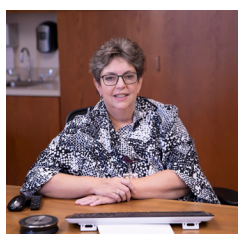




Message from the Administrator



We are approximately six months into construction. So far, we are on schedule and slightly under budget. Work is being done both inside and outside the building. Staff members have started moving from their previous spaces and are being creative about where they will work temporarily.

For patients, the biggest changes so far is that cardiac rehab has moved downstairs into the therapy space. Mammography and ultrasound are moving down the hall and Karla Hermes, Social Worker, has been relocated to another part of the building.

We know these are minor changes compared to what is to come but it is exciting to see the progress. Please ask registration staff or Mary Sack if you need help finding a department or a staff member.


I hope you have had a chance to review our Community Benefit Report - found online at <https://nemvch.com/resources/>. The work NVCH staff does on a regular basis is not just within our organization but also in our communities. We are always looking for opportunities to serve. If you have an event or idea, please let us know.

As we look back on our success in 2023, we celebrate our strong team and the blessing of support from the communities we serve. We look forward to what 2024 will bring! Please know that Nemaha





Valley Community Hospital staff members are steadfast in our commitment to your health and wellbeing. Happy New Year!

Kiley Floyd, CEO


HOW CAN YOU STAY HEALTHY DURING COLD AND FLU SEASON?






YOU CAN TAKE PREVENTIVE STEPS, LIKE:

- ✓  Getting Your Annual Flu Shot
- ✓  Sanitizing Frequently Used Items
- ✓  Using a Tissue When You Cough or Sneeze
- ✓  Washing Your Hands Thoroughly

AND IF YOU HAPPEN TO CATCH...

THE FLU	OR	A COLD
<ul style="list-style-type: none">• Quick onset of symptoms• Fever• Headaches• Body aches & chills• Severe fatigue	 <ul style="list-style-type: none">• Sore throat• Sneezing• Stuffy nose• Chest discomfort or cough	<ul style="list-style-type: none">• Gradual onset of symptoms• Low chance of fever• Low chance of aches and chills• Mild fatigue

YOU CAN PREVENT THE SPREAD OF ILLNESS BY:

-  Seeing Your Doctor
-  Staying Home
-  Avoiding Contact With Others

Handwashing is a Must!



Handwashing is one of the best ways to protect yourself and your family from getting sick. Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections. Germs can spread from person to person or from surfaces to people when you:

- Touch your eyes, nose, and mouth with unwashed hands
- Prepare or eat food and drinks with unwashed hands
- Touch surfaces or objects that have germs on them
- Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects

Although it's impossible to keep your hands germ-free, washing your hands with soap and water frequently can help limit the transfer of bacteria, viruses and other microbes.

Behavioral Health Services offered at Seneca Family Practice

Seneca Family Practice is partnering with Integrative Health Centers (IHC) to provide psychotherapy, medication assessments and medication management services.

Psychotherapy

Psychotherapy is a way to help people with a broad variety of mental illnesses and emotional difficulties. It can help eliminate or provide tools to assist a person's mental function and increase well-being.

Psychotherapy can be an effective part of treatment for challenges such as:

- Anxiety
- Depression
- Bipolar disorder and other mood disorders
- Coping with daily life
- Impact of Trauma and PTSD
- Anger
- Grief
- ADHD

Medication Assessments and Medication Management

According to research, medication treatment combined with psychotherapy often enhances clinical outcomes.

Medication is frequently used alone or in conjunction with other services like psychotherapy to stabilize and/or eliminate the symptoms that accompany psychiatric disorders.

Though not all patients and not all psychiatric conditions require medication, there are many instances where medicines are the best way to relieve symptoms for the patient.

SAVE THE DATE

2024 HEALTH FAIR

SATURDAY, APRIL 20TH
8AM - 11AM

LABS INCLUDE: CBC, CMP, LIPID PANEL, A1C, TSH
\$35 FOR ALL LABS. MEN CAN ADD PSA FOR \$15

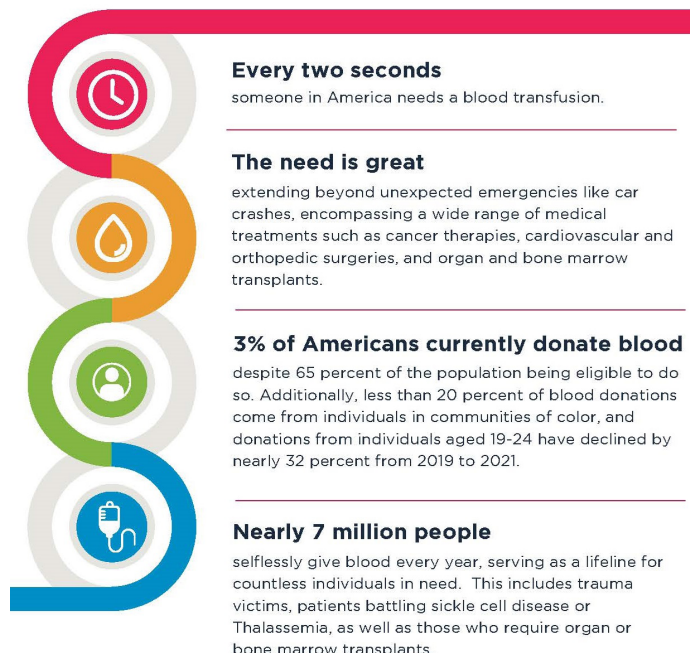
MEADOWLARK EXTENSION OFFICE
1615 BRANCH ST. | SENECA, KS



NEMAHA VALLEY
Community Hospital & Seneca Family Practice

January is Blood Donor Month

A snapshot of blood donation today



Blood donors are unsung heroes who save lives and make a significant difference in our communities. We want to inspire more people to become blood donors and join this life-saving mission.

By donating blood, people have the power to give someone a second chance at life. A single donation can make a real impact, save multiple lives, and bring hope to those in need.

Give the gift of life and donate blood at the NVCH Blood Drive!

Wednesday, January 3rd
9:00am-3:00pm

Meadowlark Extension Office
1615 Branch St. | Seneca, KS 66538

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

Schedule Your 2024 Wellness Visit

You wake up with a sore throat and headache. You feel worse than you've ever felt before. So, you call your health care provider and schedule a sick-visit appointment. It's an important part of your health care. But did you know it's just as important to visit your provider when you are well?

Well visits are appointments with your primary care provider that focus on your overall health. Typically, the visit includes a review of medications, as well as personal and family medical history, routine vaccinations, blood pressure and vital sign checks, blood tests, lifestyle screenings, age-appropriate screenings, depression screenings, and more.

- You'll stay up to date—This gives you the opportunity to review and update all your medical information.
- You can start treatment early—Regular checkups can lead to early treatment, should your doctor notice an issue.
- You might find more effective medications—Regular checkups can help your doctor ensure that you are on the most effective medications.
- You may calm your fears—Perhaps you have been stressing out about the new mole on your forearm or your recent headaches.
- You can prevent issues—While checkups are certainly part of a good preventative care plan, you and your doctor can also use the time together to review other preventative care practices that you should be taking advantage of.
- You can address invisible problems—Annual appointments often include basic blood work, which can detect problems that may be flying under your radar.
- You can ask questions—Your annual appointment is the time to ask your doctor questions about any and all of your health concerns. Prepare a list of medical questions you have before you head into your appointment, so you won't be afraid to ask when you get there!
- You can set goals—Your annual checkup is the perfect time to work with your doctor to create some tangible health goals like fitness and dietary changes.
- You can find resources—The value of a doctor visit goes beyond the medical checkup—your physician's knowledge and connections can be just as helpful.

Call Seneca Family Practice at 785-336-6107 today to schedule your annual checkup!

What is Sleep Apnea?

Have you ever woken up in the middle of the night gasping for air? Does your partner complain about your loud snoring? Do you feel more tired in the morning than when you went to bed? Then you could be one of the 18 million Americans who suffer from sleep apnea.

The only way to confirm whether you have sleep apnea is to participate in a sleep study. But these are the common signs of sleep apnea:

Loud, consistent snoring.

Sawing logs now and then is normal, but if you snore loud enough to wake your partner on a regular basis this may be a symptom of sleep apnea.

Waking up to breathe.

A key symptom is waking up in the middle of the night gasping for air, trying to breathe.

Daytime sleepiness.

Being excessively tired during the day is another clue that you may have sleep apnea. Those who suffer from the condition may drift off in the middle of conversations or during meals.

Sleeping with your mouth open.

Consistently waking up with a very dry mouth is an indication that you likely sleep with your mouth open.

If you regularly experience any of the symptoms listed above, ask your physician if a sleep study is right for you.

Nemaha Valley Community Hospital provides in-lab sleep studies for anyone 13 years of age or older. We also provide in-home sleep studies for patients who qualify.

If you would like more information about the sleep studies that are provided at NVCH please contact Dawn Osterhaus, RRT or Danielle Dalinghaus, CRT at 785-336-0589.

A close-up photograph of a woman's face with blue eyes and pink lips. A large, dark brown circular graphic with the text 'now OFFERING' in white script is overlaid on the lower left. To the right, a list of services is shown: '• BOTOX' and '• DERMAL FILLERS'. Below the list, text reads: 'Questions or to schedule an appointment contact our Dermatology Outpatient Specialty Clinic at 785-336-0462.' At the bottom of the graphic is the Nemaha Valley logo: a stylized 'V' followed by 'NEMAHA VALLEY' and 'Community Hospital & Seneca Family Practice' in smaller text.

- BOTOX
- DERMAL FILLERS

Questions or to schedule an appointment contact our Dermatology Outpatient Specialty Clinic at 785-336-0462.

NEMAHA VALLEY
Community Hospital & Seneca Family Practice

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 more than 27 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.

NEMAHA VALLEY
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