



MESSAGE FROM THE ADMINISTRATOR

Kiley Floyd, CEO



As we look forward to a new year and new opportunities, we have to reflect on just how very far we have come over the past few years. I am in awe of the commitment of our staff and what they have been able to accomplish. We are so very grateful to our community, our patients, and their families who have supported us in our chaos during construction and who trust us with their care every day.

Success and growth do not happen without challenges. Without exception, our staff has risen to the occasion. We will continue our work to advance quality, patient and staff safety initiatives, strengthen our patient experience efforts, and expand access to specialty services close to home. Each of these efforts reflect the commitment of our team and our shared mission to provide personalized, compassionate care.

This past year we experienced tremendous growth in our outreach efforts throughout our communities. From community education events to school partnerships,

wellness programs, emergency preparedness efforts, and charitable initiatives. Our staff once again demonstrated how deeply they care about the wellbeing of the communities we serve. These moments remind us that health care extends far beyond the walls of our facilities—it lives in the relationships we build and the trust we nurture.

As we look ahead to the coming year, we are excited to continue to build on this momentum. Our goals include expanding access to essential services, advancing technology and care capabilities, supporting our staff's professional growth, and strengthening our connection to patients and families. With the completion of our construction project, we are entering this new year with refreshed space and renewed enthusiasm for the work ahead.

To our staff: thank you for your dedication, resilience, and heart. To our community: thank you for your trust and support. Together, we look forward to another year of growth, service, and success at Nemaha Valley Community Hospital and Seneca Family Practice.

Kiley Floyd, CEO

NVCH ANNOUNCES LEADERSHIP UPDATES TO SUPPORT GROWTH AND STRENGTHEN PATIENT CARE



Nemaha Valley Community Hospital is pleased to announce two important leadership appointments that reflect our continued organizational growth and ongoing commitment to

excellence. Curt Sudbeck has been named Chief Operating Officer (COO), and Courtney Schmelzle will serve as the new HIPAA Privacy Officer.

These updates strengthen our operational structure as NVCH continues expanding services, partnerships, and patient volume.

In his new role, Curt will take on additional administrative responsibilities to support hospital operations and service line development. His leadership will help enhance efficiency, coordinate departmental initiatives, and support our strategic growth. This dedicated COO position is essential as NVCH experiences increased demand and takes on more complex projects and service expansions.

Courtney will continue her work in community outreach and with the Nemaha Valley Health Care Foundation while also leading our privacy program. As HIPAA Privacy Officer, she will oversee HIPAA compliance efforts, guide staff education, and help ensure the protection of patient information across the organization. With the rapid evolution of healthcare privacy regulations, this role is especially important in maintaining patient trust and meeting regulatory standards.

NVCH has experienced remarkable growth in recent years, and these leadership roles are key to supporting our staff, strengthening our operations, and preserving our commitment to high-quality, patient-centered care. Please join us in congratulating Curt Sudbeck and Courtney Schmelzle on their new roles and the positive impact they will bring to NVCH.

2026 Health Fair

✓ Discounted Lab Work - \$35
CBC, CMP, LIPID PANEL, A1C & TSH
Men can add PSA for \$15

✓ Health Related Booths
with prizes and giveaways

📅 Saturday - April 18, 2026

🕒 8:00 am - 10:00 am

Additional details to follow

NEMAHA VALLEY
Community Hospital & Seneca Family Practice



JANUARY IS NATIONAL BLOOD DONOR MONTH

January is National Blood Donor Month, a time to honor those who give and to raise awareness about the ongoing need for blood donations. Winter is one of the most difficult times of year for maintaining an adequate blood supply due to illness, weather, and busy schedules—creating shortages that can significantly impact rural hospitals like Nemaha Valley Community Hospital.

A reliable blood supply is essential for trauma care, surgeries, cancer treatments, and emergency situations. When shortages occur, rural facilities may experience delays in receiving the blood products needed for patient care. Your donation truly makes a difference.

NVCH is proud to help support the community's blood needs by hosting a blood drive on Wednesday, January 7th from 9:00 a.m. to 3:00 p.m. at the Meadowlark Extension Office in Seneca. We encourage all who are able to schedule an appointment and give the gift of life.

Every donation helps strengthen the health and safety of our region. Thank you for supporting patient care close to home.

PODIATRY SERVICES

Devin Munk, DPM

Dr. Munk is committed to providing his patients with not only exceptional medical care but also the understanding and compassion that he believes are essential to healing.

He is trained for the treatment of all foot and ankle conditions, with an emphasis on minimally invasive surgery.

Call Foot & Ankle Surgeons of Kansas at 316-685-3801 to schedule your appointment today.



NEMAHA VALLEY
Community Hospital & Seneca Family Practice

WHEN TO SEEK CARE FOR FLU, RSV, OR COVID SYMPTOMS

Winter brings an increase in respiratory illnesses such as flu, RSV, and COVID-19, and it's not always easy to know when symptoms require medical attention. While many mild cases can be managed at home with rest, fluids, and over-the-counter medications, it's important to recognize when symptoms may be signs of something more serious.

When to Contact Your Provider

Reach out to Seneca Family Practice if you or a family member experience:

- Symptoms lasting more than 3–5 days without improvement
- High fever that doesn't respond to medication
- Persistent cough, chest discomfort, or increasing congestion
- Difficulty drinking fluids or signs of dehydration
- New or worsening symptoms after initially improving

These may indicate complications such as sinus infections, pneumonia, or asthma flare-ups that need timely care.

Emergency Warning Signs

Seek immediate care or call 911 if you experience:

- Severe shortness of breath or wheezing
- Bluish lips or face
- Persistent chest pain or pressure
- Confusion, extreme fatigue, or difficulty waking
- Signs of severe dehydration
- In infants: fast breathing, wheezing, poor feeding, or unusual irritability

When in doubt, it's always better to ask. If you're unsure whether symptoms require a visit, call Seneca Family Practice at 785-336-6107 for guidance. NVCH and SFP are here to help keep you and your family safe and healthy throughout the winter season.



NEW WALK-IN COOLER ENHANCES DIETARY SERVICES

Nemaha Valley Community Hospital is pleased to announce the installation of a new walk-in cooler in our Dietary Department, made possible through Nemaha County sales tax dollars. This important upgrade provides expanded storage capacity, improved temperature control, and greater reliability—helping our team safely store fresh foods and prepare high-quality meals for patients, visitors, and staff.

The improved efficiency and food safety features of this equipment help the department run more smoothly and reduce waste, reinforcing our commitment to providing excellent patient care. It also ensures our dietary team has reliable tools they need to continue offering nutritious, well-prepared meals every day.

By improving workflow and storage, the cooler helps us better support special dietary needs and daily meal planning across the hospital. It also improves our ability to accommodate increased volume during busy periods or special events.

We are grateful for the continued support of Nemaha County taxpayers, whose investment strengthens essential services throughout the hospital. NVCH is proud to reinvest these funds into improvements that benefit our patients, community, and staff.

WINTER NUTRITION & IMMUNE SUPPORT

Winter brings colder days and busy schedules, but small habits can make a big difference in keeping your immune system strong. At Nemaha Valley Community Hospital and Seneca Family Practice, our team—including Registered Dietitian Leah Heinen—is here to support your wellness all season long.

Boost Your Immunity

Add nutrient-rich foods like citrus fruits, leafy greens, yogurt, garlic, and nuts to help your body fight illness. Simple changes—like adding spinach to soups or berries to breakfast—can go a long way.

Stay Hydrated

Cold weather can make it easy to overlook fluids, but staying hydrated keeps your energy up and supports immune function. Drink water regularly, enjoy warm herbal teas, and include hydrating foods like oranges and broth-based soups.

Healthy Meals on a Budget

Healthy eating doesn't have to be expensive. Beans, lentils, whole grains, frozen vegetables, and root vegetables are affordable staples that stretch well in casseroles, soups, and slow-cooker meals. Leah can help patients create meal plans that are nutritious, practical, and cost-effective.

Keep Moving Indoors

If the weather keeps you inside, try indoor walking, light stretching, online exercise videos, or short strength-training sessions. Just 10–15 minutes can boost mood and immunity.

Staying healthy this winter starts with small steps. For personalized nutrition guidance, Dietitian Leah Heinen is available to help you set achievable goals and build lasting habits. NVCH and SFP are proud to partner with you on your wellness journey.



BEHAVIORAL HEALTH

Ben Piper, LCPC, NCC, RPT-S
Mental Health Practitioner

Ben Piper is a Licensed Therapist with 11 years of experience. He is a National Certified Counselor and Registered Play Therapist-Supervisor, specializing in depression, anxiety, behavioral disorders, and trauma.

Ben and his wife Nikki have been married for 14 years and have three children—Brynlee, Ryker, and Maelee. His favorite part of being a therapist is helping clients find clarity and the freedom to express their emotions in a safe, authentic way.

Call SFP at 785-336-6107 to schedule an appointment. Referral required.



NEMAHA VALLEY
Community Hospital & Seneca Family Practice

CARING FOR YOUR WELL-BEING THROUGH THE WINTER SEASON

This time of year can be challenging for many people. Shorter days, colder weather, and reduced sunlight can affect mood, energy levels, and overall emotional well-being. Some may experience increased sadness, irritability, fatigue, or a loss of interest in normal activities. At NVCH and SFP, we want you to know that you are not alone, and support is always available.

Seasonal Affective Disorder (SAD) is a form of depression that occurs during the fall and winter months, but even those without SAD may notice changes in their mood this time of year. Symptoms like low energy, difficulty concentrating, sleep disruptions, or persistent stress can be concerning. If these feelings become overwhelming or begin to interfere with daily life, it's important to talk with a health care provider.

There are simple ways to support your mental health throughout the season, such as getting natural sunlight, maintaining a consistent sleep schedule, staying active, and connecting with others. Limiting alcohol and caffeine and practicing mindfulness—like deep breathing or journaling—can also help. Small, intentional steps can have a powerful impact on emotional wellness during the winter months.