact your Seneca Family Practice primary care physician at 785-336-6107 today!

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.



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