



## Message from the Administrator



Last year at this time I wrote about the anticipated "long, laborious process" of planning and then waiting for final approval from USDA for our construction/remodel project. I spoke of my struggle with patience but the need to respect the process. I would not have dreamed at that time it would have taken a full year for us to get to the point where we can say we are ready to move forward. We received the final documentation from USDA this week. It will still take another month to close on the interim financing bonds, but we can start our pre-construction meetings now. Whew!

Throughout the year we review services we provide to patients and look for opportunities to fill in gaps as needed. We want to make sure you are able to access the healthcare services needed locally as opposed to having to drive somewhere else. We are realistic in that we cannot be all things to all people, but we can

continue to work strategically with existing partners to share providers and bring services closer to home. This month we are celebrating Tiffany Engelken's return and the addition of Holistic Pain Management.

Our providers at Seneca Family Practice (SFP) continue to have full schedules. You may see some new faces from time to time at SFP while we anticipate Dr. Alexander Hermes' arrival in September. Our communities are seeing somewhat of a baby boom and that is pulling our doctors out of the clinic for a delivery and care of mom and baby. This is a good problem to have. The growth of our communities is always a good thing! Thank you for your patience.

Your continued support of Nemaha Valley Community Hospital and Seneca Family Practice through our growing pains is much appreciated. Please let me know if you have any questions or would like to know more about our building project.

Kiley Floyd, CEO

# Looking for a Specialist?

Nemaha Valley Community Hospital's Outpatient Clinic offers an extended variety of health care options to the Nemaha County area.

Our Outpatient Clinic has many specialty physicians from across the region that provide you, our patients, with exceptional care so you don't have to travel long distances to get the care you deserve. We are committed to providing these specialty clinics so our community can have easier access to specialty services.

To learn more about our Outpatient Clinic and the specialty physicians please contact Stephanie Wurtz at 785-336-6181 or visit our website at [www.nemvch.com](http://www.nemvch.com).

- Allergy, Asthma & Immunology
- Audiology
- Cardiology
- Dermatology
- Diabetes
- Dietitian
- Ear, Nose & Throat
- Endocrinology
- General Surgery
- Nephrology
- Neurology
- OB/GYN
- Oncology & Hematology
- Ophthalmology & Cataracts
- Orthopedics
- Pain Management
- Podiatry
- Psychiatry
- Pulmonology
- Urology
- Wound Care

Father's Day isn't the only celebration this month for men. June is Men's Health Month. It is time to spread the word about the many preventable health problems men face and empower them to take steps toward a longer, healthier, and happier life. The men's health statistics and facts speak for themselves.

Men are more likely to put their health at risk by smoking, drinking alcohol, and making other unhealthy life choices.

- One in two men are diagnosed with cancer in their lifetime.
- Men lead the death rate for cancer, heart disease, diabetes, and suicide.
- The purpose of Men's Health Month is to change those statistics by focusing on prevention through regular checkups, nutrition, and exercise.

**Protect the Heart.** Heart disease is the number 1 killer of men. Healthier food choices build a healthier heart – make fruits and vegetables half your plate!

**Make Prevention a Priority.** Many health conditions can be prevented or detected early with regular checkups. Regular screenings may include blood pressure, cho-

lesterol, glucose, prostate health and more.

**Eat Healthy.** Include a variety of fruits and vegetables in your diet each day. Fruits and vegetables contain vitamins and minerals that may help protect you from chronic diseases. Limit or avoid foods that are high in calories, sugar, salt and fat.

**Get Moving.** Physical activity can help control your weight, reduce your risk of heart disease and some cancers, and improve your mental health.

**Mental Health Matters.** Life can get tough, and thinking things through with a mental health professional can help.

**Quit Smoking.** Smoking has been linked to cancer, heart disease, stroke and increases the risk of sexual dysfunction.

**Get Enough Sleep.** Seven to nine hours of rest per night is ideal. Insufficient sleep is associated with a number of chronic diseases and conditions.

Set an example for the next generation and call Seneca Family Practice at 785-336-6107 to schedule your annual checkup today!





# June is Alzheimer's & Brain Awareness Month



Alzheimer's is a type of dementia that causes problems with memory, thinking and behavior. Symptoms typically develop slowly and worsen over time. Alzheimer's disease accounts for 60-80 percent of dementia cases. Research continues, but there is no current cure for Alzheimer's disease. However, there are treatments for symptoms.

The Alzheimer's Association reports the disease is the sixth leading cause of death in the United States. It's estimated more than five million Americans have the disease, and every 66 seconds, someone else is diagnosed with it.

According to the Alzheimer's Association, these are the ten warning signs for the disease:

- Memory loss that disrupts daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks at home, at work or at leisure
- Confusion with time or place
- Trouble understanding visual images and spatial relationships
- New problems speaking or writing words
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgment
- Withdrawal from work or social activities
- Changes in mood and personality

If you are experiencing serious and recent memory problems, talk to your provider today about getting a comprehensive medical evaluation.

## Learn to Ride

no more training wheels

**June 20th AND 21st | 8am - 10am**  
Nemaha County Community Building - Parking Lot

Open to ages 4 years and older who want to learn how to ride their bike without training wheels

\$10 per child

**space is limited**

To register call the NVCH Therapy Department at 785-336-0428  
Deadline to register is May 31st.

Bike and bike helmet are required

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

Learning how to ride a bike is a rite of passage and a lifelong skill. Bike riding is an important skill that comes with a wide range of developmental benefits for all children. Beyond a few scraped knees, learning to ride a bike provides children with independence, confidence, and physical and mental strength.

It builds leg strength, cardiovascular stamina and even helps builds bone density. Bike riding also helps with full body sensory awareness along with visual stimulation. It also helps children with their attention and focusing on the task given to them.

If you have a child that is four years or older and has interest in learning to ride a bike without training wheels please join us June 20th and 21st for our Learn to Ride Program. The sessions will be held in the Community Building parking lot. To register please call the NVCH Therapy Department at 785-336-0428. Space is limited so register today!

We have GOLF FEVER, how about you? Join us Friday, June 17th for the 27th Annual Nemaha Valley Health Care Foundation Charity Golf Classic. The tournament is being held at Spring Creek Golf Course and is a three-person scramble with an 8am shotgun start.

We are well on our way to a full tournament so if you're a golfer and want to participate register today! We also have many sponsorship opportunities available.

Please contact Courtney Schmelzle at 785-336-0426 or [cschmelzle@nemvch.org](mailto:cschmelzle@nemvch.org) for additional information about the Charity Golf Classic including registration and sponsorship opportunities.



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

# GOLF BALL DROP 2023

Friday  
June 16th

**\$5 Per Ball**  
600 Golf Balls will be sold

- Golf balls will be dropped from an extended bucket truck and the ball landing closest to the pin wins 50% of the total golf ball sales.
- Call 785-336-0426 or contact any of the Golf Committee Members to purchase your golf balls today!
- GOLF COMMITTEE MEMBERS: Travis Stallbaumer, TJ Haverkamp, Kris Enneking, Bill Koelzer, Lee Copeland, Lois Crozier, Jeff Kidd, and Courtney Schmelzle

Join our healthcare family! NVCH might have the perfect position for you. Please visit the employment section of our website at [www.nemvch.com](http://www.nemvch.com) to find out.



## 2022 Employee Recognition

The strength of the Nemaha Valley Community Hospital and Seneca Family Practice healthcare culture runs deep through the organization. It is all of the staff who carry this through their compassion, courage, resilience and commitment to the hospital's mission of *providing personalized, compassionate healthcare while promoting wellness in the communities we serve.*

Nemaha Valley Community Hospital is committed to recognizing and rewarding employees who exhibit outstanding performance, service excellence and a superb demonstration of our core values.

Below are the employees who have been selected to receive the 2022 Employee Recognition Awards.



*Above & Beyond*  
Joni Deters



*Compassionate Caregiver*  
Tish Hermes, RN



*Outstanding Leadership*  
Mary Sack



*Rookie of the Year*  
Marcy Evans, PA



*Volunteer of the Year*  
Betty Sudbeck

## 2022 Years of Service

*395 combined years of service*

5 Years—Tammy Bragdon, Beth Brokamp, Gary Heiman, Alex Harrison, Jill Haverkamp, Kim Hermes, Denise Koch, Taylor Korte, Emily Reinecke, Josie Schmitz

10 Years—Kate Bauerle, Jacey Burdick, Kylee Feldkamp, Nichelle Koch, Kristie Porting, Melissa A. Stallbaumer, Stacey Steinlage, Dawn Winkler, Rosie Winkler

15 Years—Joyce Bergman, Dawn Osterhaus

20 Years—Dr. Tony Bartkoski, Joyce Boeckman, Amy Spielman, Travis Stallbaumer

30 Years—Dana Bradley

35 Years—Lori Burdick

40 Years—Carol Renyer, Linda Schmitz