



Message from the Administrator

I am excited to update you on our building project. I'm sure it is no surprise to anyone this is a long, laborious process. While patience is not one of my virtues, we want to make sure we get it right the first time, so I am doing my best to respect the process. Our underlying theme in all we are doing is to remember we are planning for the next 30 years. So, although you may not see much action on the outside of the building, our staff and contractors are diligently working on plans and processes internally.

I believe the first major change you will eventually see will be on the outside of the building will be a new parking lot for staff. We will be adding a large parking lot on the southwest side of the building. Most of our staff will park in this area. We will also be prepping some of the current parking area to be used for a turnaround area for delivery trucks and the ambulances as we will be cutting off some of the access to the current road around the outside of the building during construction. This will require some removal of trees that provide

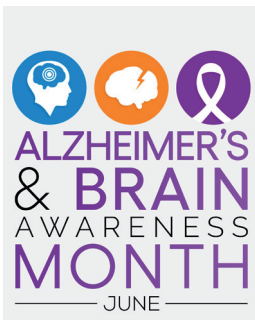
shade to current parking as well as repair to some of the areas of that lot.

We are also moving forward with equipment purchases that can be used now and moved to our new space later. We are fortunate to have been able to keep the majority of our equipment up to date, but with the growth of our surgical services, including new visiting specialists, we need to add to our current resources and update some older equipment.

If you are interested in more information on our project, please stop by and visit with us. I would love to share our plans and more information on the growth of our organization.

Thank you for your continued support of Nemaha Valley Community Hospital and Seneca Family Practice.

Kiley Floyd, CEO



Alzheimer's is a type of dementia that causes problems with memory, thinking and behavior. Symptoms typically develop slowly and worsen over time. Alzheimer's disease accounts for 60-80 percent of dementia cases. Research continues, but there is no current cure for Alzheimer's disease. However, there are treatments for symptoms.

The Alzheimer's Association reports the disease is the sixth leading cause of death in the United States. It's estimated more than five million Americans have the disease, and every 66 seconds, someone else is diagnosed with it.

According to the Alzheimer's Association, these are the ten warning signs for the disease:

- Memory loss that disrupts daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks at home, at work or at leisure
- Confusion with time or place
- Trouble understanding visual images and spatial relationships
- New problems speaking or writing words
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgment
- Withdrawal from work or social activities
- Changes in mood and personality

If you are experiencing serious and recent memory problems, it's best to talk to your provider and get a comprehensive medical evaluation. The evaluation could include a cognitive test, a neurological exam and/or brain imaging.

June marks Men's Health Month, a time to focus on the physical and mental well-being of men. Overall good health relies on screenings and other evaluations with health care providers based on age, diet, and lifestyle choices, including tobacco and alcohol use. But according to the Centers for Disease Control and Prevention's most recent National Health Interview Survey, men are far more likely than women to go two years or longer without seeing a physician or other health care professional.

But regular appointments have proven vital for the prevention, detection, and early treatment of illness and disease. So what are men waiting for? Men may lower their risk by incorporating the following tips:

Make an appointment.

Stop making excuses and make the call to set up an appointment with your doctor. If there's something that you're concerned with or confused about related to your health, your doctor can help. If you don't have a primary care physician or are away from home, set up a virtual visit through telehealth to speak with a medical provider who can answer questions and provide referrals for in-person care, if needed.

Don't smoke.

It's NEVER too late to quite smoking! Smoking can cut your life span by as much as 13 years.

Get active.

Do some kind of exercise or activity, such as yard work or walking the

dog (vigorously), for at least 30 minutes, 3-4 times a week. Your physical health can influence your mental health. Make a positive impact on your body and mind by getting active.

Focus on your mental health.

Working aged men account for the largest number of suicide deaths in the U.S., and they're the least likely to receive any kind of support. Making the decision to start a conversation with a friend or loved one about mental health takes courage and strength. It's likely that someone you know is experiencing feelings of depression or anxiety, and you have the power to make a difference in their lives.

Eat healthy.

Eat a balance of fruit and vegetables, whole grains, lean meats, and low or no-fat dairy products. If you drink alcohol, make sure you do it in moderation, which means no more than two drinks per day.

Get adequate amounts of sleep.

Seven to nine hours of rest per night is ideal. Insufficient sleep is associated with a number of chronic diseases and conditions.

Set an example for the next generation and call Seneca Family Practice at 785-336-6107 to schedule your annual checkup today!



NVCH Hosts Successful Fall Prevention Program

The Nemaha Valley Community Hospital Therapy department recently wrapped up their first Fall Prevention Program. The class had 20 participants, all eager for insight on fall prevention education and exercise. "I enjoyed being part of this program and I really learned a lot from it," said Sally Lauer, Fall Prevention Program participant.

This evidenced based program was developed with the collaboration of our own therapists, Brooke Strathman, MS, CCC-SLP and Diana Holthaus, PT, DPT. The program was broken down into four sessions. The participants met for one hour each week in the month of April.

Each session, entailing evidenced based education as well as exercise programs developed by our therapists, covered a different topic related to fall prevention. We looked in depth at each of the six steps to prevent a fall outlined by The National Council on Aging which includes:

1. Find a good balance and exercise program.
2. Talk to your health care provider.
3. Regularly review your medica-

tions with your doctor or pharmacist.

4. Get your vision and hearing checked annually and update your eyeglasses.
5. Keep your home safe.
6. Talk to your family members.

An older adult, categorized as any person aged 65 or older, falls every second of every day. But most people do not talk about their falls. Fall risk increases as we age, and falls are the leading cause of fatal and nonfatal injuries for older adults.

Unfortunately we haven't done enough yet to decrease that statistic. Not only can falls lead to fatality, they threaten our safety and independence. Additionally, a fall causing injury can generate enormous health care expenses too.

The good news is that most falls can be prevented. Through practical lifestyle adjustments and fall prevention programs the number of falls among seniors can be substantially reduced.

"Why wait to take part in this class?" asks Diana Holthaus, PT, DPT. "Fall prevention is just that; to prevent falls. It's not to react to

falls. I think everyone should take this class. We tailor the program to fit the needs for all. It doesn't matter if you are in the best health of your life or in poor physical condition with a history of falling. No matter what, you'll benefit!" Duana Huerter, who is a local personal trainer and one of the participants in the Fall Prevention Program in April agrees! "The program they held was spot on." says Huerter. "It hit on the importance of balance, keeping your muscles strong and safety precautions to maintain mobility and independence. It was an excellent class."

The goal of our NVCH therapy department is to continue the effort of preventing falls. We will be offering this class twice a year. Our next class will be held every Monday in September from 10:30 until 11:30 AM.

To sign up for the class, call the therapy department at 785-336-0428 and get on the list.

You'll leave each class with resources and ideas to protect you and your loved ones from the risk of falling and all the consequences that come with it!



We have GOLF FEVER, how about you? Join us Friday, June 17th for the 26th Annual Nemaha Valley Health Care Foundation Charity Golf Classic. The tournament is being held at Spring Creek Golf Course and is a three-person scramble with a 8am shotgun start.

We are well on our way to a full tournament so if you're a golfer and want to participate register today! We also have many sponsorship opportunities available.

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.

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.



2021 Employee Recognition

The strength of the Nemaha Valley Community Hospital and Seneca Family Practice healthcare culture runs deep through the organization. It is all of the staff who carry this through their compassion, courage, resilience and commitment to the hospital's mission of *providing personalized, compassionate healthcare while promoting wellness in the communities we serve*.

Nemaha Valley Community Hospital is committed to recognizing and rewarding employees who exhibit outstanding performance, service excellence and a superb demonstration of our core values.

Below are the employees who have been selected to receive the 2021 Employee Recognition Awards.



Above & Beyond
Sarah Kramer, RN



Compassionate Caregiver
MacKenzie Chadwick, CNA



Outstanding Leadership
Curt Sudbeck, DPT, ATC



Rookie of the Year
Karla Hermesesch, LMSW



Volunteer of the Year
Myra Runnebaum

2021 Years of Service

270 combined years of service

5 Years—Hanna Hammes, Cheryl Holthaus, Kiley Floyd, Jill Haug

10 Years—Jane Beck, Mary Deters, Angie Harkins, Sarah Kramer, Marnie Wipperman

15 Years—Myra Haverkamp, Keith Henry, Curt Sudbeck, Amy Huerter

20 Years—Margie Heinen, Dana Deters, Valerie Scott, Julie Strader, Tina Palic

40 Years—Kelli Olberding