



Message from the Administrator



What a difference a year can make! We have brick going up on the new addition and AHRS and subcontractors are making great strides in the new patient wing and expanded ER and radiology suites. AHRS is not the only local contractor working on this job. Our project will showcase the talents of many of our friends and neighbors.

This is a perfect example of economic development at its best. New projects for us create income for local contractors and suppliers who in turn hire and spend money locally. Local employees spend money with our local retailers, pay taxes, and help support the local economy.

In general terms, healthcare businesses in Nemaha

County provide about 897 jobs and \$42.7 million in labor income. This income supports an estimated \$351,700 in local sales tax revenue¹. These are not all hospital jobs. The health care industry in Nemaha County includes a wide variety of providers. Each plays a role in the vitality of the healthcare system.

As the growth of unfunded regulations and the lack of reimbursement for services continue to be issues for health care providers, we are increasingly grateful for our peers for support and collaboration.

Kiley Floyd, CEO

¹Kansas Hospital Association's The Importance of the Health Care Sector to the Nemaha County Economy 2023 Report.

We have GOLF FEVER, how about you? Join us Friday, June 14th for the 28th 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 for additional information about the Charity Golf Classic including registration and sponsorship opportunities.



NEMAHA VALLEY
Community Hospital & Seneca Family Practice

GOLF BALL DROP 2024

Friday
June 14th

\$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 Stalbaum, TJ Havekamp, Kris Enkeking, 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 to find out.



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 issues 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.
- According to the Centers for Disease Control and Prevention, men go two years longer without seeing a physician or other health care professional compared to women.

The Importance of Preventative Care

One critical component of men's health is engaging in preventative care. Regular check-ups and screenings can help identify potential health issues before they become more serious.

Focus on Mental Health

Mental health is a vital aspect of overall well-being, and it's essential to recognize its significance. Men may be less likely to discuss their mental health concerns or seek help, but it's crucial to address these issues to ensure a healthier, happier life.

Staying Active & Maintaining a Health Weight

A sedentary lifestyle and obesity can contribute to various health issues, such as heart disease, diabetes, and certain cancers. Incorporate regular physical activity into your daily routine and to maintain a healthy weight, adopt a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats.

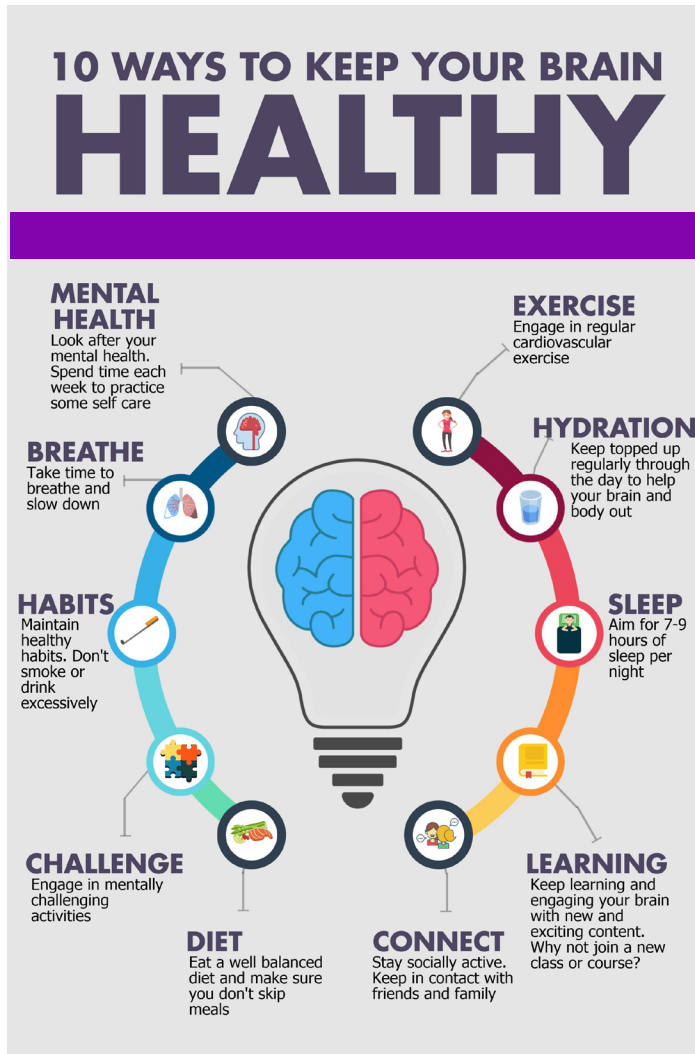
Prioritize Sleep & Stress Management

Adequate sleep and effective stress management are essential components of men's health. Aim for 7-9 hours of quality sleep each night, and establish a consistent bedtime routine to promote better sleep hygiene.

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 disease is a progressive brain disorder that affects memory, thinking, and behavior. It is characterized by the formation of abnormal protein clumps and tangled fibers in the brain, which lead to the degeneration and eventual loss of brain cells. As the disease progresses, individuals may experience challenges in performing daily activities and require increasing support and care.

By understanding the impact of Alzheimer's, supporting affected individuals and families, and prioritizing our own brain health, we can work towards a future where brain diseases are better understood, prevented, and effectively treated.


Research indicates that changes in the brain can begin years before Alzheimer's disease develops, but there are some important signs to watch for, including:

- Memory loss that disrupts daily life
- Decreased or poor judgement
- Struggling to handle household tasks, like paying bills
- Misplacing things or getting lost, and being unable to retrace steps
- Unexplained changes in personality or mood
- New issues with speaking or writing
- Trouble with coordination or being able to judge visual distances

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

Learn to Ride

no more training wheels




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 19th and 20th 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!

- June 19th AND 20th | 8am - 10am**
Nemaha County Community Building - Parking Lot
- Open to ages 4 years and older who are eager 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



Are You In Pain? We Can Help You Find Relief



These non-surgical treatments target the actual source of a patient's pain to provide faster and/or longer lasting relief.

What to Expect From a Pain Management Specialist

If your chronic pain is worsening or becoming unmanageable, it's time to seek professional help. Look for signs such as increased intensity or frequency of pain, new symptoms, or a decrease in effectiveness of your current pain management strategy.

When you visit a specialist, they'll likely ask you a series of questions to understand your chronic pain and recommend the best course of treatment.

HPM (Holistic Pain Management) Can Help

HPM offers compassionate and effective pain management services at Nemaha Valley Community Hospital. Their team of highly trained medical practitioners specializes in diagnosing and treating a wide array of painful conditions such as migraines, arthritis, joint problems, spine issues, and many more.

They utilize the latest advancements in medical technology to reduce each patient's pain as much as possible, providing them with a personalized treatment plan to help them get their everyday life back.

Call our Outpatient Clinic at 785-336-0462 with questions or to schedule your appointment and begin your journey towards relief today.

Pain isn't something most people want in their lives. While it does provide some positive purposes (such as protecting the body from harm, signaling underlying problems, or building resilience), pain that persists for 12 weeks or longer is almost always unwanted. We want to get rid of that kind of suffering as soon as possible because it interferes with our ability to function in our everyday lives.

Are you in pain — especially chronic pain? If so, it's time to find out what you can do about it.

Recognizing Chronic Pain

If you're experiencing pain long after the injury or illness that triggered it has healed, then you're likely suffering from chronic pain. Symptoms can range from mild to severe and may present as a constant ache, a sharp stabbing sensation, or an uncomfortable burning feeling.

Chronic pain can affect every aspect of daily life, including physical abilities and mental health. It can bring basic tasks like sleep, work, and social activities to a standstill. If you've been suffering from pain for three months or more, it's critical to get a proper diagnosis and find some level of relief as soon as possible.

Where to Start: Non-Medical Methods

You can try several non-medical methods to help manage your chronic pain without seeing a doctor, although an expert can

guide you through which therapies may work best for your condition. Regular exercise and physical therapy often help improve mobility and function by strengthening muscles, which can reduce the burden on painful joints.

Maintaining a healthy diet is a very significant aspect of pain management. Certain foods are known to increase inflammation in the body, while others can help reduce it. Eating a balanced diet rich in fruits, vegetables, lean protein, and whole grains are often very helpful in reducing the intensity of chronic pain.

Medical Treatments for Chronic Pain

Medical professionals also frequently use medication to help manage chronic pain, such as over-the-counter products (like ibuprofen or acetaminophen) or prescription drugs such as opioids or antidepressants.

Typically, pain management specialists will prescribe some form of physical therapy. They teach their patients gentle movement techniques that lessen pain and improve mobility over time.

They may also take advantage of minimally invasive medical techniques such as:

- Nerve blocks
- Corticosteroid injections
- Radiofrequency ablations

