

HAPPY
NEW YEAR

2023

OUT WITH THE OLD, IN WITH THE NEW! MAY 2023 BE FILLED WITH HEALTH,
HAPPINESS AND PEACE FOR YOU AND YOUR FAMILY.

Message from the Administrator



Best wishes for a healthy 2023! A new year is a time of reflection and setting expectations for the future. We celebrate the continued success of a strong team and the blessing of support from the communities we serve. Every new year brings new challenges and opportunities. We look forward to adding new services and finally getting a shovel in the ground to build on the design work we have been doing this past year. We are excited to see this all come together.

As we move into the new year, please know that NemaHa Valley Community Hospital and Seneca Family Practice staff members are steadfast in our commitment to your health and wellbeing. Happy New Year!

Kiley Floyd, CEO

Schedule Your 2023 Wellness Visit

2023 is a time for reflection, renewal and setting yourself up for success in the months ahead. It's usually around this time of year that people stop to think about their health goals. While health goals commonly have to do with weight loss, your health is also about integrating self-care into your life and staying on top of your mental health.

Regular checkups are an important part of maintaining a healthy lifestyle and preventing illness. Annual wellness exams are a cornerstone of preventative care that provide an opportunity for the early detection of disease or illness.

An annual wellness visit is important for everyone, regardless of age or health condition. Regularly scheduled wellness visits play a vital role in maintaining your health throughout your lifetime, and benefit those who are currently healthy as well as those who may currently be sick.

The primary care physicians at Seneca Family Practice understand the importance of building a history of health with annual wellness visits. Call Seneca Family Practice at 785-336-6107 today to schedule your annual wellness visit for 2023!





NEMAHA VALLEY
COMMUNITY HOSPITAL

PATIENT PORTAL

Manage your Healthcare Online, Anytime!

Visit nemvch.com/patient-portal-page/ to register or call one of our Business Office representatives at 785-336-6181 today!

**24/7
ACCESS**



View test and lab results



Send and receive secure online messages



Request appointments



Receive email care reminders



Set up proxy accounts for children and dependent adults

SET Now Offered at NVCH

Nemaha Valley Community Hospital is proud to offer Supervised Exercise Therapy (SET) for Peripheral Artery Disease (PAD). PAD is a disorder caused by atherosclerosis (narrowing of arteries) that limits blood flow to the extremities. Symptoms of PAD are leg pain and weakness when walking. Patients with lower-extremity peripheral artery disease have greater functional impairment, faster functional decline, increased rates of mobility loss, and a limited quality of life than those without PAD.

Supervised Exercise Therapy (SET) has been shown to improve the ability and distance in which these patients can walk and to decrease the need of lower extremity angioplasty and stenting. "We are excited to offer Supervised Exercise Therapy for those individuals with Peripheral Artery Disease who experience pain when walking," said Kylee Feldkamp, RN and Cardiac Rehab Supervisor. "This program consists of exercising with us 2-3 times per week for 30-60 minutes for a total of 12 weeks." This program requires a physician referral. If you have been diagnosed with PAD or would like learn more about SET please contact your primary care physician or Kylee Feldkamp in our Cardiac Rehab department at 785-336-0445 today.

2023 HEALTH FAIR

SATURDAY, APRIL 22ND
8AM - 11AM

ADDITIONAL DETAILS TO FOLLOW

NEMAHA COUNTY COMMUNITY BUILDING
1500 COMMUNITY DRIVE | SENECA, KS



NEMAHA VALLEY
Community Hospital & Seneca Family Practice



Did you know that every two seconds in America, someone needs blood?

This demand goes well beyond those facing an unexpected emergency like a car crash. Blood transfusions are regularly needed to treat patients facing everything from diseases like cancer to cardiovascular and orthopedic surgeries to organ and bone marrow transplants. In total, 1 in 7 people entering a hospital depend on a ready and available blood supply.

As important as blood is to so many of us, just three percent of all Americans donate blood today. That's despite the fact that 65 percent of the U.S. population is eligible to do so. Less than 20 percent of all blood donations each year come from individuals in communities of color and donations from individuals 19 and under have dropped nearly 50 percent over the last two years alone. This reality has created an urgent need for younger, more diverse donors.

That's why it's so important to celebrate National Blood Donor Month this January. This month is our chance to spread awareness about the need for more blood donors while taking time to celebrate those who already donate and help save lives.

The first such month was proclaimed by President Richard Nixon and held in January of 1970 to pay tribute to voluntary blood donors and encourage more people to give for the first time.

A lot may have changed over the last five decades, but the need for blood – and the selflessness of those who answer the call to give it – has remained constant. We thank all those who regularly donate blood. Their decision to give generously today helps save lives and gives more people their tomorrow.

Handwashing is one of the best ways to protect yourself and your family from getting sick. Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections. Germs can spread from person to person or from surfaces to people when you:

- Touch your eyes, nose, and mouth with unwashed hands
- Prepare or eat food and drinks with unwashed hands
- Touch surfaces or objects that have germs on them
- Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects

As you touch people, surfaces and objects throughout the day, you accumulate germs on your hands. You can infect yourself with these germs by touching your eyes, nose or mouth, or spread them to others. Although it's impossible to keep your hands germ-free, washing your hands with soap and water frequently can help limit the transfer of bacteria, viruses and other microbes.



This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GGLU, and Staples. HHS/CDC does not endorse commercial products, services, or companies.

HEALTHWORKS

KANSAS HOSPITAL ASSOCIATION

HEALTHWORKS proudly offers the 2023 Health Care Scholarships. HEALTHWORKS awards \$25,000 in scholarships annually in the following categories.

- **Nursing:** undergraduate students in nursing (HEALTHWORKS)
- **Advanced Clinical Practice:** graduate-level students in any health care discipline (HEALTHWORKS)
- **Health Care:** undergraduate students in non-nursing health care fields (HEALTHWORKS)
- **Health Care Administration:** students in health care administration (KAHCE)
- **Human Resources:** students in hospital human resource-related fields (KHHRA)

Priority will be given to hospital employees, particularly in regions experiencing shortages in Kansas. Our thanks to the Kansas Association of Health Care Executives and the Kansas Hospital Human Resources Association for partnering with HEALTHWORKS to administer the scholarship programs.

More information is available at www.khanet.org. If you have any questions or need further information, contact Susan Cunningham at 785-233-7436.

**Application deadline
is February 28, 2023**

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

We are incredibly proud to have Samuel Thomsen, M.D. serving our Cataract patients in our Outpatient Clinic. Dr. Thomsen specializes in Cataract Surgery and is here to help you regain your comfort and quality of everyday life.

Dr. Thomsen has made a tremendous impression on many of our area patients during his two years at NVCH.

Appointments are made through Eye Surgical Associates, Lincoln at 402-484-9000. No referral needed unless required by your insurance.

For additional information regarding Dr. Thomsen's clinic at NVCH, please contact our Outpatient Clinic staff at 785-336-6181.

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.

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