



MESSAGE FROM THE ADMINISTRATOR

Kiley Floyd, CEO



This summer marks my 10th year at Nemaha Valley Community Hospital. It is hard to believe it has been that long! We recently reviewed the new services we have added over the past 10 years, and I was amazed. We have added at least one new service every year and, in most years, it has been two or more!

Adding a service is not a quick decision. We evaluate the needs of our patients, educational requirements, staffing requirements, and sometimes the hardest of all, “do we have space.” We take a hard look at the cost of implementing a new service and return on the investment. Healthcare has too many requirements that are not reimbursed so we have to be careful we are not creating another loss leader as opposed to adding value.

We all know that it is getting harder and harder to get insurance companies to pay for services provided. It is also becoming increasingly difficult for patients to afford insurance coverage. This is why we work to make sure we are providing the right services, to keep care at home, and at realistic prices.

As we look forward to moving into the next phase of our new building, we will continue to consistently evaluate the needs of our communities. There are a wide variety of services we would like to be able to provide. But we recognize our limitations. Technology will play a bigger role in our organization in the future, and we must be “change ready.” There is much to do and we continue to look forward to the challenge!

Thank you for giving us this opportunity to serve our community.

Kiley Floyd, CEO

SUMMER HEAT SAFETY

Summer brings sunshine, outdoor fun, and community events—but it also brings rising temperatures that can pose serious health risks if we're not careful. At Nemaha Valley Community Hospital, we want to help you and your family stay safe, healthy, and hydrated during the hottest months of the year.

Know the Signs of Heat-Related Illness

Heat exhaustion and heat stroke can happen quickly, especially in extreme heat or when you're physically active outdoors. Warning signs include dizziness, nausea, headache, heavy sweating, rapid pulse, or confusion. If symptoms occur, move to a cooler place, drink water, and seek medical attention if necessary.

Hydration is Key

Drink plenty of fluids—even if you don't feel thirsty. Avoid drinks with caffeine or alcohol, which can dehydrate you. When working or playing outdoors, take frequent breaks in the shade and keep a water bottle nearby.

Protect Vulnerable Populations

Young children, older adults, and people with chronic conditions are more susceptible to heat-related illness. Check in on neighbors, friends, and family members who may need extra help staying cool.

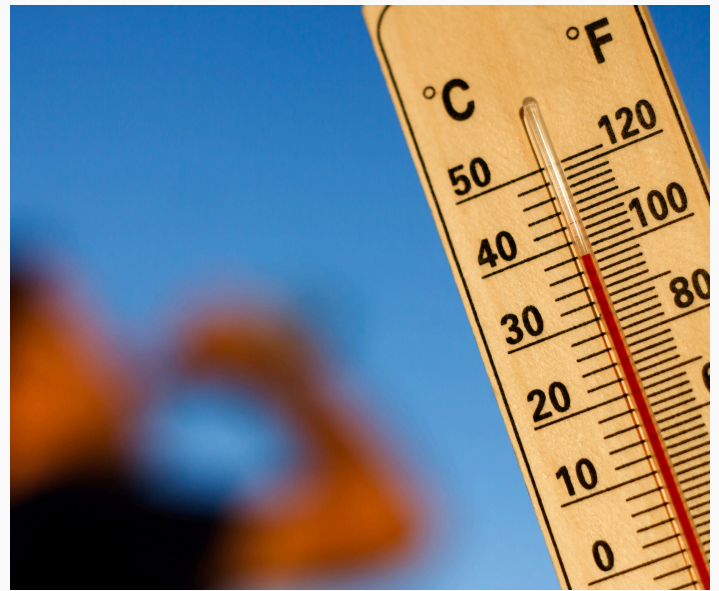
Dress for the Weather

Wear lightweight, loose-fitting clothing and a wide-brimmed hat. Apply sunscreen with SPF 30 or higher, and wear sunglasses that block UVA and UVB rays.

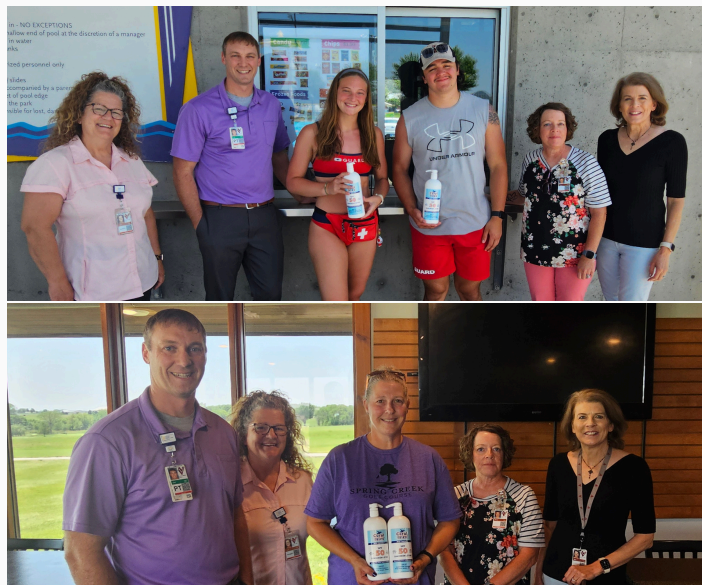
Beat the Heat Indoors

If you don't have air conditioning, consider spending time in public places with climate control like libraries, community centers, or local businesses during the hottest part of the day.

Stay safe this summer—and don't hesitate to reach out to Nemaha Valley Community Hospital or Seneca Family Practice if you have questions about heat-related health concerns.



OPERATION SUNSCREEN



Nemaha Valley Community Hospital and Seneca Family Practice are helping the community stay safe in the sun with a donation of sunscreen to the Seneca Aquatic Center and Spring Creek Golf Course.

“This donation is a small but meaningful way to protect visitors from the harmful effects of sun exposure,” said Courtney Schmelzle, Community Outreach Coordinator and Foundation Director. “We want to encourage everyone to take precautions and enjoy the outdoors safely this summer.”

The staff at Nemaha Valley Community Hospital and Seneca Family Practice remind everyone to stay protected, reapply sunscreen often, and take care of yourself and your loved ones while enjoying the summer sun.



July is UV Safety Awareness Month

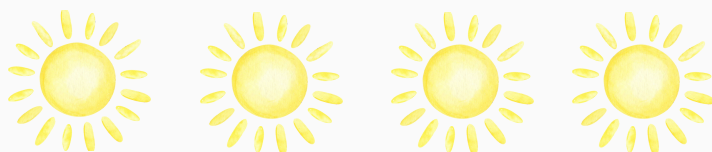
As summer heats up, it's the perfect time to enjoy the outdoors—but also a critical time to protect your skin from the sun's harmful ultraviolet (UV) rays.

UV rays can cause sunburn, premature aging, and increase your risk of skin cancer—even on cloudy days. At Nemaha Valley Community Hospital and Seneca Family Practice, we want to remind you that prevention is key.

Here are simple steps to stay safe in the sun:

- Apply sunscreen with SPF 30 or higher at least 20 minutes before going outside. Reapply every 2 hours, or after swimming or sweating.
- Wear protective clothing, including wide-brimmed hats and sunglasses with UVA/UVB protection.
- Seek shade during peak sun hours between 10 a.m. and 4 p.m.
- Check your skin regularly for any new or changing spots and talk to your doctor if you notice anything unusual.
 - 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.

There's no such thing as a "healthy tan" from UV exposure. Protecting your skin now can help you stay healthier later.



DERMATOLOGY SERVICES

**Tiffany Engelken,
APRN**

- Skin exams
- Acne & other skin issues
- Mole checks & removal
- Skin cancer treatment
- Cosmetic Botox & Fillers
- and much more

Call 785-336-0462 to schedule your appointment today.

ACCEPTING NEW PATIENTS



NEMAHA VALLEY
Community Hospital & Seneca Family Practice

ANCILLARY SERVICES CLOSE TO HOME

When your provider orders lab work, imaging, physical therapy, or other outpatient services, you have a choice—and choosing care close to home makes a difference.

Our ancillary services are designed to provide the same high-quality care you'd find in larger facilities—delivered with the personal attention and convenience that only a community hospital can offer.

Why choose local ancillary care?

- **Convenience** – No need to travel far. Save time, gas, and hassle by staying close to home.
- **Familiar Faces** – Receive care from professionals who know you—and care about your health.
- **Trusted Quality** – Our lab, imaging, and rehab teams use advanced technology and follow the highest standards in safety and accuracy.
- **Continuity of Care** – We work closely with your primary care provider and specialists to ensure seamless coordination and communication.

Services like lab tests, mammograms, MRIs, EKGs, ultrasounds, physical therapy, and respiratory therapy play a vital role in diagnosis and recovery. Getting these services locally means quicker results and care that's truly centered around you.

29TH ANNUAL CHARITY GOLF CLASSIC A HUGE SUCCESS

The 29th Annual Nemaha Valley Health Care Foundation Charity Golf Classic took place on June 13th at Spring Creek Golf Course, drawing an impressive 54 teams to compete in this year's event.

Proceeds from the tournament directly support healthcare in Seneca and the surrounding communities. Funds raised help enhance medical technology, strengthen core hospital programs, and most importantly, improve patient-centered care at Nemaha Valley Community Hospital.

Congratulations to Justin Burdick, Dane Brinker and Drew Olberding this year's overall champions. A special shoutout also goes to David Delaney and Boyd Altenhofen, winners of the popular Golf Ball Drop.

With beautiful weather, great golf, and strong community spirit, the event was a tremendous success. The continued growth of this tournament reflects the increasing support for our hospital and its mission.

Save the date: June 19, 2026 — we look forward to seeing you next year!



BLOOD DONORS SAVE LIVES EVERY DAY

Every two seconds, someone in the U.S. needs blood—accident and burn victims, patients undergoing heart surgery or organ transplants, and those battling cancer all depend on donated blood. Yet, only about 3% of eligible Americans donate each year.

There's no substitute for blood, platelets, or plasma—they can't be manufactured. Patients in need rely entirely on generous donors.

- One donation can make a big impact:
- A single blood donation can save up to three lives
- Cancer patients often need blood daily during treatment
- More than 38,000 donations are needed every day across the U.S.
- Type O-negative blood and Type AB plasma are especially valuable, but in short supply

If you've never donated before, the process is simple—and knowing you've helped save lives is incredibly rewarding.

Be the reason someone gets a second chance.

A poster for a blood drive. It features a large red blood drop shape in the center. Inside the drop, the text reads: "NEMAHA VALLEY COMMUNITY HOSPITAL" at the top, followed by "BLOOD DRIVE" in large bold letters. Below that is "GIFT THE GIVE OF LIFE". Then, in a red box, "THURSDAY, JULY 3RD" and "9:00AM - 3:00PM". Below that, "Woolsoncroft Event Center" and "1615 Branch St. | Seneca, KS 66538". At the bottom, it says "To schedule your appointment contact Beth Brokamp at 785-336-0437 or visit RedCrossBlood.org and enter: NVCH" and "Walk-ins are welcome, but appointments are encouraged." The background is light blue with white plus signs and circles.