



## MESSAGE FROM THE ADMINISTRATOR

Kiley Floyd, CEO



As we look forward to celebrating National Hospital Week I want to take this opportunity to thank the staff members and associated professionals that consistently drive the success of our organization. Nemaha Valley Community Hospital staff members recognize the contributions of our collaborative organizations. It takes an entire community of healthcare providers to keep Nemaha County's health ranking at one of the top 4 healthiest counties in the state.

Our caregivers have taken on unimaginable challenges and have risen to the occasion time and time again. You may have heard me say that I believe the burden on rural health care providers, from first responders to end of life care providers, is greater than that of many of our urban counterparts.

We know the individuals we are caring for. We know their families. They are part of our lives. They are part of our children's lives. I'm not overstating this; it can be very hard on all of these dedicated professionals. This work can also bring tremendous joy to our lives.

During National Hospital Week, May 11th - 17th, we take a little extra time to celebrate not only our accomplishments but also the professionals that create this environment of care. We love seeing our organization listed as one of the top 20 Critical Access Hospitals in the country (there are 1,367!). But more importantly we thrive on the difference we make in the lives of our patients and their family members. The circle of life is in God's hands, but we know we do all we can to contribute to the health and safety of those we care for.

Please join me in thanking the staff of Nemaha Valley Community Hospital and celebrating their successes! As always, we are grateful for your support!


## MAY IS MELANOMA AND SKIN CANCER AWARENESS MONTH

As we embrace the warmer months, it's essential to take a moment to focus on skin health and skin cancer awareness. Skin cancer is the most common type of cancer in the United States, but it's also one of the most preventable. That's why scheduling an annual skin exam with a dermatologist is one of the best steps you can take to protect your skin health.

**Why Are Skin Checks Important?** During a skin check, a dermatologist will examine your skin for any abnormalities, including new or changing moles, spots, or other skin lesions. Early detection of skin cancer—especially melanoma—can make all the difference in treatment and outcomes.




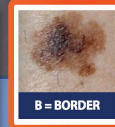
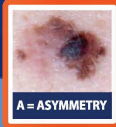
**Make Your Appointment Today!** It's easy to put off, but a quick and painless check could save your life. Schedule your annual dermatology skin check with Tiffany Engelken, APRN today by calling our Outpatient Clinic at 785-336-0462.

Early detection of skin cancer means better outcomes, and we're here to help you stay ahead of potential issues.



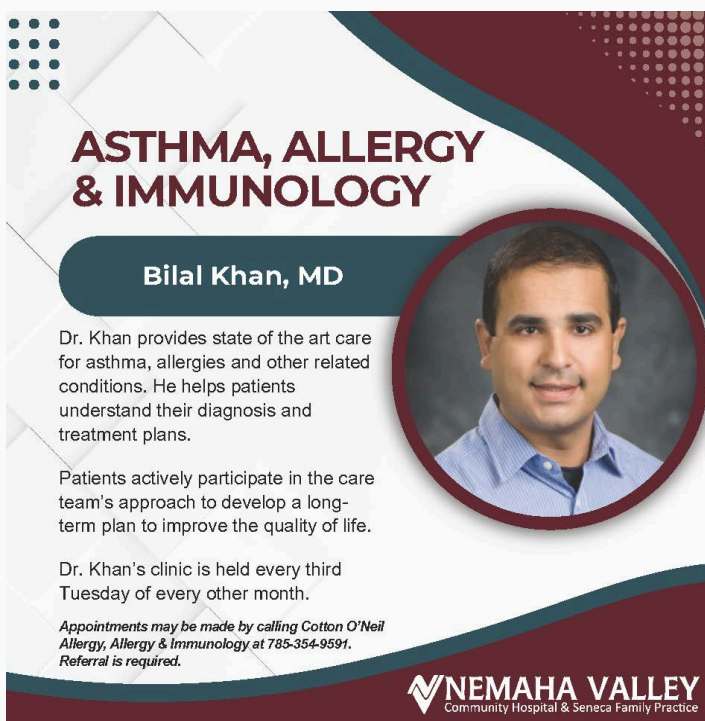
**CHECK YOUR SKIN FOR CHANGE.**

Spotting skin cancer early could save your life.  
Check your skin regularly and seek immediate advice with any concerns.  
Look out for the ABCDE of melanoma:



A = ASYMMETRY  
B = BORDER  
C = COLOUR  
D = DIAMETER  
E = EVOLVING

A = ASYMMETRY: when one half of the mole doesn't match the other  
B = BORDER: when the borders are irregular, ragged or blurred  
C = COLOUR: when the colour varies throughout and/or has no uniform pigmentation  
D = DIAMETER: when the diameter is greater than 6mm (but could be smaller)  
E = EVOLVING: changes in the mole over variable time: weeks, months or years



**ASTHMA, ALLERGY & IMMUNOLOGY**

**Bilal Khan, MD**

Dr. Khan provides state of the art care for asthma, allergies and other related conditions. He helps patients understand their diagnosis and treatment plans.

Patients actively participate in the care team's approach to develop a long-term plan to improve the quality of life.

Dr. Khan's clinic is held every third Tuesday of every other month.

*Appointments may be made by calling Cotton O'Neil Allergy, Allergy & Immunology at 785-354-9591. Referral is required.*

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

Asthma and allergies often go hand in hand, affecting millions of people worldwide. While asthma is a chronic respiratory condition, allergies occur when your immune system overreacts to substances like pollen, dust, pet dander, or mold. Together, they can make managing your health more challenging.

For many individuals, allergic reactions can trigger asthma symptoms, such as wheezing, shortness of breath, and coughing. Common allergens, like pollen or dust mites, can worsen asthma, making it harder to breathe and manage daily activities.

Asthma and allergies may seem overwhelming, but with the right strategies, you can live comfortably and manage your symptoms. If you're struggling, contact your SFP primary care doctor at 785-336-6107 today for a referral to Dr. Bilal Khan's Asthma, Allergy & Immunology Clinic.

## May is Mental Health Awareness Month



Did you know that 1 in 5 adults in the U.S. experiences mental illness each year? Mental health is just as important as physical health, yet it often gets overlooked or stigmatized.

**Why Mental Health Matters:** Mental health affects how we think, feel, and act. It influences how we handle stress, relate to others, and make choices. Whether you're facing anxiety, depression, or any other mental health challenge, it's crucial to know that you're not alone. Mental health conditions are common, and they are treatable.

**Breaking the Stigma:** One of the biggest barriers to seeking help for mental health issues is the stigma surrounding it. Many people are afraid to speak up or seek treatment because they fear judgment or misunderstanding. But it's time to change that. Talking openly about mental health is a powerful way to reduce stigma and encourage others to get the help they need.


### How to Support Mental Health

- *Check In with Loved Ones:* Mental health struggles often go unnoticed. Take a moment to ask friends, family, or coworkers how they're doing and offer a listening ear.
- *Practice Self-Care:* Prioritize your mental health by engaging in activities that relax and recharge you.
- *Learn the Signs:* Understanding the signs of mental health issues—such as persistent feelings of sadness, excessive worry, or changes in behavior—can help you identify when you or someone you care about may need support.
- *Seek Professional Help:* Therapy, counseling, and other professional services can make a huge difference. If you're struggling, don't hesitate to reach out for help.

Let's start the conversation. Talk openly about your experiences, encourage others to seek help, and take action to take care of your own well-being. Together, we can create a supportive environment for everyone to thrive.

Remember, asking for help is a sign of strength, not weakness. You are worthy of support, and your mental health matters.

If you're struggling with your mental health and want help finding the tools and resources, please call Seneca Family Practice at 785-336-6107 and schedule an appointment with your primary care physician today.



## BEHAVIORAL HEALTH



**Shelly Dudley, APRN**

Shelly is expanding her Behavioral Health and Medication Management Clinic.

Shelly has been with Stormont Vail Health since 2009 and has a deep passion for caring for individuals who have mental health concerns.

Her clinic is held via Tele-Health on the first Wednesday of every month.

*Appointments may be made by calling Stormont Vail Behavioral Health at 785-270-4630.*





## Save the Date

## Charity Golf Classic

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# 06.13.25

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Spring Creek Golf Course  
Seneca, KS  
[springcreek-seneca.com](http://springcreek-seneca.com)

## 29th Annual Nemaha Valley Health Care Foundation

## BETTER SLEEP BETTER LIFE

Sleep is not just a way to rest our bodies; it's an essential process for our physical and mental well-being. During sleep, our bodies repair muscles, consolidate memories, and regulate hormones. It's during deep sleep that our brains flush out toxins and our immune system strengthens. In short, sleep helps us function at our best.

Chronic sleep deprivation has been linked to a variety of health issues, including increased risk of heart disease, diabetes, obesity, and mental health challenges like anxiety and depression. Talk to your Seneca Family Practice Primary Care Physician today if your sleep issues persist, you may need a sleep study referral. Nemaha Valley Community Hospital has an ACHC Accredited Sleep Apnea program that conducts all sleep studies in house with one of our licensed Respiratory Therapists.

Better sleep isn't just a luxury—it's a necessity for a healthy, productive life. By making small adjustments to your routine and environment, you can unlock the full benefits of restorative sleep.

# Learn to Ride

no more training wheels



**June 2nd AND 3rd | 8am - 10am**  
Nemaha County Community Building - Parking Lot

Open to ages 4 years and older who want to learn how to ride their bike without training wheels

\$10 per child

To register call the NVCH Therapy Department at 785-336-0428  
*Deadline to register is May 23rd.*

Bike is required, helmet will be provided to each participant.

## space is limited

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

# F A S T

**Facial**  
drooping

**Arm**  
weakness

**Speech**  
difficulties

**Time**  
to call  
emergency  
services

## May is Stroke Awareness Month

The brain is an extremely complex organ that controls various body functions. If a stroke occurs and blood flow can't reach the region that controls a particular body function, that part of the body won't work as it should.

The effects of a stroke depend on several factors, including the location of the obstruction and how much brain tissue is affected. However, because one side of the brain controls the opposite side of the body, a stroke affecting one side will result in neurological complications on the side of the body it affects.

**Left Brain:** If the stroke occurs in the left side of the brain, the right side of the body will be affected, producing some or all of the following:

- Paralysis on the right side of the body
- Speech/language problems
- Slow, cautious behavioral style
- Memory loss

**Right Brain:** If the stroke occurs in the right side of the brain, the left side of the body will be affected, producing some or all of the following:

- Paralysis on the left side of the body
- Vision problems
- Quick, inquisitive behavioral style
- Memory loss

**Act FAST** The key to surviving and minimizing the effects of a stroke is early recognition and immediate action. If you or someone around you is showing signs of a stroke, don't wait. Every minute counts. Call 911 immediately, and let the medical team know you suspect a stroke. The sooner a stroke is treated, the better the chances of recovery.