



Message from the Administrator



March is the month we celebrate the contributions of our Medical Staff to our organization and personal lives. Although we appreciate our team throughout the year, March is the month we take extra time to recognize our dedicated

team of providers who willingly give up their family time, get up in the middle of the night to respond to our health crises, miss family events, deliver our babies, monitor our health and wellbeing, and hold our hand when we are in emotional and physical pain. These are our Physicians, Advanced Practice Registered Nurses, Physician Assistants, and Certified Registered Nurse Anesthetists.

Our community is blessed with a Medical Staff that genuinely cares for their patients. You are not a number. They know you, your kids, your parents, and your in-

laws. They understand the significance of family. They understand the stress of farm life, being pulled in multiple directions, and the importance of faith in our lives.

In addition to their responsibilities for patient care our medical staff is also actively involved in the financial wellbeing of the organization. Each month our Medical Staff reviews financial statements. They help us look for ways to do more with less. As we consistently hear that 38 to 40 Kansas hospitals are at risk of closure, their steadfast dedication to our organization is vital. Our organization and the patients they serve are more than just a job to them.

As we look to the future, we know we are grounded by our dedicated team of providers. Please join us in thanking them for their service and commitment.

Kiley Floyd, CEO

Thank you to our NVCH Medical Team who are leading the way!

Tony Bartkoski, D.O. & Chief of Staff | Jarod Snyder, M.D. | Heather Myers, D.O. | Alexander Hermes, M.D.
Lori Lueger, APRN | Erica Winkler, APRN | Alexis Stallbaumer, APRN | Erica Bletscher, APRN | Tiffany Engelken, APRN
Marcy Evans, PA | Sheri Wessel, PA | Jeremy Brandt, PA | Harry Stewart, CRNA



Let's Eat Healthier This Month!

Go, go, H2O!

We all know drinking water helps in nearly every aspect of wellness, but drinking the recommended amount of water per day can be tough. Electrolyte additives offer the same, if not better benefits than drinking six or more glasses of water a day would.

Choose food over supplements

Though there are some who sincerely lack certain vitamins and minerals that can't be achieved through diet alone, most of the good things our bodies need come from food — not store-bought supplements. Research shows that certain supplements haven't been tested to meet many purity and safety standards, making them unreliable sources of nutrition.

Opt for color

When in doubt, throw some color on your plate — natural color, that is. Bright greens from crunchy vegetables or vibrant reds from tangy fruit will give you a healthy boost.

Pack your lunch

Avoiding typical restaurant or fast-food grease may seem obvious, but according to Harvard Health Publishing, even more important than that is the ability to control portion sizes when you pack your own lunch.

Shop the perimeter

Shopping a supermarket's outside aisles ensures that you're getting healthy alternatives to processed foods like produce, meat, and dairy. When you move inward, most, if not all, of the products contain unnecessary additives and sugar.

DASH Eating Plan

DASH (short for Dietary Approaches to Stop Hypertension) is a diet plan recommended for those who want to prevent or stop high blood pressure. It is a flexible, balanced and heart-healthy eating plan promoted by the National Heart, Lung and Blood Institute to do exactly that. It does this by increasing the intake of fiber and heart-healthy minerals, including calcium, potassium and magnesium, while decreasing the amount of sodium and unhealthy fats that you eat.

The DASH diet emphasizes fruits, vegetables, whole grains, lean protein and low-fat dairy. This eating pattern limits foods with added sugar and those high in saturated fat — such as fatty meats, full-fat dairy foods and tropical oils. Most importantly, the DASH diet caps sodium at 2,300 milligrams daily, which followers will often lower to about 1,500 milligrams.

Instead of making drastic changes to your diet, you can start on the DASH diet by making small changes to your eating habits.

For example:

- Add one serving of vegetables or fruit to every meal.
- Introduce two or more meat-free meals each week.
- Use herbs and spices to make food tastier without salt.
- Snack on almonds, pecans or other nuts instead of potato chips.
- Switch from white flour to whole-wheat flour when possible.
- Take a 15-minute walk after lunch or dinner (or both).
- Plan a few weeks of meals and shopping lists to get you started.
- Look at the menus at the restaurants you dine at most often and decide what you will order.

The bottom line in lowering blood pressure is to follow a heart healthy eating plan, maintain a healthy weight and increase physical activity.

To learn more about how you can get started with the DASH diet please call Leah Heinen, RD, LD, CDCES at 785-336-6181 today!



The 28th Annual Nemaha Valley Health Care Foundation (NVHCF) Charity Golf Classic is held to benefit healthcare in Seneca and the surrounding communities.

The tournament format will be an 18-hole, three person shotgun scramble. Individual and team registrations are invited. Single entries will be placed on teams the day of the tournament.

For additional information or questions about the NVHCF Charity Golf Classic please contact Courtney Schmelzle at 785-336-0426 or cschmelzle@nemvch.org.



Colorectal cancer is the second leading cancer killer in the U.S. among cancers that affect both men and women. But it doesn't have to be. Routine screening for colorectal cancer beginning at age 45 can save lives!

Colorectal cancer usually starts from precancerous polyps in the colon or rectum. A polyp is a growth that shouldn't be there. Over time, some polyps can turn into cancer. Screening tests can find precancerous polyps, so they can be removed before they turn into cancer.

When discovered early, it is highly treatable. Even if it spreads into nearby lymph nodes, surgical treatment followed by chemotherapy is highly effective. If you are 45 or older, talk to your health care provider about getting screened.

Contact your SFP primary care physician at 785-336-6107 today to discuss your screening test options.

Risk Factors:

- Smoke or use tobacco
- Overweight or obese
- Not physically active
- Drink alcohol in excess
- Eat a lot of red meat
- Have a personal or family history of colorectal cancer or benign (not cancerous) colorectal polyps
- Have a personal or family history of inflammatory bowel disease

Prevention:

- Be physically active
- Maintain a healthy weight and waist size
- Don't smoke
- Limit alcohol to no more than one drink per day
- Eat more fruits, vegetables and whole grains
- Eat less red meat and cut out processed meat
- Get screened according to guidelines

American Heart Association. Healthy for Good™

5 REASONS TO ADD COLOR

Colorful, delicious and nutritious foods help keep our bodies and minds healthier, longer.

- 1. Lots of the Good**
 Fruits and vegetables provide many beneficial nutrients. Add fruits and vegetables to meals and snacks for a nutritional power boost.
- 2. Less of the Bad**
 Fruits and vegetables are typically free of trans fat, saturated fat and sodium. Load up!
- 3. Won't Weigh You Down**
 Fruits and vegetables are low in calories. They fill you up thanks to the fiber and water they contain, which can help manage your weight.
- 4. Super Flexible Super Foods**
 All forms of fruits and vegetables — fresh, frozen, canned and dried — can be part of a healthy diet. They are among the most versatile, convenient and affordable foods you can eat. Choose those with little or no added salt or sugar.
- 5. A Whole Body Health Boost**
 A healthy eating plan full of fruits and vegetables can help lower your risk of many serious and chronic health conditions, including heart disease, obesity, high blood pressure, diabetes and some types of cancer. They're also essential to your everyday health.

EAT SMART MOVE MORE BE WELL

heart.org/HealthyForGood

©American Heart Association 2020 DS15662 2/20

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

2024 CHNA

Over the next few months, Nemaha Valley Community Hospital (NVCH) and Sabetha Community Hospital (SCH) will be working together, along with area community leaders to update the Community Health Needs Assessment (CHNA).

Today we are requesting community input regarding the healthcare delivery and unmet needs necessary to complete this assessment update. VVV Consultants LLC, an independent research firm from Olathe, KS has been retained to conduct this countywide research.

The goal of this assessment update is to understand progress in addressing community health needs cited in 2021, 2018, and 2015 assessment reports, while collecting up-to-date community health perceptions and ideas.

In addition, a CHNA Town Hall meeting to discuss the survey findings will be held on Tuesday, April 9th, 2024, for lunch from 11:30-1:00pm with more information to come.

Thank you in advance for your time and support!

If you have any questions regarding CHNA activities, please call Courtney Schmelzle at 785-336-0426.



NEMAHA VALLEY
Community Hospital & Seneca Family Practice

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

LET YOUR VOICE BE
HEARD

SURVEY
COMMUNITY
HEALTH NEEDS
ASSESSMENT



https://www.surveymonkey.com/r/CHNA2024_NemahaCoKS_OnlineSurvey

COMPLETE BY MARCH 8TH