



Message from the Administrator



Who are your super heroes?

Mine include the individuals who participate in NVCH's Volunteer Services Program. Our Volunteer Services participants are amazing. They sit with patients, help with special projects, surprise staff with treats, and in

general help keep this organization running smoothly.

We also have volunteer communion ministers, our Foundation and Trustee Board members, as well as our Patient and Family Advocacy Committee and Capital Campaign Committee.

Regardless of the role, volunteers make a distinct impact on the organizations they serve. It is sometimes hard to imagine that you have time to volunteer, we are often pulled in too many directions in life. Whether you

can spare an hour a month or an hour a week, volunteering will bring a sense of accomplishment and fulfillment to your life.

Thank you to all who serve. We are forever grateful.

Kiley Floyd, CEO

“Volunteering is at the very core of being a human. No one has made it through life without someone else’s help.” – Heather French Henry

Speciality Services Offered at NVCH

Our expanded Outpatient Specialty Clinic offers specialized care and treatment without requiring you to travel outside of the community. Through partnerships with different specialists, Nemaha Valley Community Hospital is able to provide 26 different specialty clinics at our facility to ensure comprehensive care for you and your family. To learn more about our Outpatient Clinic and the specialty physicians please visit the Outpatient Clinic section of our website at www.nemvch.com.

NVCH is also proud to employ on-site local clinicians that offer a variety of specialty services including:

- Botox Injections - Therapeutic: Dr. Jarod Snyder, M.D.
- Breastfeeding Clinic: Dana Deters, RN, IBCLC
- Diabetes Education: Becky Bartkoski, RN, BSN & Leah Heinen, RD, LD, CDCES
- Dietician: Leah Heinen, RD, LD, CDCES
- Lymphedema Therapy: Cheryl Holthaus, OTR/L, CTL
- LVST Big & Loud Program: NVCH Physical, Occupational and Speech Therapy Department
- Speech Pathology: Brooke Strathman, MS, CCC-SLP
- Social Work - Advanced Directives & Medicare Education: Karla Hermes, MSW
- Wound Clinic: Erica Bletscher, APRN

NVCH is dedicated to keeping our patients at the center of everything we do while caring for the growing needs of our community. For information about any of the listed specialty clinics please contact NVCH at 785-336-6181.



April is Donate Life Month

Organ transplantation is one of the great advances in modern medicine. Unfortunately, the need for organ donors is much greater than the number of people who actually donate. Every day in the United States, 21 people die waiting for an organ and more than 107,380 men, women and children await life-saving organ transplants.

Up to eight people can benefit through solid organ donations of the lungs, heart, kidneys, liver, pancreas and intestines. Countless others are helped, and their quality of life is improved from tissue donation that includes heart valves, veins, skin, bones and corneas. Donors can designate all or specific organs or tissues they would like to donate.

There are no costs to the family for organ and tissue donation. Through the entire donation process, the body is treated with care, respect and dignity.

Becoming an organ donor is easy. You can indicate that you want to be a donor in the following ways:

- Register at Donate Life America at donatelife.net.
- Designate your choice on your driver's license. Do this when you obtain or renew your license.
- Tell your family. Make sure your family knows your wishes regarding donation.



Learn more about organ, eye and tissue donation and register today at DonateLife.net.



NEMAHA VALLEY
Community Hospital & Seneca Family Practice

1600 Community Drive | Seneca, Kansas 66538
Hospital 785-336-6181 Clinic 785-336-6107
www.nemvch.com

Become a Volunteer at NVCH

Volunteering is an excellent way to become an essential part of Nemaha Valley Community Hospital (NVCH). NVCH volunteers have the opportunity to be of service to our patients, their families and staff while gaining the personal satisfaction of knowing that you are helping others.

Our program builds meaningful connections, caring relationships and positive engagement between volunteers, patients and their families.

Volunteering has many proven benefits, including:

Improving physical and mental health.

Volunteer activities keep people moving and thinking at the same time. Research has found that volunteering among adults, age 60 and over, provided benefits to physical and mental health, and

volunteers report better physical health than do non volunteers. Research also has shown that volunteering leads to lower rates of depression and anxiety, especially for people 65 and older. Volunteering reduces stress and increases positive, relaxed feelings by releasing dopamine.

Providing a sense of purpose and teaching valuable skills.

The work that volunteers provide is essential to everyday activities, which gives volunteers a sense of purpose, especially when volunteering in the areas they find meaningful. Older volunteers experience greater increases in life satisfaction and self-esteem.

Nurturing new and existing relationships.

Volunteering increases social interaction and helps build a support system based on common

interests. One of the best ways to make new friends and strengthen existing relationships is to participate in a shared activity. Dedicating time as a volunteer helps expand social network and practice social skills with others.

Whether you volunteer to achieve personal fulfillment or to learn new skills for professional growth, your time is a valuable contribution to NVCH and the entire community of care.

There are many needs throughout NVCH where volunteers can provide service and make a difference. Our goal is to find the perfect fit—matching your interests with a need of ours.

For additional information about the NVCH Volunteer Services Program please contact Mary Sack, Program Coordinator at 785-336-0436.

2023 HEALTH FAIR

SATURDAY, APRIL 22ND
8AM - 11AM

LABS INCLUDE: CBC, CMP, LIPID PANEL, A1C, TSH
\$35 FOR ALL LABS. men can add PSA for \$15

NEMAHA COUNTY COMMUNITY BUILDING
1500 COMMUNITY DRIVE | SENECA, KS



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April is Alcohol Awareness Month and this year's National Council of Alcoholism and Drug Dependence (NCADD) theme is: *"Talk Early, Talk Often: Parents Can Make a Difference in Teen Alcohol Use."*

It is important to know that parents play a significant role in preventing and reducing underage alcohol misuse. As a parent, you can be a primary source of positive and reliable information when "teachable moments" present themselves. It's not so much about "the big talk" but about being there for your teen(s) when concerns arise on TV, at the movies, on the radio, about celebrities or professional athletes, or even their friends.

Don't miss an opportunity to have a conversation. In fact, research has shown that children are 50% less likely to use alcohol when parents talk early and talk often. As parents, you have more influence over your child's attitudes and choices than you think. It's never too early to begin the conversation - so start talking!

According to the NCADD, here are some basic guidelines to assist you:

- **Listen Before You Talk:** Encourage conversation. You, as parents, "have all the answers" and are sometimes so anxious to share your wisdom or opinion that you forget to take the time to listen. For kids, knowing that parents are listening is very important.
- **Be Involved:** Get to know your child's friends and



continue to educate your child about the importance of good health – emotional, psychological, and physical.

- **Ask Open-Ended Questions:** Talk to your child regularly about their feelings, their friends, and their activities. Avoid, as much as you can, questions that have a simple "yes" or "no" response.
- **Set Expectations and Consequences:** Talk about consequences and be clear about what will happen if the rules are broken.

If you have any questions or want additional resources on talking with your child about alcohol usage please contact your Seneca Family Practice primary care physician at 785-336-6107 today!

BOTOX INJECTIONS THERAPEUTIC

at Nemaha Valley Community Hospital

Botox relaxes your muscles or reduces glandular or nerve activity, which helps reduce the pain and/or symptoms of migraines and headaches.

Dr. Snyder's Botox Clinic is held the first Thursday of every month. For additional information regarding the Botox Clinic please contact SFP at 785-336-6107.



Jarod Snyder, M.D.
Family Practice

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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

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