



MESSAGE FROM THE ADMINISTRATOR

Kiley Floyd, CEO



During National Volunteer Month, we want to recognize and sincerely thank the incredible volunteers at Nemaha Valley Community Hospital. Their willingness to give their time, energy, and compassion does not go unnoticed. Whether greeting patients, assisting staff, or supporting special events, they play an essential role in creating a welcoming and caring environment for everyone who walks through our doors. They are an extension of our mission, working alongside our team to make a meaningful difference in the lives of our patients, families, and staff each day.

On behalf of our entire organization, we thank them for the heart they bring to NVCH. Their generosity strengthens our hospital and supports our staff, reflecting the spirit of service that defines our community. We are truly grateful for their dedication and the many ways they help us deliver exceptional care close to home.

BECOME A VOLUNTEER AT NVCH!

Volunteers play an important role in supporting the mission of Nemaha Valley Community Hospital and helping us provide exceptional care to our community, making a meaningful difference in the patient and family experience. Their time, compassion, and dedication help create a welcoming environment for everyone who walks through our doors.

If you are looking for a way to give back to your community, meet new people, and support local healthcare, consider becoming an NVCH volunteer. Opportunities are available for individuals with a variety of interests and schedules.

For additional information about the NVCH Volunteer Services Program, please contact Mary Sack, Program Coordinator, at 785-336-0436.

Together, we can continue strengthening the care and support available to our community.

HPM - YOUR PARTNER IN PAIN MANAGEMENT

Chronic pain can affect every part of daily life, from work and sleep to overall well-being. The HPM Pain Management Clinic at Nemaha Valley Community Hospital is dedicated to helping patients find relief through specialized care focused on diagnosing and treating chronic pain conditions.

Pain management specialists work with patients to identify the source of their pain and develop personalized treatment plans designed to improve comfort and function. Common conditions treated include back and neck pain, arthritis, nerve pain, and pain related to previous injuries or surgeries.

The clinic offers minimally invasive procedures such as epidural steroid injections, joint injections, and nerve blocks to help reduce inflammation and interrupt pain signals. Having access to pain management services locally allows patients in Nemaha County and surrounding communities to receive specialized care close to home.

If you or a loved one is struggling with chronic pain, talk with your primary care provider about whether the HPM Pain Management Clinic may be right for you.

Questions? Please contact our Outpatient Clinic at 785-336-0462 or visit our website at nemvch.com/outpatient-clinics/.



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HPMTM

Your Partner in Pain Relief

At HPM, we understand how chronic pain can put a pause on your life, making everyday activities and hobbies feel like overwhelming tasks. We're here to say: it doesn't have to be this way.

HPM offers a range of therapies for pain relief, including:

- nerve blocks
- radiofrequency ablations
- injections
- medications
- other advanced treatments

Questions? Please contact our Outpatient Clinic at 785-336-0462 or visit our website at nemvch.com/hpm/.

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OUR THERAPY DEPARTMENT IS



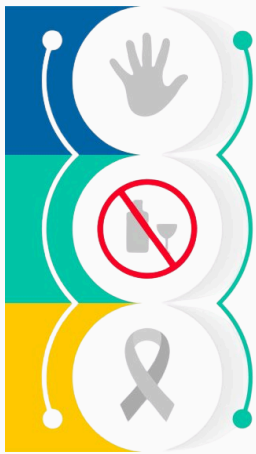
- Nemaha Valley Community Hospital's Physical, Occupational and Speech Therapy department is LVST **BIG & LOUD Certified**, a program for those with Parkinson's disease or other neurological impairments.
- LVST is an intensive program designed for improvement with motor movements (BIG) along with speech production and volume (LOUD).
- *For more information call our PT/OT/ST Department at 785-336-0428.*

Ask your primary care provider if LVST BIG & LOUD is right for you!



Nemaha Valley Community Hospital's Therapy Department is committed to helping patients regain strength, mobility, and independence through personalized, compassionate care. Our therapy team works closely with each patient to develop individualized treatment plans that support recovery from injury, surgery, or chronic conditions. Whether helping someone return to daily activities, improve balance and safety, or restore communication skills, our therapists are dedicated to delivering high-quality care close to home.

One of the specialized services we are proud to offer is the LSVT BIG and LOUD program, an evidence-based therapy designed specifically for individuals with Parkinson's disease and other neurological conditions. LSVT BIG focuses on improving physical movement through exaggerated, high-amplitude exercises, while LSVT LOUD targets speech by strengthening vocal loudness and clarity. This intensive program helps patients improve mobility, balance, and communication, empowering them to maintain independence and confidence in their daily lives.



ALCOHOL AWARENESS MONTH

APRIL

Here's how alcohol can affect your body:

Brain

Alcohol interferes with the brain's communication pathways and can affect the way the brain looks and works. These disruptions can change mood and behavior and make it harder to think clearly and move with coordination.

Heart

Drinking a lot over a long time or too much on a single occasion can damage the heart, causing problems.

Liver

Heavy drinking takes a toll on the liver and can lead to a variety of liver issues.

Pancreas

Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis, a dangerous inflammation and swelling of the blood vessels that prevents proper digestion.

Cancer

Drinking too much alcohol can increase your risk of developing certain cancers.

Immune System

Drinking too much can weaken your immune system, making your body a much easier target for disease.

If you have any questions or want to know more about your alcohol treatment options, please contact your Seneca Family Practice primary care physician at 785-336-6107 today!

April is Alcohol Awareness Month, a time to increase understanding about the impact of alcohol use and encourage individuals and families to make informed, healthy decisions. Excessive or frequent use can lead to serious health concerns, including liver disease, heart problems, certain cancers, and mental health challenges such as anxiety and depression. It can also affect relationships, job performance, and overall well-being.

At Nemaha Valley Community Hospital, we are committed to supporting the health of our community through education, prevention, and access to care. Our providers are here to have open conversations and can help connect individuals to resources and support services. If you or someone you care about may be struggling with alcohol use, help is available.

This Alcohol Awareness Month, we encourage everyone to reflect on their habits, check in with loved ones, and continue building a community that supports healthy choices and overall well-being.

Save the Date

Charity Golf Classic

06.19.26

Spring Creek Golf Course
Seneca, KS
springcreek-seneca.com

**30th Annual Nemaha Valley
Health Care Foundation**

The 30th Annual Nemaha Valley Health Care Foundation (NVHCF) Charity Golf Classic is held to benefit healthcare in Seneca and the surrounding communities.

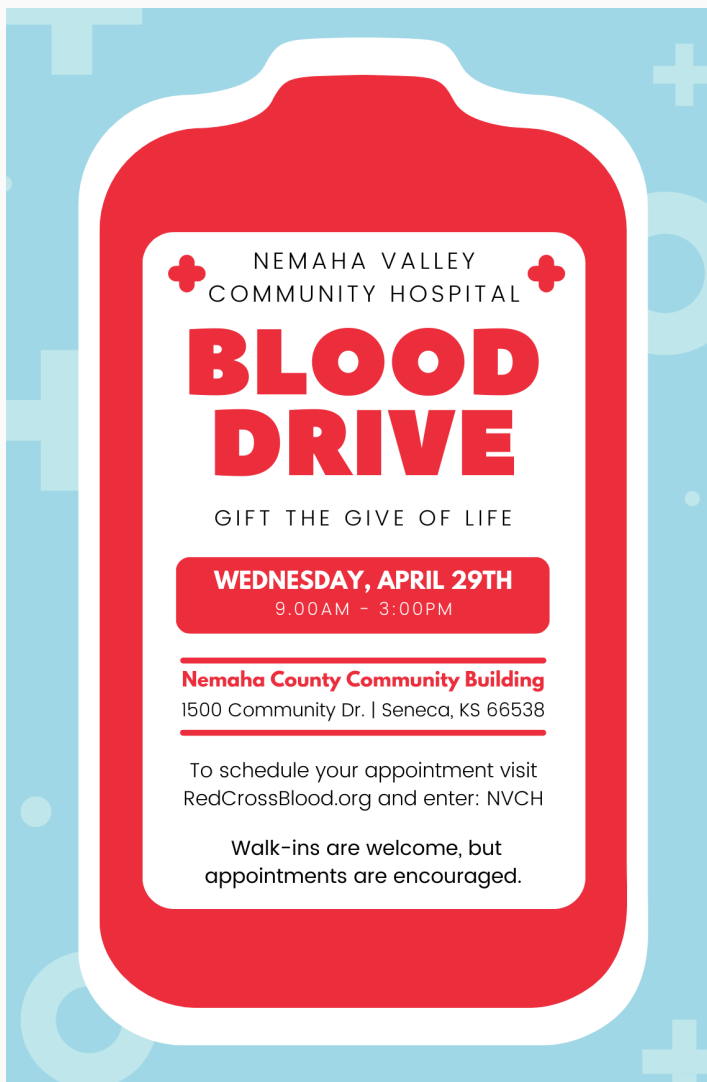
Join us for an 18-hole, three-person shotgun scramble. Individual and team registrations are invited.

For additional information or questions about the Charity Golf Classic please contact Courtney Schmelzle at 785-336-0426 or cschmelzle@nemvch.org.

HIGH 5 FOR HEALTHY BABIES: NVCH LEADING THE WAY IN MATERNAL CARE

Nemaha Valley Community Hospital continues its commitment to maternal and infant health by earning recognition through the High 5 for Mom & Baby program, developed by the United Methodist Health Ministry Fund to support breastfeeding success across Kansas. The program promotes evidence-based practices that improve health outcomes for mothers and babies while helping reduce disparities in care.

As a High 5 for Mom & Baby facility, NVCH is dedicated to supporting breastfeeding through trained staff and patient-centered policies that help mothers meet their goals. This recognition also provides access to ongoing education, resources, and collaboration opportunities that strengthen the care we provide to families in our community.



A flyer for a blood drive at Nemaha Valley Community Hospital. The flyer is shaped like a red blood drop with a white outline. It features the text: NEMAHA VALLEY COMMUNITY HOSPITAL, BLOOD DRIVE, GIFT THE GIVE OF LIFE, WEDNESDAY, APRIL 29TH, 9:00AM - 3:00PM, Nemaha County Community Building, 1500 Community Dr. | Seneca, KS 66538, To schedule your appointment visit RedCrossBlood.org and enter: NVCH, and Walk-ins are welcome, but appointments are encouraged.

NEMAHA VALLEY
COMMUNITY HOSPITAL

**BLOOD
DRIVE**

GIFT THE GIVE OF LIFE

WEDNESDAY, APRIL 29TH
9:00AM - 3:00PM

Nemaha County Community Building
1500 Community Dr. | Seneca, KS 66538

To schedule your appointment visit
RedCrossBlood.org and enter: NVCH

Walk-ins are welcome, but
appointments are encouraged.



A flyer for National Donate Life Month. It features a stylized landscape with green hills, blue trees, and a yellow sun. In the center is a sign that says 'DONATE LIFE' with a registered trademark symbol. Below the sign, it says 'April is National Donate Life Month' and 'DonateLife.net'.

**DONATE
LIFE**®

April is National
Donate Life Month

DonateLife.net

April is recognized nationwide as Donate Life Month, a time dedicated to raising awareness about the life-saving impact of organ, eye, and tissue donation and honoring the generous donors and families who give others a second chance at life.

Across the United States, more than 100,000 people are waiting for a lifesaving organ transplant, and another person is added to the national transplant waiting list about every eight minutes. The need is also felt here in Kansas, where nearly 500 Kansans are currently waiting for an organ transplant, while thousands more are waiting for tissue or corneal donations that could restore their health or sight.

Organ donation has the power to transform lives. One organ donor can save up to eight lives, restore sight through cornea donation, and improve the lives of many others through tissue donation.

During Donate Life Month, Nemaha Valley Community Hospital encourages community members to consider registering as an organ donor and sharing that decision with their families. A simple choice today could one day provide the ultimate gift—the gift of life.