



Message from the Administrator

Election time! Loung Ung said “Voting is not only our right, it is our power. When we vote, we take back our power to choose, to speak up, and to stand with those who support us and each other.” Making our voices heard by voting is important to all of us, including those that work in the healthcare industry.

This month Nemaha Valley Community Hospital (NVCH) is joining hospitals across to state to introduce “We CARE We VOTE.” The purpose of this initiative is to empower and educate health care workers about how they can get out and vote during the 2024 elections. Together, Kansas hospital employees are more than 100,000 people strong. We vote to show elected officials and candidates that we care. We care about our patients, our communities, and our local and state economies.

Throughout the year NVCH staff members participate in a wide variety of opportunities to represent the best interests of our healthcare community. Through education, advocacy, and relationship-building, we look for ways to assist policymakers at the local, state, and federal levels to understand the issues essential to our mission...To provide personalized, compassionate healthcare while promoting wellness in the communities we serve.

The time leading up to the elections is especially important. Making sure we have facts, not opinions, is essential. We need to be sure our elected officials are acting

on behalf of the communities they serve and are not serving because they want to be able to use their public forums for personal gain or agendas.

Keeping track of all of the issues impacting access to care, insurance coverage, and rules and regulations related to providing care is more than a full-time job. This is why NVCH staff engages with the Health Innovations Network of Kansas (HINK), National Rural Health Association, Kansas Hospital Association, and American Hospital Association. These are our primary resources for education and advocacy. We know it is our job to advocate for our communities.

We can anticipate the consequences if we do not fight for our patients and their families. Our peers share their horror stories of obstetric deserts in Kansas. Where the closest place to deliver a baby is hours away. We hear patient stories of no ER or hospital care in Southeast Kansas for 1000s of patients. We also watch our peers close their doors.

The staff’s commitment at NVCH has been demonstrated throughout the years. Our most recent recognition as one of the top 20 critical access hospitals in the nation is proof. We will use our knowledge and experiences through We CARE We VOTE to make sure we are able to continue to serve our patients. We hope you will join us as we advocate for what is right in Nemaha County.

Kiley Floyd, CEO

Back to School Basics!

Getting your kids back-to-school ready involves more than shopping for school supplies and new clothes. Caring for their health will ensure they are physically prepared to go back to school. To kick-start the new school year, consider these healthy tips. Here are the top five back-to-school health tips to consider.

Get Vaccinated

Your entire family should get vaccinated as early as possible in the school year. Call Alex in our Immunization Clinic at 785-336-0350 to find out which ones are recommended, and consider getting the flu vaccine, too. The U.S. Centers for Disease Control and Prevention recommends an annual flu vaccine for everyone 6 months of age and older.

Set Bedtimes

A good night's sleep is essential to good health. Both parents and their kids need to get their Zs especially at this busy time of the year. Back to school health depends on sound sleep habits, so set a strict bedtime. Adults need a full 7-8 hours in order to maintain good health, but children need more sleep than that:

- Preschoolers: 10-13 hours
- School-aged children: 9-11 hours
- Teens: 8-10 hours

Teach Good Hygiene Habits

Thorough hand-washing throughout the day can't be stressed enough, especially when back-to-school time arrives. Germs lurk on every surface of the classroom. It's important to your child's health to teach them to wash their hands after using the restroom, before lunch, and after recess. Make sure they have access to hand sanitizer as well.

Stress the importance of not sharing combs, brushes, hats, and hair accessories like headbands. Lice thrive among school-aged children.

Ensure a Healthy Diet

Begin your child's day with a healthy breakfast. Yogurt, eggs, or a breakfast sandwich along with fruit ensures they start the day on a healthy note. It might be easy to pack your child's lunches with premade snacks, but a healthy diet is of the utmost importance, and junk foods don't fit into the equation. Make sure you have plenty of healthy snacks on hand for after school as well. Healthy meals and snacks will go a long way in keeping your child's immune system strong.

Manage Stress

Back-to-school season is stressful for kids and parents alike, but too much stress can lead to a variety of health issues, like insomnia and sluggish immune systems. Help your child develop healthy ways to channel stress. Go for a walk as a family, draw with them, color in a coloring book, or play catch outside. Find ways to help them relax, and these habits will serve them for the rest of their lives.



Immunizations, or vaccines, are important for a number of reasons, including:

- **Preventing disease:** Vaccines can prevent common diseases that can seriously harm or kill people, including infants, children, and adults. For example, without vaccines, children are at risk of dying from diseases like whooping cough and measles.

- **Protecting future generations:** Vaccines can help eradicate diseases and protect future generations.
- **Slowing the spread of disease:** Vaccines can help slow down or stop the spread of infectious diseases.
- **Global health security:** Vaccines are a vital tool in global health security and the fight against antimicrobial resistance.
- **Saving lives:** Vaccines save lives and are one of the best health investments money can buy.

Seneca Family Practice's Immunization Clinic is available to patients of all ages.

Call Alex at 785-336-0350 today to schedule an appointment and make sure that you are getting vaccinated at the appropriate time.

JOIN OUR FALL PREVENTION PROGRAM

TAKE YOUR FIRST STEP TO PREVENTING FALLS



Classes are:

- For caregivers and individuals with an increased fall risk
- Held every Monday in September (9, 16, 23, 30)
- 10:30-11:30am
- Offered at the Seneca Free Library
- Focused on fall prevention education and exercise
- No cost

To register call the NVCH Therapy Department at 785-336-0428.

NEMAHA VALLEY
Community Hospital & Seneca Family Practice

Fall Prevention at NVCH

Fall prevention is a crucial step in avoiding serious injuries and hospital stays that can be costly to the individual's bank account and mental health. According to the Centers for Disease Control (CDC), among older adults, falls can be life threatening and are the most common cause of non-fatal injuries and hospital admissions. Additionally, falls are associated with poor health outcomes and a sense of fear that can hinder independence, activity, and strength in older individuals.

However, falls are also preventable! Research shows that understanding risk factors and implementing fall prevention strategies into a daily routine can be extremely beneficial. It is important to note that falls are not inevitable in older age, but the risk is greater. Therefore, understanding risk factors becomes increasingly important.

It is never too late to make steps toward improving balance and mitigating risk factors. Additionally, remember that fall prevention can reduce financial burden and injuries, increase independence, and can even save a life!



YOU ARE INVITED TO OUR

Meet & Greet

FOR BRYNN ARNOLD, M.D.

SEPTEMBER 12, 2024
9am - 11am

CORNERSTONE COFFEEHAUS
431 MAIN ST | SENECA, KS 66538

NEMAHA VALLEY
Community Hospital & Seneca Family Practice

NVCH Patient Portal

You shop online. You bank online. You keep in touch with your family and friends online. Now, Nemaha Valley Community Hospital has an effective way for you to manage your health online. All you need is your email address to set up a secure account, and you can access your important health information when it's convenient for you.






Your medical information is your information, and our Online Patient Portal provides easy access to review important information at any time. By using the Online Patient Portal you are able to be an active member of your health care team and can manage your care easily and securely.

We also have a mobile app to give you convenient digital access to your health records. The HealtheLife app allows you to view your Patient Portal account, request an appointment, message your physician and more!



Manage your Healthcare Online, Anytime!

24/7 ACCESS:

-  View test and lab results
-  Send and receive secure online messages
-  Request Appointments
-  Receive email care reminders
-  Request proxy accounts for children/dependent adults by calling Alex Harrison or Tammy Bragdon at 785-336-6181

Register Today!



nemvch.com/patient-portal-page

Questions? Call Alex Harrison or Tammy Bragdon at 785-336-6181 today.



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What are Advance Directives?

Living wills and other advance directives are written, legal instructions regarding your preferences for medical care if you are unable to make decisions for yourself.



Advance directives guide choices for doctors and caregivers if you're terminally ill, seriously injured, in a coma, in the late stages of dementia or near the end of life.

They aren't just for older adults. Unexpected end-of-life situations can happen at any age, so it's important for all adults to prepare these documents.

By planning ahead, you can get the medical care you want, avoid unnecessary suffering and relieve caregivers of decision-making burdens during moments of crisis or grief. You also help reduce confusion or disagreement about the choices you would want people to make on your behalf.

Durable Power of Attorney for Health Care (DPOA-HC)

This document gives you the power to name a healthcare "agent" to make healthcare decisions for you only when you cannot make decisions for yourself.

You can name anyone that is of legal age who is willing to make decisions for you. It is important that you discuss with your DPOA-HC how you feel about quality-of-life choices, hospitalization, hospice or life sustaining treatments. Your agent must follow your wishes and your caregivers must respect the choices your healthcare agent makes for you.

Living Will

The Kansas Natural Death Act recognizes a qualified patient's right to authorize the withholding or withdrawal of life-sustaining procedures in instances of a terminal condition and to permit the natural process of dying. By signing a Living Will you are agreeing that you would not want measures to prolong your life if you have a terminal condition. The document can be as detailed as you want it to be, in that you can list certain procedures that you would or would not want done if you were terminal.

NVCH provides free assistance in completing these documents!

If you would like more information on advanced directives or to get help completing the correct documents please contact Karla Hermes LMSW at 785-336-0421.