



## CELEBRATING HEART MONTH

### MESSAGE FROM THE ADMINISTRATOR

Kiley Floyd, CEO



The first of each year is a busy time for all of us. Not only do we typically see an increase in utilization of services, but it is also the time the legislators are back in session. NVCH staff works with our regional representatives as well as state and federal advocacy organizations to make sure we provide a voice for our patients.

Issues around financing healthcare are constantly changing, and too often the people making the decisions have never worked in health care.

We are blessed with good relationships with our State and Federal legislators.

As we look forward to midterm elections, please pay attention to who is financing the candidates. We must ensure we are more concerned about our patients than we are the profit margins of the pharmacy manufactures and/or insurance companies.

NVCH staff is actively involved in efforts to tell our patients' stories to ensure we have the local healthcare resources we need. If you have a story you would be willing to share, please reach out to Courtney Schmelzle or myself.

Kiley Floyd, CEO

## ANNUAL CHECKUPS MATTER: SCHEDULE YOURS AT SENECA FAMILY PRACTICE



Annual checkups play a vital role in maintaining overall health and catching potential concerns early. Even when you're feeling well, routine visits give your healthcare provider the opportunity to monitor key health indicators such as blood pressure, cholesterol, weight, and blood sugar—often identifying issues before symptoms appear. Early detection allows for timely treatment and can prevent minor concerns from becoming serious health problems.

These visits also provide an important opportunity to review personal and family health history, update vaccinations, and discuss lifestyle factors such as nutrition, physical activity, sleep, and stress. Preventive screenings recommended during annual checkups—such as labs, heart health assessments, or age-appropriate cancer screenings—help ensure care is tailored to each individual's needs.

Most importantly, annual checkups help build a strong relationship between patients and their healthcare providers. Scheduling a visit with your SFP provider ensures you have an established partner who understands your health history and can deliver more personalized care and better long-term outcomes. To schedule your annual checkup, call 785-336-6107—a simple step toward protecting your health and staying well for years to come.

## PREVENTING FALLS DURING ICY CONDITIONS

Winter weather brings icy sidewalks, snow-covered driveways, and slick parking lots that increase the risk of slips and falls. Falls can lead to serious injuries such as fractures, head injuries, and hospitalizations—especially for older adults. Taking a few simple precautions during icy conditions can significantly reduce the risk of injury and help keep individuals safe throughout the winter months.

Wearing proper footwear is one of the most important steps in fall prevention. Shoes or boots with non-slip soles provide better traction on ice and snow. Walking slowly, taking short steps, and keeping hands free for balance can also help prevent falls. When possible, use handrails, walk on cleared paths, and avoid carrying heavy items that may throw off balance. Applying ice melt to walkways and ensuring outdoor areas are well lit further improves safety.

Indoor fall prevention is just as important during winter. Wet floors from tracked-in snow, cluttered entryways, and loose rugs can increase fall risk. Keeping floors dry, removing obstacles, and using non-slip mats near entrances can help prevent accidents. Staying active to maintain strength and balance, along with regular vision and medication reviews, also plays an important role in fall prevention.

If you've experienced a fall or have concerns about balance or mobility, talk with your healthcare provider at Seneca Family Practice. Your provider can help assess fall risk, review medications, and connect you with therapy or preventive services to help keep you safe this winter.







## CARDIAC REHAB: SUPPORTING STRONGER HEARTS CLOSE TO HOME

At Nemaha Valley Community Hospital, the Cardiopulmonary Rehabilitation (Cardiac Rehab) program plays an important role in helping patients recover and improve long-term heart health following a cardiac event. NVCH offers a comprehensive, Medicare-covered Phase 2 Cardiac Rehabilitation program that combines prescribed exercise, risk-factor modification, and patient education—allowing patients to receive high-quality cardiac care close to home.

Phase 2 Cardiac Rehab is an outpatient, medically supervised program that meets three times per week after discharge from an acute setting. Participants receive continuous heart monitoring during exercise, individualized support from trained staff, and education focused on heart-healthy lifestyle changes, medication management, nutrition, and stress reduction. A physician referral is required, and the program serves patients recovering from conditions such as heart attack, stent placement, bypass surgery, stable angina, recent heart valve surgery, or heart failure with reduced ejection fraction. For those who complete Phase 2 or wish to continue a structured exercise program, Phase 3 Cardiac Rehab is also available, offering supervised exercise in a supportive group setting.

For questions about Cardiac Rehab or the services offered, please contact your primary care provider or reach out to Kylee Feldkamp in the Cardiac Rehab Department at 785-336-0445.

## HIGH BLOOD PRESSURE: WHAT YOU NEED TO KNOW

High blood pressure, also known as hypertension, is one of the most common—and most serious—health conditions affecting adults today. Often called the “silent killer,” high blood pressure frequently has no noticeable symptoms, yet it can quietly damage the heart, blood vessels, kidneys, brain, and eyes over time. Because many people feel healthy, they may not realize their blood pressure is elevated until complications develop, making regular screenings especially important.

Risk factors for high blood pressure include age, family history, physical inactivity, excess salt intake, stress, smoking, and certain medical conditions such as diabetes. Left untreated, high blood pressure significantly increases the risk of heart disease, stroke, kidney disease, vision problems, and loss of independence. The condition can progress gradually, underscoring the importance of early detection and ongoing management.

The good news is that high blood pressure is manageable—and in many cases preventable. Regular blood pressure checks help identify concerns early, when lifestyle changes can be most effective. Healthy eating, physical activity, stress management, weight control, and medication when needed can all help reduce risk and protect long-term health.

Take action for your heart health. Schedule a blood pressure check or annual visit with your primary care provider at Seneca Family Practice today. We are here to help you understand your numbers and create a plan to keep your blood pressure—and your health—on track.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (top/upper number)	and/or	DIASTOLIC mm Hg (bottom/lower number)
<b>NORMAL</b>	LESS THAN 120	and	LESS THAN 80
<b>ELEVATED</b>	120 – 129	and	LESS THAN 80
<b>STAGE 1 HYPERTENSION (High Blood Pressure)</b>	130 – 139	or	80 – 89
<b>STAGE 2 HYPERTENSION (High Blood Pressure)</b>	140 OR HIGHER	or	90 OR HIGHER
<b>SEVERE HYPERTENSION (If you don't have symptoms*, call your health care professional.)</b>	HIGHER THAN 180	and/or	HIGHER THAN 120
<b>HYPERTENSIVE EMERGENCY (If you have any of these symptoms*, call 911.)</b>	HIGHER THAN 180	and/or	HIGHER THAN 120

## CARDIOLOGY

COTTON O'NEIL HEART CENTER

### Bashar S. Amr, M.D.

Dr. Amr specializes in treating heart failure, coronary artery disease, hypertension, among other conditions.

### Kevin Bernd, D.O.

Dr. Bernd's interests include Pacemaker/ICD Implantation, Coronary Artery Disease, Echo and Nuclear Cardiopathy.

### Tonya Stallbaumer, APRN

Tonya specializes in general cardiology to help patients manage cardiac conditions that affect their quality of life and longevity.

For appointments call Cotton O'Neil Heart Center at 785-270-4100.

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

## CARDIOLOGY

UNIVERSITY OF KANSAS HEALTH SYSTEMS

### John Joliff, M.D.

Dr. Joliff specializes in Adult Congenital Heart Disease (ACHD) and other heart conditions. His clinic is held the second Thursday of each month.

### Diane Wilkins, APRN

No two patients are the same, and Diane would argue that this is what makes her so good at her job. Every individual is unique and requires personalized care, and this keeps Diane on her toes and her patients feeling good.

Appointments may be made through NVCH Outpatient Clinic at 785-336-0462.

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

# COMPREHENSIVE CARDIOLOGY CARE AT NVCH

Nemaha Valley Community Hospital (NVCH) is proud to offer expanded access to cardiology services through strong partnerships with regional heart specialists. By bringing experienced cardiology providers to Seneca, NVCH helps patients receive high-quality cardiac care close to home—reducing travel while ensuring continuity, comfort, and personalized attention.

Through a collaboration with the Cotton O'Neil Heart Center, patients at NVCH have access to a team of experienced cardiology professionals. Bashar S. Amr, M.D. specializes in treating heart failure, coronary artery disease, hypertension, and other cardiac conditions. Kevin Bernd, D.O. has special interests in pacemaker and ICD implantation, coronary artery disease, echocardiography, and nuclear cardiology. Patients also benefit from care provided by Tonya Stallbaumer, APRN, who focuses on general cardiology and helps patients manage conditions that impact quality of life and long-term heart health.

NVCH also partners with the University of Kansas Health System to further expand specialty cardiology access. John Joliff, M.D. provides care for adult congenital heart conditions and other complex cardiac needs, with clinic visits held on the second Thursday of each month. In addition, Diane Wilkins, APRN, brings a personalized approach to cardiology care, recognizing that every patient is unique and requires individualized treatment plans.

Together, these partnerships strengthen NVCH's commitment to comprehensive heart care—from evaluation and ongoing management to specialty consultation—while keeping patients connected to their local care team. With trusted cardiology providers and coordinated services, NVCH continues to support heart health for the communities it serves, ensuring expert care is available close to home when it matters most.

