



## Message from the Administrator



March is the month we celebrate the contributions of our Medical Staff to our organization and personal lives. Although we appreciate our team throughout the year, March is the month we take

extra time to recognize our dedicated team of providers who willingly give up their family time, get up in the middle of the night to respond to our health crises, miss family events, deliver our babies, monitor our health and wellbeing, and hold our hand when we are in emotional and physical pain. These are Physicians, Advanced Practice Registered Nurse, Physician Assistants, and Certified Registered Nurse Anesthetists.

Our community is blessed with a Medical Staff that truly cares for their patients. You are not a number. They know you, your kids, your parents, and your in-laws. They understand the significance of family. They understand the stress of farm life, being pulled in multiple directions, and the importance of faith in our lives.

As we look to the future we know we are grounded by our dedicated team of providers. Please join us in thanking them for their service.

Kiley Floyd, CEO

*Thank you to our NVCH Medical Team who are leading the way!*

Jarod Snyder, M.D. & Chief of Staff | Tony Bartkoski, D.O. | Heather Myers, D.O. | Lori Lueger, APRN | Erica Winkler, APRN  
Alexis Stallbaumer, APRN | Erica Bletscher, APRN | Marcy Evans, PA | Sheri Wessel, PA | Harry Stewart, CRNA

## Healthy Lifestyle for Older Adults



Men and women are living longer, enjoying energetic and active lifestyles well into their 80s and 90s. Study after study confirms eating well and being active can make a dramatic difference in the quality of life for older adults.

You are never too old to enjoy the benefits of improved nutrition and fitness. With nutrient-rich foods and activities with friends, you can feel an immediate difference in your energy levels and enjoyment of life. In fact, as we get older, our food and activity choices become even more important to our health.

### Focus on Nutrient Density

As adults age, we need fewer total calories, but higher amounts of some nutrients, especially calcium and vitamin D. In terms of nutrition, you need to focus on quality not quantity. For both optimal physical and mental health, older adults truly need to make every calorie count.

Retired people on limited incomes may have trouble buying enough nutrient-rich foods to meet all their nutritional needs. If this is a problem for you or someone you love, explore the options for senior meal sites, Meals on Wheels or supplemental nutrition assistance programs in your community.

The golden years definitely are not the time for extreme diets or drastic weight loss. Your goal should be to eat better while staying within your calorie needs. Rapid weight loss often leads to a loss of lean body mass, exactly the opposite of what older people need for good health.

Aim for a stable weight as you get older. If you want to lose a few pounds, talk to your healthcare provider or a registered dietitian about the best plan for you. The right balance of foods and activities can help you maintain strong muscles and bones.

### Enjoy the Power of Protein

People of all ages need protein for strong, healthy bodies. Some older adults do not get the protein they need to maintain muscle mass, fight infection and recover from an accident or surgery. Talk to a healthcare provider or a registered dietitian for additional protein options.

## 5 Ways to Eat Healthier This Month

### GO, GO, H2O!

We all know drinking water helps in nearly every aspect of wellness, but drinking the recommended amount of water per day can be tough. Electrolyte additives offer the same, if not better benefits than drinking six or more glasses of water a day would.

### Choose Food Over Supplements

Though there are some who sincerely lack certain vitamins and minerals that can't be achieved through diet alone, most of the good things our bodies need come from food — not store-bought supplements. Research shows that certain supplements haven't been tested to meet many purity and safety standards, making them unreliable sources of nutrition.

### Opt for Color

When in doubt, throw some color on your plate — natural color, that is. Bright greens from crunchy vegetables or vibrant reds from tangy fruit will not only make your meal Instagram-worthy, they'll give you a healthy boost.

### Pack Your Lunch

Avoiding typical restaurant or fast-food grease may seem obvious, but according to Harvard Health Publishing, even more important than that is the ability to control portion sizes when you pack your own lunch.

### Shop the Perimeter

Shopping a supermarket's outside aisles ensures that you're getting healthy alternatives to processed foods like produce, meat, and dairy. When you move inward, most, if not all, of the products contain unnecessary additives and sugar.

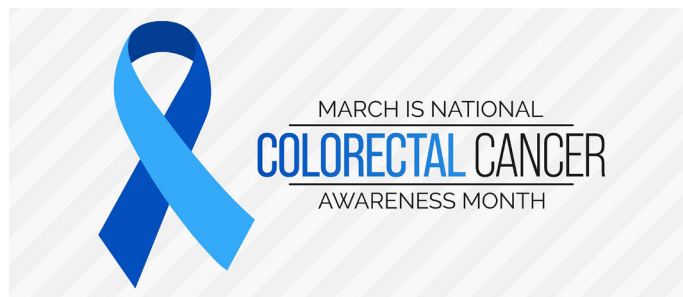




The 27th Annual Nemaha Valley Health Care Foundation Charity Golf Classic is held to benefit health-care in Seneca and the surrounding communities.

The tournament format will be an 18-hole, three person shotgun scramble. Individual and team registrations are invited. Single entries will be placed on teams the day of the tournament.

For additional information or questions about the NVHCF Charity Golf Classic please contact Courtney Schmelzle at 785-336-0426 or cschmelzle@nemvch.org.



Colorectal cancer is the third most commonly diagnosed cancer and the second leading cause of cancer death in men and women combined in the United States.

When discovered early, it is highly treatable. Even if it spreads into nearby lymph nodes, surgical treatment followed by chemotherapy is highly effective.

#### Risk Factors:

- Smoke or use tobacco
- Overweight or obese
- Not physically active
- Drink alcohol in excess
- Eat a lot of red meat
- Have a personal or family history of colorectal cancer or benign (not cancerous) colorectal polyps
- Have a personal or family history of inflammatory bowel disease

#### Prevention:

- Be physically active
- Maintain a healthy weight and waist size
- Don't smoke
- Limit alcohol to no more than one drink per day
- Eat more fruits, vegetables and whole grains
- Eat less red meat and cut out processed meat
- Get screened according to guidelines

Colorectal cancer almost always develops from precancerous polyps (abnormal growths) in the colon or rectum. Screening tests can find precancerous polyps, so that they can be removed before they turn into cancer. Screening tests can also find colorectal cancer early, when treatment works best. Regular screening is the key to preventing colorectal cancer and finding it early. Most people should begin screening for colorectal cancer soon after turning 45, then continue getting screened at regular intervals.

Contact your SFP primary care physician at 785-336-6107 today to discuss your screening test options.

## JOIN OUR FALL PREVENTION PROGRAM

TAKE YOUR FIRST STEP TO PREVENTING FALLS

**Classes are:**

- For caregivers and individuals 65 and older or who have a high fall risk
- Held every Monday in April (3, 10, 17, 24)
- 10:30-11:30am
- \$20 registration fee
- Offered at the Seneca Free Library
- Focused on fall prevention education and exercise

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

Space is limited so register today!

**NEMAHA VALLEY**  
Community Hospital & Seneca Family Practice





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