



Message from the Administrator



Happy New Year! By the time you are reading this message we have moved into Phase 1 of our project. This entire project can be attributed to the vision of our Board of Trustees over the last six to seven years, a creative and patient staff, and the generosity of the communities we serve. We have had many revisions of our plans and are happy with the outcomes of this new patient care space.

As exciting as it is we all know there will be bumps in the road. That is just part of progress. Please be patient with us as we adjust to a new phone system and continue our project into Phase 2.

This next phase will complete our surgical suite, create a space for oncology treatments, expand our cardiac rehab space, introduce pulmonary rehab to our services, create a dedicated sleep lab and expand the workspace for respiratory therapy, add an additional labor and delivery room, and move all administrative type offices into

one space. Phase 3, the final phase, will be the completion of the executive assistant's and my offices close to where we are now.

A project of this magnitude has taken an extreme amount of coordination and patience throughout our building. Much of the work being done is in the infrastructure of the building. It is sometimes noisy. Even if a department is not being moved, they are impacted. Staff are being pulled in many directions and they have not missed a beat, even on days when our patient beds and clinic appointments are full.

All this is to say Nemaha Valley Community Hospital is blessed with an extraordinary staff and generous communities that help us continue to excel. We are excited about this new chapter in our organization and look forward to continuing to add services our patients need.

Thank you for your part in our progress. We look forward to many more years of success!

Kiley Floyd, CEO

BOTOX MIGRAINE CLINIC

Jarod Snyder, M.D.

Are you living with chronic migraines? Dr. Snyder's Botox Migraine Clinic might be right for you. Botox® has proven helpful for a medical condition that greatly impacts a person's quality of life: migraines and chronic headaches.

Botox® is an approved preventative treatment method that can comfortably help a person reduce the frequency of their chronic migraines.

To schedule an appointment call Seneca Family Practice at 785-336-6107 today!

NEMAHA VALLEY
Community Hospital & Seneca Family Practice

Behavioral Health Services offered at Seneca Family Practice

Seneca Family Practice is proud to partner with Peregrine Health, formally known as IHC, to provide psychotherapy, medication assessments and medication management services.

Psychotherapy - *Tiffany Green, LCSW*

Psychotherapy is an approach for treating mental health issues by talking with a psychologist, psychiatrist or another mental health provider. It is also known as talk therapy, counseling, psychosocial therapy or simply, therapy.

Therapy is a safe and confidential space to explore your thoughts and feelings, develop coping strategies, and build resilience for life's challenges including:

- 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 - *Amy Bun, PMHNP-BC*

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.

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

Tired of Migraines Holding You Back?

If you've been struggling with chronic migraines, you're not alone—and relief could be closer than you think! Dr. Snyder offers Botox treatment for migraine support!

Imagine fewer headaches and more time to enjoy life! Botox isn't just for smoothing wrinkles—it's an FDA-approved treatment for chronic migraines.

Here's what you need to know:

- Reduces the frequency and severity of migraines
- Quick, non-invasive treatment sessions
- Safe and effective for long-term management

Talk to your Seneca Family Practice primary care provider to see if Dr. Snyder's Botox Migraine Clinic is right for you. Call us today at 785-336-6107.

Save
the
Date

2025 HEALTH FAIR

SATURDAY, APRIL 26
8AM-11AM

✓ **LABS INCLUDE: CBC, CMP, LPID PANEL, A1C, TSH**

📍 **MEADOWLARK EXTENSION OFFICE**
1615 BRANCH ST. SENECA, KS

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January is Blood Donor Month

A snapshot of blood donation today



Millions of people need blood transfusions each year. Some may need blood during surgery. Others depend on it after an accident or because they have a disease that requires certain parts of blood. Blood donation makes all of this possible. There is no substitute for human blood — all transfusions use blood from a donor.

A single blood donation can save multiple lives. This month, we celebrate the selflessness of blood donors who make this possible and encourage others to join this lifesaving mission.

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

Thursday, January 2nd
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.

Kickstart Your Health this Year

The start of a new year is a perfect opportunity to focus on improving your health and well-being. With a few simple strategies, you can set yourself up for success and make lasting changes to feel your best. Here are practical tips to help you kickstart your health this year.

Set Realistic Goals: Avoid overwhelming yourself with too many resolutions. Instead, focus on a few specific and achievable goals. Clearly define what you want to achieve and create a plan to track your progress.

Prioritize Nutrition: A healthy diet is the foundation of overall well-being. Incorporate more whole, nutrient-dense foods into your meals, such as fruits, vegetables, lean proteins, and whole grains. Reduce your intake of processed foods, added sugars, and unhealthy fats. Meal prepping can help you stay on track and save time during busy weeks.

Move Your Body: Regular physical activity boosts energy levels, improves mood, and reduces the risk of chronic diseases. Find activities you enjoy, such as walking, dancing, swimming, or yoga, and aim for at least 150 minutes of moderate-intensity exercise each week.

Prioritize Sleep: Quality sleep is essential for good health. Aim for 7-9 hours of sleep per night by establishing a consistent bedtime routine. Limit screen time before bed, create a relaxing sleep environment, and avoid caffeine or heavy meals in the evening.

Manage Stress: Chronic stress can take a toll on your physical and mental health. Practice stress management techniques like mindfulness, meditation, deep breathing exercises, or journaling. Make time for hobbies and connect with loved ones to maintain emotional well-being.

Stay Hydrated: Drinking enough water is crucial for maintaining energy levels, supporting digestion, and promoting overall health. Aim to drink at least eight glasses of water per day, or more if you're physically active.

Regular Check-Ups: Schedule routine medical check-ups to monitor your health and address any concerns early. Preventive care, such as vaccinations and screenings, can help you stay ahead of potential health issues.

Celebrate Progress: Acknowledge and celebrate your achievements, no matter how small.

Final Thoughts: Remember, improving your health is a journey, not a race. Small, consistent changes can lead to significant results over time.

The Secret to Better Sleep

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.

Symptoms of Sleep Apnea:

- Loud snoring
- Gasping, choking, or pauses in breathing during sleep (often noticed by a partner)
- Excessive daytime sleepiness
- Morning headaches
- Dry mouth or sore throat upon waking
- Difficulty concentrating or memory issues
- Insomnia or restless sleep

Risk Factors:

- Obesity or being overweight
- Older age (risk increases with age)
- Family history of sleep apnea
- Smoking and alcohol use
- Enlarged tonsils or adenoids (in children)
- Medical conditions (e.g., hypertension, diabetes)

If you regularly experience any of the symptoms or have any of the risk factors 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.



ORTHOPEDIC & SPORT MEDICINE

Heidi Smith, D.O.

Dr. Smith is a Kansas native, growing up in rural Northeast Kansas. Following Medical school in Kansas City, She completed an Orthopaedic residency in Corvallis, Oregon. She completed an additional fellowship training in Sports Medicine in Albuquerque, New Mexico. She looks forward to addressing your orthopaedic needs.

Call Orthopedics and Sports Medicine at 785-537-4200 to schedule your appointment today. Referral required.



NEMAHA VALLEY
Community Hospital & Seneca Family Practice

Get Back to Doing What You Love

Dr. Smith is your partner in mobility and wellness. She understands how important it is to live life without limits. Whether you're dealing with a sports injury, arthritis, or joint pain, Dr. Smith is here to help you move better and feel your best!

With personalized treatment plans and advanced techniques, she is committed to helping you get back to doing the things you love.

Dr. Smith's clinic is held at NVCH on the second and fourth Wednesday of each month.

Take the first step toward a pain-free life and schedule an appointment with Dr. Smith. Call Orthopaedic and Sports Medicine at 785-537-4200 today. Referral required.



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