



Message from the Administrator

We finally made it! The groundbreaking ceremony is over and you have likely seen signs of a construction zone around the hospital. Evidence of “phase 0” work is popping up. This is work needed before we start the primary construction of the new patient wing.

An employee parking lot is being created behind the medical office building. This will be the new primary parking area for all staff. A new road is being created around the property to allow for building expansion. The primary entrance to the clinic and hospital will not be impacted.

The ability to finally break ground for this important project is the result of the tremendous support we have received from our patients, their families, our team, benefactors, volunteers, and friends. All who have worked

together to ensure we have the services and technology needed in a crisis as well as to keep our communities healthy. Change is hard but it will be well worth it in the end.

Thank you for your continued support. This has been an exciting year for NVCH. New providers, new services, and the essential steps leading to the expansion of our building. Even in an industry of constantly changing regulations and increased financial pressure, the future looks bright for NVCH!

Kiley Floyd, CEO

Say YES to Sun Protection Say NO to Skin Cancer

Skin cancer is the most common cancer in the U.S.

One in five Americans will develop skin cancer in their lifetime, and nearly 20 Americans die from melanoma, the deadliest form of skin cancer, every day.



Since exposure to the sun's harmful UV rays is the most preventable risk factor for skin cancer, protect your skin by:

- Seeking shade
- Wearing sun-protective clothing
- Applying sunscreen to all skin not covered by clothing



There are two types of sunscreens:

Physical Sunscreen

This sunscreen works like a shield; it sits on the surface of your skin, deflecting the sun's rays.

Look for the active ingredients zinc oxide and/or titanium dioxide.

Opt for this sunscreen if you have sensitive skin.

Chemical Sunscreen

This sunscreen works as a sponge, absorbing the sun's rays.

Look for one or more of the following active ingredients: oxybenzone, avobenzone, octisalate, octocrylene, homosalate and octinoxate.

This formulation tends to be easier to rub into the skin without leaving a white residue.



If you have concerns about certain sunscreen ingredients, use the information above to choose an alternative that works for you. As long as it's broad-spectrum, water-resistant and has an SPF 30 or higher, it can effectively protect you from the sun. Make sure you reapply it every two hours, or after swimming or sweating.

To learn more about skin cancer prevention and detection, talk to a board-certified dermatologist or visit SpotSkinCancer.org.



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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 in our Outpatient Clinic for Dermatology services. Tiffany will see patients in Seneca every Tuesday of the month.

To make an appointment please call the NVCH Outpatient Clinic at 785-336-0462. A referral is required.

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.



NEMAHA VALLEY
Community Hospital & Seneca Family Practice

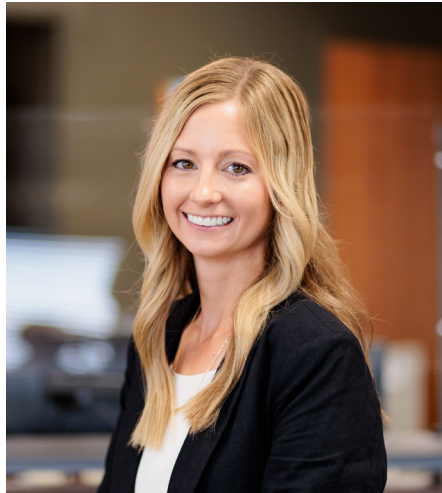
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Kohake Accepts DON Role

We are excited to announce that Dana Kohake, RN, BSN, has accepted the Director of Nursing position.

Dana, most recently served as the Nursing Supervisor, has been with NVCH for eight years and had four years of nursing experience prior to NVCH. "Dana's experience at NVCH as well as in her previous places of employment have given her the right mix to be a strong leader in our organization," said NVCH CEO, Kiley Floyd.

"What excites me the most about this role is being able to lead our NVCH nursing departments to deliver high quality, passionate care to our patients and the community we serve," said Kohake. "I am committed to maintaining our hospital's traditions of caring, hard-working nurses to ensure the longevity of our community hospital."



Please join us in wishing Dana much success in this new journey. "We are looking forward to her energy and commitment to established traditions while also integrating new ideas," added Floyd.

Volunteering is an excellent way to become an essential part of Nema-ha 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 they are helping others.

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

Come join our team! New volunteers are always welcome. For more information contact our Volunteer Services Coordinator, Mary Sack at 785-336-6181 or mary.sack@nemvch.org.



Keeping 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.

The 27th Annual Nemaha Valley Health Care Foundation Charity Golf Classic was held June 16th at the Spring Creek Golf Course with 50 teams competing during the event this year.



The proceeds of the tournament directly benefit healthcare in Seneca and the surrounding communities. The Foundation raises funds to contribute to enhancing technology, supporting the Hospital's core medical programs, and most importantly, improving patient centered services.

Congratulations to Ken Carlson, Scott Carlson, Dan Carlson and caddie Kamryn Carlson for taking first place overall. We would also like to congratulate Ron Engelken for being the lucky winner of the Golf Ball Drop.

Everyone enjoyed great weather, great golf and contributed to a very important benefit. The growth in this tournament each year is an example of the growing support for our hospital and its services. Mark your calendar for June 14, 2024 for next year's tournament!

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 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 20

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

Please contact Beth Brokamp at 785-336-0437 or visit RedCrossBlood.org and enter NEMVCH to schedule an appointment.