



Message from the Administrator



Welcome to October! Traditionally October is observed as Health Literacy Month. A time to raise awareness about the importance of making health-related information easy to access, understand, and use. Observance of "Health Literacy" was established in 1999

by author Helen Osborne, who wanted to improve health literacy worldwide. I am not sure we have done a particularly good job for Ms. Osborne. Healthcare today is as difficult to understand as it was in 1999. We are an industry of acronyms. That has gotten worse, not better, through the years. The pace of technology changes so rapidly that even those of us who work in the industry everyday struggle to keep up.

We have made significant efforts to improve access to information. Patients are able to access their health information through our electronic health record portals. NVCH's portal can be accessed on the internet at <https://nemvch.com/patient-portal-page/>. If you have not signed up to access your records through the portal please contact Alex Harrison at the hospital, 785.336.6181 or Seneca Family Practice, 785.336.6107. She will be happy to show you how to sign up and access your records.

We have also improved on our ability to communicate

between health care providers. Through health information exchanges and direct messaging your providers are able to share records. This is not a perfect system, but we have come a long way. We still have to fax some records to independent providers and the Veteran's Administration but for the most part, records are shared electronically. Nothing is more frustrating for a patient (and their provider) than for a receiving provider's office to say they have not received a report when the patient arrived for a specialist's appointment. Too often these faxed or mailed reports are in a pile waiting to be filed or scanned into the system.

Health literacy is not just a priority for a month. Through one-on-one conversations, newsletters, educational opportunities, and groups, NVCH staff works diligently to share information with our patients.

If you have a question about your health or would like more information on a health topic, please do not rely on Dr. Google and definitely NOT social media. Your healthcare team is available to answer your questions in a manner that is specific to you, not the general population. Be health literate. Talk to your doctor and their team at your next appointment or call with your questions. We are here for you!

Kiley Floyd, CEO



Join us for
EARLY
DETECTION
Evening Edition

EXTENDED HOURS FOR 3D MAMMOGRAMS

October 4th, 11th, 16th & 23rd
4pm – 8pm

Join us for refreshments, giveaways,
prize drawings and more!

*Early detection saves lives! Mark this important screening off your
"to do" list and schedule your mammogram today!*

The American College of Radiology (ACR) and Society of Breast Imaging (SBI) recommend
that women at average risk for breast cancer start getting annual mammograms at age 40.

FOR AN APPOINTMENT CALL NVCH RADIOLOGY
AT 785-336-0455



NEMAHA VALLEY HEALTH CARE
FOUNDATION IS SELLING

FRESH
CROP
PECANS

\$12 Per Bag

QUESTIONS, PLEASE CONTACT
COURTNEY SCHMELZLE AT
785-336-0426 OR LOIS CROSIER
AT 785-336-2264

Every October, you likely see a wealth of information about breast cancer. Awareness surrounding breast cancer is incredibly important as early detection, often through screening, can catch the disease when it is most treatable.

According to the American Cancer Society (ACS), breast cancer is the second most common cancer in American women, but it can be successfully treated. Screening tests can find cancer early, when chances for survival are highest.

Know your risk

- Talk to both sides of your family to learn about your family health history.
- Talk to a doctor about your risk of breast cancer.

Get screened

- Have a mammogram every year starting at age 40. A mammogram is the best screening tool used today to detect breast cancer. *To scheduled your 3D mammogram call our Radiology department at 785.336.0455. We do not require a referral for this service!*

Know what is normal for you

See a doctor if you notice any of these breast changes:

- Lump, hard knot or thickening inside the breast or underarm area
- Swelling, warmth, redness or darkening of the breast
- Change in the size or shape of the breast
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts of the breast
- Nipple discharge that starts suddenly
- New pain in one spot that doesn't go away

Make healthy lifestyle choices

- Maintain a healthy weight
- Add exercise into your routine
- Limit alcohol intake
- Limit menopausal hormone use
- Breastfeed, if you can

At NVCH, we are dedicated to delivering excellent care for your breast health so don't wait any longer, call 785.336.0455 to schedule your mammogram today!

NVCH Provides Marketplace Assistance



Nemaha Valley Community Hospital has one Certified Application Counselor (CAC) this year - Courtney Schmelzle. Our CAC is trained and able to help consumers look for health coverage options through the Marketplace, including completing eligibility and enrollment forms.

*Open enrollment is **November 1, 2023 through December 15, 2023** for coverage that starts January 1, 2024. Open enrollment ends January 15, 2024.*

Appointments are being scheduled now through the open enrollment period.

Please contact Courtney Schmelzle at 785.336.0426 to schedule your appointment today.

Fight the FLU!

What is the Strongest Defense Against the FLU?

The flu is annoying enough on its own. So it doesn't help that flu season falls at one of the most exciting times of the year. To avoid missing out on sports events, Halloween parties, Thanksgiving feasts, and holiday fun, follow these tips:

Get the flu vaccine. It's the best way to protect yourself against the flu. Getting vaccinated doesn't just protect your own health. It also helps the people around you because there's less chance you'll catch the flu and pass it on.

Wash your hands well and often. Hand washing is an important defense against germs like flu viruses. Why? The body takes about 2 weeks to build immunity after a flu vaccine — and even a vaccine isn't foolproof if a new type of the virus starts making the rounds. Hand washing also helps protect against other germs and illnesses that there aren't vaccines for, like the common cold.

Steer clear of someone who is sick (coughing, sneezing, etc.). Flu viruses travel through the air, so try to stay away from people who look sick. Of course, people who have the flu virus don't always look sick. That's where vaccines and hand washing come in.

It's also a good idea to avoid touching your nose, eyes, and mouth — three places where flu viruses can easily enter the body.

Cough or sneeze into a tissue or your elbow — not into your hands. That way, you're not spreading the virus when you touch surfaces that other people may touch too.

Stay home if you have the flu. You don't want to pass your germs to someone else. Staying home is a great excuse to curl up and watch your favorite movie, play video games, or read. Rest can help the body recover faster.

You also can fight the flu on a daily basis by keeping your immune system strong. Some great immune boosters are:

- Getting enough sleep
- Eating healthy foods (including five or more servings of fruits and veggies a day!)
- Drinking plenty of fluids
- Getting regular exercise

Don't let the flu mess with your fall and winter fun. Fight back!

FLU SHOT CLINICS



DRIVE THRU CLINICS

No appointment needed

SEPTEMBER 27TH
8AM - 6PM

OCTOBER 4TH
8AM - 6PM

OCTOBER 11TH
8AM - 6PM

Community Building Parking Lot
1500 Community Drive |
Seneca, KS

SATURDAY CLINICS

Walk-ins welcome but appointment preferred

OCTOBER 7TH
9AM - NOON

OCTOBER 14TH
9AM - NOON

- Flu consent forms available the day of or visit www.nemvch.com to print off and fill out ahead of time.
- Please wear a short sleeve shirt if possible.
- Questions or to schedule an appointment call SFP at 785-336-6107.

October is Physical Therapy Month

In October we celebrate National Physical Therapy (PT) Month, an annual opportunity to raise awareness about the numerous benefits of physical therapy— from pain reduction to improved movement. But many people are unaware of the extent of the benefits that PT can provide.

Avoid Surgery

Because physical therapy can help to eliminate pain or heal from an injury, surgery may not be needed. And even if surgery is required, physical therapy before surgery can improve your overall outcome. If you are going into surgery stronger and in better shape, the recovery afterwards is faster in many cases.

Injury Prevention

Physical therapists understand how the body moves with various activities and understand how those activities can increase the risk for specific types of injuries.

Avoid Opioids

Opioids mask pain without treating the underlying cause of it. Physical therapy not only helps with relieving pain, but it also addresses the condition that is causing the pain in the first place.

Improve Mental Health

Chronic pain and prescription pain medication can lead to depression, anxiety, and isolation. Physical therapy will help to get your body moving and working normally again, releasing “feel-good” chemicals called endorphins.

Manage Diabetes and Vascular Conditions

Exercise can effectively control blood sugar levels. Additionally, people with diabetes may have problems with sensation in their

legs and feet. A physical therapist can help provide and educate these patients on proper foot care to prevent further problems down the road and can aide in the development of a customized exercise program.

Keep You Active and Healthy

According to the US Department of Health and Human Services second edition of Physical Activity Guidelines for Americans, more than 80% of adults and adolescents are not getting enough physical activity. Physical therapists are movement experts who improve quality of life through prescribed exercise.

Our physical therapy team includes three physical therapists (Curt Sudbeck, Diana Holthaus & Blake Uphaus) and three physical therapy assistants (Valerie Scott, Linda Kohake & Pam Buessing). This outstanding team provides therapy to people of all ages with a variety of injuries and disorders.

In addition to inpatient and outpatient services we also offer:

- Home Health
- Pre-Employment Testing
- School Based Services
- Athletic Training
- LSVT BIG Therapy
- Lymphedema Therapy

Whether your goal is to relieve pain, restore mobility and strength, improve function, return to sports or work or a combination of all, we work closely with both you and your physician to provide care that not only meets your needs, but redefines your expectation for what therapy can accomplish.

Italian Dinner for 6

**Dan & Kathy O'Brien
are hosting an Italian
Dinner for 6!**

During the month of October

- For every new \$100 donation to the Investing in our Families and Future Capital Campaign you get one chance in the drawing for the Italian Dinner Party for 6!
- Drawing will be held November 1st.
- Kathy will coordinate with winner on date of dinner party.
- Contact Courtney Schmelzle at 785-336-0426 with questions or to make your donation.

NEMAHA VALLEY
Community Hospital & Seneca Family Practice



We're HIRING!

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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Community Hospital & Seneca Family Practice

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www.nemvch.com