



## Message from the Administrator

A year after our groundbreaking ceremony and we can almost see the end of phase 1. We are still on schedule to be moved into our new patient wing, ER and Radiology suite this fall. We will soon need to start rerouting patients that need Radiology services. Staff and volunteers will be escorting more patients. Please do not hesitate to ask for assistance.

All staff will soon be parking in our new employee parking lot. This has been a long time coming and we greatly appreciate the City of Seneca's generosity in letting us park at the baseball field. They have been very patient with us. Thank you!

The building project is just one of the major projects going on inside the building. Our Maintenance team is remodeling Seneca Family Practice to make room for Dr. Brynn Arnold. Dr. Arnold will be joining us this fall. We are also working on our processes. Every year insurers and the agencies that regulate us add new requirements for patient care and our financial management related to billing and collecting revenue for medical services.

The growing need for pre-authorizations is consuming a significant amount of staff time. Not all insurance companies require pre-authorizations but the number

of companies requiring pre-approval for even basic diagnostic services is growing. It is important to note our staff is working on your behalf to get the pre-authorization so the insurance company you chose will pay for all or part of your care. We agree this is quite frustrating, but we are doing our best to work within their system. If there is a delay in your care because of the pre-authorization requirement, it is likely due to the process on the insurance company's side.

There are some insurance companies that will require the patient to fill out the paperwork. Again, this is not our choice but rather that of the company you chose to work with. We encourage you to reach out to your insurance company and share your frustration. There is little we can do about the insurance company's requirements.

If nothing else, healthcare in general is a system of constant change. We are fortunate to have a team that is accustomed to this and willing to adapt to the needs of our patients. We look forward to the challenges of growth and consistently meeting the needs of our communities.

Kiley Floyd, CEO

# FEELING THE SUMMER HEAT!

Summer is finally here! When thinking of dangerous summer weather conditions, tornadoes often come to mind. However, according to the Centers for Disease Control and Prevention (CDC), heat-related deaths are one of the deadliest weather-related health outcomes in the United States.

Heat related illnesses such as heat exhaustion and heat stroke are conditions resulting from exposure to extreme heat and must be treated immediately.

It is important to know the difference between the two most dangerous heat-related illnesses; heat exhaustion and heat stroke. Your ability to identify the signs and symptoms could save your life or that of a loved one.

HEAT EXHAUSTION	HEAT STROKE
USUALLY A FEVER OVER 100.4° F	HIGH FEVER, OVER 104° F
HEADACHE	HEADACHE
FATIGUE, ANXIETY & FAINT FEELING	FATIGUE, CONFUSION, AGITATION & STUPOR
WEAKNESS & MUSCLE CRAMPS	RAPID HEART RATE
NAUSEA & VOMITING	SEIZURES, COMA & DEATH POSSIBLE
PALE, MOIST SKIN	NAUSEA, VOMITING & LOSS OF APPETITE
DIARRHEA	WARM, DRY SKIN
FIRST AID	FIRST AID
MOVE TO A COOL PLACE & REST	CALL 911
REMOVE EXCESS CLOTHING & FAN SKIN	MOVE TO A COOL PLACE & REST
PLACE COOL CLOTHS ON SKIN	REMOVE EXCESS CLOTHING, DRENCH SKIN WITH COOL WATER & FAN SKIN
DRINK COOL WATER OR SPORTS DRINKS IF FULLY CONSCIOUS	PLACE ICE BAGS ON THE ARMPITS & GROIN AREAS

# SUN SAFETY: PROTECT YOUR SKIN!

Here's an easy tip to help make sure you and your family stay sun-safe. Get ready for summer with a tote bag full of different ways to protect your skin. Keep the tote bag handy so you can grab it whenever you head out for summer fun!

### Some important things to pack—

- A lightweight long-sleeved shirt or cover-up.
- A hat with a wide brim that shades your face, head, ears, and neck.
- Sunglasses that block both UVA and UVB rays.
- Sunscreen with SPF 15 or higher and both UVA and UVB (broad spectrum) protection.
- Stay in the shade, especially during late morning through mid-afternoon.
- Can't stay in the shade? Wear a long-

sleeved shirt and pants to protect your skin.

- Remember to reapply sunscreen at least every 2 hours and after swimming, sweating, or toweling off.

### Fast Facts About Skin Cancer

- Skin cancer is the most common cancer in the United States, and includes different types.
- Unprotected skin can be damaged by the sun's UV rays in as little as 15 minutes.
- Even if it's cool and cloudy, you still need protection. UV rays, not the temperature, do the damage.
- Anyone can get skin cancer, but some things put you at higher risk.
- The most common signs of skin cancer are changes on your skin, such as a new growth, a sore that doesn't heal, or a change in a mole.

If you become concerned about a particular area when doing your skin self-exams, ask your primary care physician to refer you to Tiffany Engelken, APRN-C in our Dermatology clinic so she can do a full body skin check.

Tiffany's clinics are held at Nema-ha Valley Community Hospital every Tuesday. For additional information regarding our Dermatology specialty clinic please contact our Outpatient Clinic at 785-336-0462.



# WELCOME TO THE TEAM

**Brynn Arnold, M.D.**

Dr. Brynn Arnold will join the Seneca Family Practice team in early September!

*Call 785-336-6107 to schedule your appointment today.*

**NOW ACCEPTING PATIENTS!**

**NEMAHA VALLEY**  
Community Hospital & Seneca Family Practice



Nemaha Valley Community Hospital and Sabetha Community Hospital, along with other community leaders recently collaborated to develop and update the current Community Health Needs Assessment (CHNA) and Implementation Plan.

The assessment reviews the community's unmet needs and develops a plan of action for progress. The last assessment was completed in 2021, and this year, we continue to focus on our commitment to enhancing the health and well-being of our community.

The 2024 CHNA is available at [www.nemvch.com](http://www.nemvch.com) and includes our eight top priorities of Mental Health, Substance Abuse, Cancer Care, Chronic Disease Management, Obesity, Youth Education, Housing and Child Care.



When we think of preventing and fighting infections, we probably think of vaccines, antibiotics and aseptic techniques. But, before all those things existed, there was hand washing.

GermS are everywhere, which means they can also be on your

hands. Whether you picked up some germS from a contaminated surface, raw meat or feces from people or animals, this means you're at risk for developing an infection and spreading an infection to others.

Hand washing is a simple, quick

and effective way to remove germS from your hands — preventing infection and illness. In fact, studies have shown that promoting proper hand hygiene within a community reduces:

- Respiratory illnesses, including the common cold
- The number of people sick with diarrhea
- Certain illnesses in at-risk populations (such as those with weakened immune systems)
- The number of children that miss school due to gastrointestinal illnesses

While it might sound silly, revisiting proper hand hygiene might be the difference between getting sick and not getting sick — no matter what time of year it is.

The 28th Annual Nemaha Valley Health Care Foundation Charity Golf Classic was held June 14th at the Spring Creek Golf Course with 52 teams competing during the event this year.



The proceeds of the tournament directly benefit healthcare in Seneca and the surrounding communities. The Foundation raises funds to contribute to enhancing technology, supporting the Hospital's core medical programs, and most importantly, improving patient centered services.

Congratulations to Mitchell Henry, Randy Thorson and Dylan Enneking for taking first place overall. We would also like to congratulate Tom Adams for being the lucky winner of the Golf Ball Drop.

Everyone enjoyed great weather, great golf and contributed to a very important benefit. The growth in this tournament each year is an example of the growing support for our hospital and its services. Mark your calendar for June 13, 2025 for next year's tournament!

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## Ancillary Services: It's Your Choice

We make choices every day. We make so many choices that we tend to gloss over them and don't recognize the process of choosing.

In health care there is a common belief that you are limited to the options your specialist suggests for your ancillary services including lab work, imaging, therapy and other diagnostic testing. The truth is, you have the opportunity to make a decision on where you go for those services, depending on your insurance coverage.

Nemaha Valley Community Hospital provides a wide range of ancillary services to best fit the needs of you and your family. Please visit [www.nemvch.com](http://www.nemvch.com) to view a list of our current services or contact our main office at 785-336-6181 to determine if we provide the ancillary services that meet your needs.

Every day, blood donors help patients of all ages: accident and burn victims, heart surgery and organ transplant patients, and those battling cancer. In fact, every two seconds, someone in the U.S. needs blood. This lifesaving care starts with one person making a generous donation. The need for blood is constant. But only about 3% of age-eligible people donate blood yearly.

There are no substitutes for blood, platelets or plasma—they cannot be manufactured. Patients in need of blood or blood products must rely on donations from people like you. Those who are hesitant about donating blood for the first time often find that the donation process is easy and that saving lives is deeply gratifying.

One donation can save multiple lives. Here are the facts:

- Just 1 donation can save up to 3 lives.
- The average red blood cell transfusion is 3 pints (or 3 whole-blood donations).
- More than 1 million people every year are diagnosed with cancer for the first time. Many of them will need blood—sometimes daily—during chemotherapy.
- More than 38,000 blood donations are needed every day.
- Type O-negative whole blood can be transfused to people with any blood type, but this type of blood is rare, and supplies of it are low.
- Type AB plasma can be transfused to patients with all other blood types, but it's also in short supply.

