

SEPTEMBER  
**SUICIDE  
PREVENTION**  
AWARENESS MONTH



**MESSAGE FROM THE  
ADMINISTRATOR**

**Kiley Floyd, CEO**



Each September, Nemaha Valley Community Hospital and Seneca Family Practice recognize National Suicide Prevention Awareness Month. We take the opportunity during September to highlight specific resources, but the need and the care provided to our patients, families and friends is year-round.

Being informed about suicide and knowing that you do not need to be a mental health provider to lower your risk of suicide or support your loved ones is as important as ever.

Dr. Mitch Prinstein, Chief Science Officer at the American Psychological Association and the John Van Seters Distinguished Professor of Psychology and Neuroscience at University of North Carolina at Chapel Hill, says the nation “still has some of the highest rates of suicidal attempts in the developed world, and the number of suicides, at least half using firearms, is still remarkably high”.

Dr. Prinstein reports that globally, more than 720,000 people die by suicide yearly, and it’s the third leading cause of death among 15- to 29-year-olds.

That means parents need to have the “suicide talk” with their teens just like they have conversations about sex and drugs.

If you are struggling to put the words together to have this conversation, reach out to your primary care provider. NVCH has long been committed to treating not only your immediate need but also your long-term wellness. This includes mental health needs.

We have telehealth services for therapy and medication management and are happy to welcome Ben Piper, LCPC, NCC, RPT-S, to our organization. Ben will be providing in-person therapy at Seneca Family Practice. More information on scheduling with Ben will be forthcoming. In the meantime, if you see unexpected changes in a loved one or friend, be supportive and ask them what is going on. A simple, “Hey, I’ve noticed you have seemed a bit overwhelmed lately. Do you want to talk about it?” might make a difference.

If you are feeling overwhelmed, please reach out to a friend, teacher, neighbor, family member, or call the clinic or hospital. The 988 Suicide & Crisis Lifeline is still active and available 24/7. There are no “silly” calls, and you are not wasting anyone’s time.

Nemaha Valley Community Hospital is committed to your health! We are here when you need us!

Kiley Floyd, CEO

## SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH

Every life matters. At Nemaha Valley Community Hospital, we recognize that suicide is a serious public health concern that touches families, friends, and communities across the nation — including our own.

In the United States, suicide is among the leading causes of death, yet it is also preventable. By increasing awareness, reducing stigma, and promoting resources, we can make a difference. This month, we join organizations across the country in encouraging open conversations about mental health and providing support to those who may be struggling.

### Know the Warning Signs

Suicide warning signs can vary, but may include:

- Talking about wanting to die or feeling hopeless
- Withdrawing from friends, family, and activities
- Changes in sleep patterns or appetite
- Extreme mood swings or increased substance use
- Giving away possessions or saying goodbye

If you notice these signs in yourself or someone you know, it's important to seek help right away.

### How You Can Help

- Start the conversation — Asking “Are you okay?” can open the door to hope and healing.
- Listen without judgment — Your support can make someone feel less alone.
- Share resources — Connecting someone with professional help can save a life.

### We're Here for You

If you or someone you know is in crisis, help is available 24/7:

- 988 Suicide and Crisis Lifeline — Call or text 988
- 988lifeline.org — Online chat available
- Crisis Text Line — Text HOME to 741741

Our team at Nemaha Valley Community Hospital is committed to supporting mental health through compassionate care, community education, and access to resources. Together, we can break the silence, offer hope, and save lives.



We are committed to raising awareness about gynecologic cancers — a group of cancers that affect a woman's reproductive organs. These include cervical, ovarian, uterine, vaginal, and vulvar cancers. While each type is different, early detection and prompt treatment can greatly improve outcomes.

### Know the Symptoms

Although symptoms can vary, watch for:

- Abnormal vaginal bleeding or discharge
- Pelvic pain or pressure
- Abdominal bloating or swelling
- Changes in bathroom habits (urination or bowel movements)
- Unexplained weight loss or fatigue

### Prevention and Screening

- Get regular check-ups — Routine pelvic exams and Pap tests can detect precancerous changes and early cancers.
- Consider the HPV vaccine — Protects against strains of the virus that cause most cervical cancers.
- Know your family history — Some gynecologic cancers are linked to genetic factors.
- Make healthy lifestyle choices — Maintain a balanced diet, exercise regularly, and avoid tobacco use.

We are here to support women through prevention, diagnosis, treatment, and survivorship. Your health matters, and we encourage you to take proactive steps in caring for it. For more information or to schedule your annual well woman visit, call 785-336-6107 today!

YOU ARE INVITED TO OUR

# Meet & Greet

**SAMUEL BRUNA, M.D.**

**SEPTEMBER 11, 2025**  
**2pm - 4pm**

NEMAHA VALLEY COMMUNITY HOSPITAL  
1600 COMMUNITY DR. | SENECA, KS 66538



## STAY HEALTHY THIS FALL: THE POWER OF HANDWASHING

As the weather cools and we head into fall, cold and flu viruses — along with other illnesses — become more common. One of the simplest and most effective ways to protect yourself and your loved ones is something you already know how to do: wash your hands.

### Why Handwashing Matters

GermS are everywhere — on doorknobs, phones, handrails, and even the things we use every day at work or home. Washing your hands with soap and water removes dirt, bacteria, and viruses, helping prevent the spread of illnesses such as colds, flu, and stomach bugs.

### When to Wash Your Hands

Make handwashing part of your daily routine, especially:

- Before eating or preparing food
- After using the restroom

- After coughing, sneezing, or blowing your nose
- After caring for someone who is sick
- After touching public surfaces or shared equipment

### If Soap and Water Aren't Available

Use a hand sanitizer with at least 60% alcohol, rubbing all surfaces of your hands until they feel dry.

### A Small Step with Big Impact

At Nemaha Valley Community Hospital, we see firsthand how this simple habit helps protect our patients, staff, and community. This Fall, let's make clean hands a shared commitment — because a healthier community starts with each of us.



## PREPARE FOR FLU SEASON

As cooler weather arrives, so does flu season. Influenza is a contagious respiratory illness that can cause mild to severe illness—and in some cases, serious complications. Each year, millions of people are affected, but you can take steps to reduce your risk and help keep our community healthy.

### Why the Flu Shot Matters

The annual flu vaccine is the best defense against the flu. It not only protects you, but also helps protect those around you—especially infants, older adults, and people with chronic health conditions who are more vulnerable. Health experts recommend that everyone 6 months and older receive a flu shot each year.

### Additional Ways to Stay Healthy

Along with vaccination, these simple habits can help reduce the spread of influenza and other respiratory illnesses:

- Wash your hands often with soap and water
- Cover coughs and sneezes
- Stay home if you are sick
- Keep up healthy habits like regular sleep, balanced nutrition, and exercise

## FLU SHOT CLINICS



### DRIVE THRU CLINICS

No appointment needed

**OCTOBER 8TH**  
8AM - 6PM

**OCTOBER 15TH**  
8AM - 6PM

Community Building Parking Lot  
1500 Community Drive  
Seneca, KS

Please wear a short sleeve shirt if possible.

### SATURDAY CLINICS

At Seneca Family Practice: Walk-ins welcome but appointment preferred

**OCTOBER 11TH**  
9AM - NOON

**OCTOBER 18TH**  
9AM - NOON

- Flu consent forms available the day of or visit [www.nemvch.com](http://www.nemvch.com) to print off and fill out ahead of time.
- Questions or to schedule an appointment call SFP at 785-336-6107.

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

## PLANNING, PROTECTION & PEACE OF MIND

### 3-Day Guide to Securing Your Future

All sessions will be held at the Meadowlark Extension District - 1615 Branch St. Seneca, KS. Lunch will be provided  
*Not required but encouraged to attend all three sessions*

#### Navigating Estate Planning:

**Thursday, October 2<sup>nd</sup> | Noon-1:30pm**

Understand the essentials of protecting your assets, planning your legacy, and how our services can support your goals.



Justin Lueger, CFP  
Advisor, President

#### Securing Your Digital Life:

**Thursday, October 9<sup>th</sup> | Noon-1:30pm**

Learn practical steps to guard against scams, fraud, and identity theft in today's online world.



Jamie Cosgrove, JD  
KBA, SVP Legal Department

#### Medicare Education & Insights:

**Thursday, October 16<sup>th</sup> | Noon-1:30pm**

Gain a clear understanding of Medicare programs, eligibility, and resources to help you navigate your Medicare options with confidence.



Teresa Hatfield, District Agent  
K-State Research & Extension

To RSVP please contact Courtney Schmelzle at 785-336-0426

Event sponsored by:

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

**FIRST Heritage BANK**  
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## SEPTEMBER IS CHOLESTEROL EDUCATION MONTH

High cholesterol is a major risk factor for heart disease, yet many people don't know they have it. Because it usually has no symptoms, regular screenings are the only way to "know your numbers."

### Tips for healthy cholesterol:

- Eat more fruits, vegetables, and whole grains
- Limit saturated and trans fats
- Stay active and maintain a healthy weight
- Quit smoking
- Follow your provider's advice on medications

At NVCH, we're committed to helping you manage your heart health through screenings, education, and personalized care. If you haven't had your cholesterol checked recently, now is the perfect time to schedule an appointment. Call us today at 785-336-6181 to learn more or to set up a cholesterol screening.