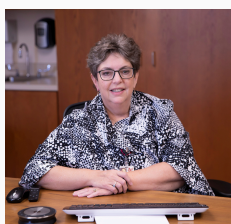




MESSAGE FROM THE ADMINISTRATOR

Kiley Floyd, CEO



June 1st is National Cancer Survivors Day this year. This day serves as a celebration for cancer survivors and an inspiration for those recently diagnosed. Looking back to 1980 when my father was first diagnosed with Multiple Myeloma it is amazing to see the progress that has been made with early diagnosis and the treatments for the wide variety of cancers we see today.

Whether in 1980 or today, the challenges faced by current cancer care patients, their families and cancer survivors are significant. It continues to be important that we do all we can to support each other on these journeys. According to the American Cancer Fund, early detection of cancer and other diseases can save lives.

Nemaha Valley Community Hospital continues to invest in equipment and technology to help our providers identify potential health problems before they become major issues. Talk to your primary care provider about screenings. Our providers are happy to discuss your risk levels and will help you develop a plan to maintain your health.

From Dietitian to Dermatology to Mammography to Prostate-specific antigen (PSA) blood tests and other screening exams, our staff is here to not only help you when you are ill, but also to help you try to avoid a major illness.

Focusing on wellness is the right path for all of us. Talk to your primary care provider about your wellness journey today.

Be Healthy! Be Happy!

MEN'S HEALTH MATTERS - JUNE IS MEN'S HEALTH MONTH

Promoting Awareness, Prevention, and Action for Better Health.

Healthy living involves more than just eating right and exercising—it's about finding balance, managing stress, ensuring quality sleep, and staying on top of important health screenings. Yet, even with all the knowledge about what works, it's common to feel overwhelmed by where to start or how to make lasting changes.

Remember, healthy living is a journey, not a destination. The choices you make today will help you enjoy a longer, healthier, and more fulfilling life tomorrow.

1. Start Slow, but Start: Begin by selecting one or two areas to focus on—perhaps a balanced diet or stress management. Gradually add in more practice as you build momentum.

2. Set Realistic Goals: Make specific, achievable goals such as “I will walk for 30 minutes every day” or “I will incorporate one meatless meal each week.” Track your progress to stay motivated.

3. Consistency Over Perfection: Healthy living isn't about rigid perfection. It's about consistency. If you miss a workout or indulge in unhealthy food, don't see it as a failure—just get back on track.

4. Seek Support: Building a network of friends, family, or even professional coaches can keep you accountable. Whether it's joining a fitness class or getting advice from a nutritionist, support can make all the difference.

5. Celebrate Milestones: Recognize and reward yourself for each success, no matter how small. Every healthy choice you make is a step toward a longer, healthier life.

For more information or to schedule your annual health checkup please contact your SFP primary care provider at 785-336-6107 today!



STAY HEALTHY THIS SUMMER: THE POWER OF HANDWASHING

Summer is a time for outdoor fun, family barbecues, travel, and community gatherings — but it's also a season when germs can spread more easily. With increased contact through shared surfaces, food handling, and group activities, hand hygiene is more important than ever.

We're reminding everyone that simple handwashing is one of the most effective ways to prevent the spread of illness — especially in warmer months when foodborne and waterborne illnesses become more common.

Why Summer Increases Germ Exposure:

- More frequent travel means contact with unfamiliar environments and public restrooms.

- Outdoor eating and grilling increase the risk of food contamination.
- Water activities can introduce bacteria from pools, lakes, and beaches.
- Children at camps or playgrounds are more exposed to shared surfaces and group activities.

When to Wash Your Hands:

- Before eating or preparing food
- After using the restroom
- After swimming or outdoor play
- After handling pets or animals
- After coughing, sneezing, or touching your face

By practicing proper hand hygiene, we can help keep ourselves and our loved ones safe from illness all summer long. It's a simple step with a big impact — and it's one habit that should never take a vacation! Let's make clean hands part of every summer adventure.



Each June, Alzheimer's & Brain Awareness Month reminds us of the urgent need to support those affected by Alzheimer's disease and other forms of dementia—and to prioritize brain health at every stage of life.

At NVCH, we recognize the challenges faced by patients, families, and caregivers affected by these diseases, and we are proud to stand with and support them.

The Facts:

- 7.2 million Americans aged 65+ are living with Alzheimer's dementia in 2025—the first time the national total has topped seven million.
- 1 in 3 seniors dies with Alzheimer's or another dementia.
- Alzheimer's is the 6th leading cause of death for those age 65 and older, and deaths have risen 142% since 2000.
- Two-thirds of Americans living with Alzheimer's are women.
- Over 12 million Americans provide unpaid care for people with Alzheimer's or other dementias.
- The annual cost of care is projected to reach \$384 billion in 2025 and nearly \$1 trillion by 2050.

What You Can Do:

- Know the 10 Warning Signs of Alzheimer's disease.
- Stay mentally and physically active—brain health matters at every age.
- Support caregivers—they are often the unsung heroes.
- Encourage early diagnosis—early detection allows better planning and care.

Together, let's make a difference. Together, let's work toward a world without Alzheimer's.

For more information and resources, visit www.alz.org.

**LOOK YOUNGER. FEEL CONFIDENT.
SAVE BIG.**

An advertisement for Botox at Nemaha Valley Community Hospital & Seneca Family Practice. It features two circular images of women: one with her hand near her face and another with her hands framing her face. The text "NEMAHA VALLEY Community Hospital & Seneca Family Practice" is at the top. Below it, "BOTOX FLASH SALE" is written in large, bold letters. A maroon box contains the text "\$10 per unit while supplies last". Below this, it says "The average treatment per area is:" followed by a list: "Between the brow - 16-25 units", "Forehead - 10-20 units", and "Crow's feet - 14-20 units". At the bottom, it says "Schedule your appointment today by calling our Outpatient Clinic at 785-336-0462."

An advertisement for a "Golf Ball Drop" event. It features a green background with a white diagonal line. At the top, there's a photo of a green basket filled with white golf balls. Below the photo, the words "GOLF BALL" are written in large, bold, green and black letters. Underneath that, "DROP" is written in white letters on a green background. At the bottom left, "\$5 Per Ball" is written in large, bold, white letters on a green background. To the right of this, it says "Call 785-336-0426 or contact any Golf Committee Member to purchase your golf balls today!". Below that, it lists the committee members: "Committee members include Travis Stallbaumer, TJ Haverkamp, Kris Enneking, Bill Koelzer, Lois Crosier, Jeff Kidd and Courtney Schmelzle". At the bottom, it says "600 Golf Balls will be sold". The Nemaha Valley Community Hospital & Seneca Family Practice logo is at the bottom right.

STAY CONNECTED TO YOUR HEALTH

We are committed to making your healthcare experience as seamless, secure, and supportive as possible. That's why we're excited to offer our Patient Portal – your personal and confidential online connection to your medical information, available anytime, anywhere.

What Is the Patient Portal?

Our Patient Portal is a secure website that gives you convenient, 24-hour access to your personal health information. Whether you're at home, at work, or on the go, the portal helps you stay informed and in control of your healthcare.

Take Charge of Your Health Today.

Managing your healthcare has never been easier. Sign up for our Patient Portal today and enjoy the benefits of fast, easy, and secure access to your health information.

Questions?

If you have questions or need assistance, call Alex Harrison or Tammy Bragdon at 785-336-6181 today.



PATIENT PORTAL



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.

LOOKING FOR A SPECIALIST?

We take pride in providing accessible, high-quality care to our community. One of the key ways we do that is through our Outpatient Specialty Clinic, where patients receive expert consultation, diagnosis, and treatment — all close to home.

Our clinic brings together a dedicated team of specialists across a range of disciplines. With a focus on personalized care, patients benefit from shorter wait times, streamlined referrals, and a collaborative approach between primary care providers and specialists.

Whether it's managing chronic conditions, conducting follow-up evaluations, or offering advanced diagnostics, our outpatient clinic is designed to support patients on their healthcare journey — efficiently and compassionately.

We're proud of the work being done every day in our specialty clinic and the impact it's making on the lives of those we serve. To learn more about our Outpatient Specialty Clinic please contact Stephanie Wurtz at 785-336-6181 or visit our website at www.nemvch.com.

- Allergy, Asthma & Immunology
- Audiology
- Cardiology
- Dermatology
- Diabetes & Endocrinology
- Ear, Nose & Throat
- Foot Care
- General Surgery
- Nephrology
- Neurology
- OB/GYN
- Oncology & Hematology
- Ophthalmology, Cataracts & YAGs
- Orthopedics
- Pain Management
- Podiatry
- Psychiatry
- Urology
- Wound Care