



## Message from the Administrator

Nemaha Valley Community Hospital and Seneca Family Practice staff members are acutely aware of just how fortunate we are to serve Nemaha County and the surrounding communities. Our team, patients, benefactors, volunteers and friends all work together to ensure we have the services and technology needed in a crisis as well as to keep our communities healthy.

We know that caring for our community is more than the work we do in the building. It is participating in community events, volunteering, and spending extra time supporting others. Nothing is more rewarding than knowing you made someone's day a little easier. We try to make a difference in every service we provide and the care we give. Throughout our organization we also see evidence of the impact our team members are making in our communities.

Over the past few years our organization has reached out to partner with peer organizations to bring services to our communities that otherwise would not have been financially feasible. We are excited to welcome a new surgeon, Dr. Denis Jimenez to our team this fall. Dr. Jimenez will work with Dr. Aaron Brown to ensure full time surgical services are available in Holton, Sabetha, and Seneca. We also work with Holton and Sabetha to make sure other departments have full time coverage. These collaborative arrangements have ensured our patients receive services on a consistent basis. It has also made our organizations stronger.

Whether through extended teamwork or our own staff, we are growing and changing to meet the needs of our patients. We appreciate your input and continued support.

Kiley Floyd, CEO

# SUN SAFETY: PROTECT YOUR SKIN!

Here's an easy tip to help make sure you and your family stay sun-safe. Get ready for summer with a tote bag full of different ways to protect your skin. Keep the tote bag handy so you can grab it whenever you head out for summer fun!

Some important things to pack—

- A lightweight long-sleeved shirt or cover-up.
- A hat with a wide brim that shades your face, head, ears, and neck.
- Sunglasses that block both UVA and UVB rays.
- Sunscreen with SPF 15 or higher and both UVA and UVB (broad spectrum) protection.
- Stay in the shade, especially during late morning through mid-afternoon.
- Can't stay in the shade? Wear a long-sleeved shirt and pants to protect your skin.
- Remember to reapply sunscreen at least every 2 hours and after swimming, sweating, or toweling off.

## Fast Facts About Skin Cancer

- Skin cancer is the most common cancer in the United States, and includes different types.
- Unprotected skin can be damaged by the sun's UV rays in as little as 15 minutes.
- Even if it's cool and cloudy, you still need protection. UV rays, not the temperature, do the damage.
- Anyone can get skin cancer,

but some things put you at higher risk.

- The most common signs of skin cancer are changes on your skin, such as a new growth, a sore that doesn't heal, or a change in a mole.

If you become concerned about a particular area when doing your skin self-exams, ask your primary care physician to refer you to a dermatologist so they can do a full body skin check. Nemaha Valley Community Hospital has Tiffany Engelken, APRN-C with KMC Dermatology that schedules appointments in our Outpatient Clinic three times a month. For additional information regarding our Dermatology specialty clinic please contact our Outpatient Clinic at 785-336-0562.

# OPERATION SUNSCREEN!

Nemaha Valley Community Hospital and Seneca Family Practice promote sun safety for the community with a donation of sunscreen to the Seneca Aquatic Center and Spring Creek Golf Course.

"The donation is a small and simple way to help protect the visitors of the Aquatic Center and Spring Creek Golf Course from the dangerous rays of the sun," said Courtney Schmelzle, Community Outreach Coordinator and Foundation Director for Nemaha Valley Community Hospital and Seneca Family Practice.

The physicians and nurses at Nemaha Valley Community Hospital and Seneca Family Practice want you to be safe from the summer sun. Take care of yourself and your family.





# Eating Healthy on a Busy Schedule

Having a jam packed summer schedule doesn't mean throwing healthy eating out the window; it just means being a little more organized and thoughtful about the days ahead! Here are some tips to help you stay on track.

- Sometime on Saturday or Sunday (or whichever day you tend to grocery shop) look at the following days ahead and think about; how many meals away from home, how many meals away from home can we pack, and how many meals will I be able to make. Start making your list and meal ideas based on that criteria. This planning also helps save money at the grocery store which is needed more than ever!
- Have your kids help! Include them in the discussion on menu planning/quick meal planning (take them grocery

shopping and let them pick out their own fresh fruits and veggies). They can also help by keeping the kitchen clean (this is constantly a work in progress!) and doing some meal prep for you. Teaching them to cook takes time in the beginning but saves time for you down the road.

- Summer is the season for grilling so throw on extra meat while you have it up and going. Make extra chicken breasts, hamburgers, pork or fish to have during the week on salads, wraps, quick sandwiches or with a plate of steamed vegetables.
- Make a list of easy meal ideas and try to keep those ingredients on hand. So when you are too busy to think about it just go to the list. Limit the amount of junk food on hand so you

are not tempted to reach for the bag of potato chips while you are thinking about what to feed everyone, try a bag of carrots instead.

- And lastly, take some time after shopping to wash and prep fresh fruits and vegetables so that they are easy to grab (easy kid job). Studies show putting them at eye level in the fridge increases your chances of eating them before they turn bad.

Of course it wouldn't be summer without enjoying ballgame food, late night trips for ice cream and ice pop after ice pop just make sure those days don't run all together!

Leah Heinen RD,LD,CDCES



**K**eeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water.

Handwashing with soap removes

germs from hands. This helps prevent infections because:

- People frequently touch their eyes, nose, and mouth without even realizing it. Germs can get into the body through the eyes, nose and mouth and make us sick.

- Germs from unwashed hands can get into foods and drinks while people prepare or consume them. Germs can multiply in some types of foods or drinks, under certain conditions, and make people sick.
- Germs from unwashed hands can be transferred to other objects, like handrails, table tops, or toys, and then transferred to another person's hands.
- Removing germs through handwashing therefore helps prevent diarrhea and respiratory infections and may even help prevent skin and eye infections.

# Learn to Ride

no more training wheels



 Wednesday, July 13th (rain date July 20th)  
 8am - 10am  
 NCEMS Parking Lot (110 N 11th St - Seneca)

 Open to ages 5 years and older

 \$5 per child

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

 Bike and bike helmet are required

space is limited



## Ancillary Services: It's Your Choice

We make choices every day. We make so many choices that we tend to gloss over them and don't recognize the process of choosing.

In health care there is a common belief that you are limited to the options your specialist suggests for your ancillary services including lab work, imaging, therapy and other diagnostic testing. The truth is, you have the opportunity to make a decision on where you go for those services, depending on your insurance coverage.

Nemaha Valley Community Hospital provides a wide range of ancillary services to best fit the needs of you and your family. Please visit [www.nemvch.com](http://www.nemvch.com) to view a list of our current services or contact our main office at 785-336-6181 to determine if we provide the ancillary services that meet your needs.




Every day, blood donors help patients of all ages: accident and burn victims, heart surgery and organ transplant patients, and those battling cancer. In fact, every two seconds, someone in the U.S. needs blood. This lifesaving care starts with one person making a generous donation. The need for blood is constant. But only about 3% of age-eligible people donate blood yearly.

There are no substitutes for blood, platelets or plasma—they cannot be manufactured. Patients in need of blood or blood products must rely on donations from people like you. Those who are hesitant about donating blood for the first time often find that the donation process is easy and that saving lives is deeply gratifying.

One donation can save multiple lives. Here are the facts:

- Just 1 donation can save up to 3 lives.
- The average red blood cell transfusion is 3 pints (or 3 whole-blood donations).
- More than 1 million people every year are diagnosed with cancer for the first time. Many of them will need blood—sometimes daily—during chemotherapy.
- More than 38,000 blood donations are needed every day.
- Type O-negative whole blood can be transfused to people with any blood type, but this type of blood is rare, and supplies of it are low.
- Type AB plasma can be transfused to patients with all other blood types, but it's also in short supply.



Give the gift of life and donate blood at the Nemaha Valley Community Hospital Blood Drive!

**THURSDAY, JULY 21**

9:00 AM to 3:00 PM  
Nemaha Valley Community Hospital

Please contact Beth Brokamp at 785-336-0437 or visit [RedCrossBlood.org](http://RedCrossBlood.org) and enter NEMVCH to schedule an appointment.