



Message from the Administrator

I am continuing my theme on change in our newsletter again this month. This time it is exciting news. Preparations for our new construction and remodel project are moving along nicely. It is great to see plans come together. Staff is working diligently on details. This can seem like tedious work but it is worth it. After all we are planning for the next 30 years!

Another nice change is some loosening of the COVID restrictions our facility has been under. Patients are no longer asked to “screen” in with temperature checks. We do ask that you let us know if you have been exposed to COVID-19, have signs and symptoms, or pending a COVID-19 test. Patients presenting with such risks will continue to be asked to enter through a different door. All patients and visitors entering the building are still required to wear a mask while in the building.

Our staff is taking on new challenges and are staying very busy without the high number of COVID-19 patients! Our specialty doctors’ outpatient clinic visits are up 30% and outpatient surgical procedures are up 39% over pre-COVID-19 numbers. With few exceptions we are seeing these trends organization-wide.

We are growing. We have added a provider, Marcy Evans, PA, to our medical staff to keep up with increased demand for services and are looking forward to introducing Dr. Denis Jimenez, General Surgeon, to the area this fall. Our construction project to expand our facility could not come at a more opportune time.

Thank you for your continued support of Nemaha Valley Community Hospital and Seneca Family Practice. Please watch for more updates on our building project and services to the communities we serve.

Kiley Floyd, CEO

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

The 26th Annual Nemaha Valley Health Care Foundation Charity Golf Classic will be held on Friday, June 17 at Spring Creek Golf Course in Seneca. The tournament is a three-person scramble with shotgun start. Individual and team registrations are invited. Single entries will be placed on teams the day of the tournament.

Please contact Courtney Schmelzle at 785-336-0426 or cschmelzle@nemvch.org for additional information about the Charity Golf Classic including registration and sponsorship opportunities.

Since the start of the pandemic, more and more people are talking about mental health. An increasing number of folks are starting to see it for what it is: one important component of your overall health and well-being, just like your physical health. But mental health conditions, resources, and conversations can still feel complicated and out of reach.

Are there common warning signs for mental health conditions or crises? Are there specific factors that can lead to mental health conditions or even crises? What resources are out there – and how do I know if they're right for me?

Many people are learning about mental health topics for the first time. Having a widespread understanding of the topic can help you be more informed if you or someone you know is experiencing a mental health condition or crisis. Around half of people in the U.S. will meet the criteria for a diagnosable mental health condition at some point in their life, so everyone should know what to look out for.

Everyone should have the support needed to thrive. There's often no one single cause for a mental health condition. Instead, there are many possible risk factors that can

influence how likely a person is to experience a mental health condition or how serious the symptoms may be.

Some risk factors for mental health conditions include: trauma, which can be a one-time event or ongoing; your environment and how it impacts your health and quality of life (also known as social determinants of health like financial stability and health care access); genetics; brain chemistry; and your habits and lifestyle such as a lack of sleep.

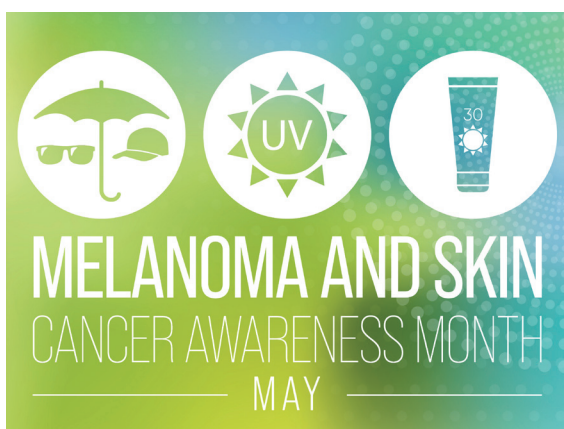
Of course, understanding the risk factors for a mental health condition can be more difficult when it's your own mental health. Take time to ask yourself about your thoughts, feelings, and behaviors to see if this is part of a pattern that may be caused by a mental health condition. Here are some questions to get you started:

- Have things that used to feel easy started feeling difficult?
- Does the idea of doing daily tasks like making your bed now feel really, really hard?
- Have you lost interest in activities and hobbies you used to enjoy?
- Do you feel irritated, possibly to the point of lashing out at people you care about?



Our society focuses much more on physical health than mental health, but both are equally important. If you are concerned about your mental health, there are several options available. You are not alone – help is out there, and recovery is possible. It may be hard to talk about your concerns, but simply acknowledging to yourself that you're struggling is a really big step.

Please contact your SFP physician at 785-336-6107 for additional information. If you're struggling with your mental health we are here to provide support and help you find the right tools to improve your mental health and increase your resiliency.



As you head outdoors for warmer weather and fresh air, we encourage you to be safe in the sun. Skin cancer is the most common cancer in the U.S., and unprotected UV exposure is the most preventable risk factor for skin cancer.

In addition, since skin cancer is highly treatable when detected early, we encourage you to perform regular skin self-exams and/or schedule an annual skin exam with your Dermatologist. Tiffany Engelken with KMC Dermatology has an Outpatient Specialty Clinic at NVCH every Tuesday so talk to your primary care physician today about a referral.

NVCH Volunteer Services Mat Project



The Nemaha Valley Community Hospital (NVCH) Volunteer Services have started a new community project. They are making mats and eventually pillows for the homeless from plastic shopping bags. Not only will these plastic mats provide a dryer place for the homeless to sleep but we will be recycling these plastic bags and keeping them out of landfills.

The idea came from the Horton Senior Citizens Center. They gave a demonstration last summer during the Big Kansas Road Trip which took place in Nemaha, Doniphan and Brown counties. Joyce Holthaus, the NVCH Volunteer Services Board President, saw the demonstration and thought this would be a great community project for the hospital volunteers.

The volunteer board decided to ask the Horton Sacks to Mats group to come to our July meeting to give their demonstration. Enthusiasm grew and by November our volunteers had secured a place to make the mats. The county commissioners authorized the use of the meeting room at the Pioneer Building one day a week.

The Horton Senior Citizens Center Sacks to Mats group were very generous of their time and supplies in helping with the startup in Seneca. They have loaned three looms and donated the heavy plastic needed as a base on which to weave the plastic strips from the shopping bags referred to as plarn (plastic yarn).

We will be distributing these mats through an organization in Topeka. One of the mats will be on display at the Shoe Center in Seneca during the month of May.

The hospital volunteers meet every Wednesday morning from 9:00 – 11:00 and again in the afternoon from

2:00 – 4:00 in the meeting room at the Pioneer Building in Seneca. Anyone in the community who wants to join the volunteers are welcome to come, check it out and participate in the project.

Since Seneca doesn't have a senior citizen center, one of the goals for this community project was to provide a place where at least one day a week, senior citizens can come together and share with others new skills and build new relationships while gaining the personal satisfaction of knowing they are helping others that are less fortunate.



Back Row: Linda Edelman, Kathy Strathman, Betty Sudbeck, Myra Runnebaum, Linda Schmelzle. Front Row: Joyce Holthaus, Jane Heinen, Joyce Olberding, Janet Dalinghaus

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

NEMAHA VALLEY
Community Hospital & Seneca Family Practice



Samuel Thomsen, M.D.
Ophthalmologist



You can do plenty to make your heart and blood vessels healthy, even if you've had a stroke. A healthy lifestyle plays a big part in decreasing your risk for disability and death from stroke and heart attack.

Call Seneca Family Practice at 785-336-6107 and schedule an appointment with your primary care physician today to start working toward a healthier you!

Our Friends, Our Family, Our Patients

Duane and Lois Crosier planned to ring in 2022 by hosting a card party with friends. Now December 31, 2021, will be a day to remember for a completely different reason. It was mid-afternoon and Duane was helping set up tables and chairs in the basement for their card party. During that time Duane began to feel very uncomfortable. "I just remember not being able to breath," said Crosier. "I went right to Lois and asked her to bring me to the hospital."

Shortly after arriving in the emergency room at Nemaha Valley Community Hospital (NVCH) Dr. Angela Stueve, a team of nurses, Dawn Osterhaus, RRT and the Avera eCare system were all hands-on-deck to evaluate Duane's medical situation. It was determined that he was experiencing Aortic Valve Stenosis. "This occurs when the heart's aortic valve narrows and is unable to fully open," said Dr. Stueve. "When the valve doesn't fully open it reduces or can block the blood flow from the heart to the main artery of the body, the aorta."

The medical team was able to keep Duane in stable condition while Dr. Stueve arranged to transfer him to an acute care facility. The transfer request presented a challenge due to many hospitals being at patient capacity because of the COVID-19 surge at that time. Dr. Stueve was persistent

and found a bed for Duane at the Nebraska Heart Institute, but the bed wasn't available until the following day. Duane was admitted to NVCH to be cared for throughout the evening. Dr. Stueve and the nursing staff monitored Duane closely during his stay. "Dr. Stueve was very professional while I was in her care. She kept us informed and was always making sure that I was comfortable," said Crosier. "The nursing staff was outstanding as well."

Duane was transferred to Nebraska Heart Institute where he was cared for by their medical team and scheduled to have a Transcatheter Aortic Valve Replacement (TAVR). After his procedure Duane was then referred to enroll in the NVCH Cardiac Rehab program. "I started Phase II Cardiac Rehab at Nemaha Valley Community Hospital shortly after I returned home from my TAVR procedure," said Crosier. "I met with Kylee Feldkamp, NVCH Cardiac Rehab supervisor, to complete my evaluation."

The NVCH Cardiac Rehab program has two phases. Phase II Cardiac Rehab is a medically monitored exercise program designed for those who have recently had heart illness or surgery/procedure. NVCH staff will develop a personalized program with a focus on exercise and education.

In Phase III Cardiac Rehab our staff will develop a maintenance program for you. This program provides a supportive environment for you to continue your wellness efforts. This is a self-pay program.

"The Cardiac Rehab program at Nemaha Valley Community Hospital is designed to provide cardiac patients and their families with education about cardiac fitness and guidance toward a healthier lifestyle," said Kylee Feldkamp, RN. "Our emphasis is on education and progressive exercise."

Now, four months after his TAVR procedure, Duane has comfortably settled into the Cardiac Rehab program and is beyond grateful for the services and care provided by NVCH staff during the last four months and beyond. "I have been so impressed with the entire process," said Crosier. "We are so lucky to have the outstanding quality of healthcare in our community that we do."



Kylee Feldkamp, RN & Duane Crosier



NEMAHA VALLEY
Community Hospital & Seneca Family Practice

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