



## THANK YOU!

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## MONDAY, MARCH 30TH NATIONAL DOCTOR'S DAY

### MESSAGE FROM THE ADMINISTRATOR

Kiley Floyd, CEO



As we look forward to the arrival of spring, I am reminded of how renewal and momentum often come from moments of transition. This season brings with it a sense of energy and optimism—something I see reflected every day in the dedication of our NVCH team. While the day-to-day responsibilities of healthcare can be demanding, their resilience and commitment continue to move our organization forward. This is evidenced by NVCH being named as a Top 100 Critical Access Hospital by Chartis Group again this year.

With the majority of our construction projects now behind us, we have reached an exciting turning point. Additional improvements are underway. These improvements represent more than physical

upgrades—they symbolize our continued progress toward providing exceptional care for our patients and a supportive, efficient environment for our staff. And as we look ahead to enhancements in other areas of the hospital, I am confident that the work we are doing today will strengthen our foundation for years to come.

Thank you for your continued support throughout this period of change. I am proud of what we have accomplished together and even more inspired by what lies ahead.



Kiley Floyd, CEO



Nutrition plays a powerful role in overall health — from boosting energy and strengthening the immune system to reducing the risk of chronic conditions like heart disease, diabetes, and certain cancers. The foods we choose each day truly fuel how we feel and function.

When it comes to heart health, what's on your plate matters. The American Heart Association promotes a simple, practical visual guide often referred to as the Balanced Plate — a helpful way to build meals that support cardiovascular health without complicated rules or strict dieting.

### **The Heart-Healthy Formula**

The Balanced Plate concept encourages:

#### **🌿 Half your plate: Fruits and Vegetables**

Fill at least half your plate with colorful produce. Fruits and vegetables are rich in fiber, vitamins, minerals, and antioxidants that help lower blood pressure and reduce heart disease risk.

#### **🌾 One-quarter: Whole Grains**

Choose whole grains like brown rice, whole-wheat pasta, quinoa, or oats instead of refined grains. Whole grains provide fiber that supports healthy cholesterol levels.

#### **🐟 One-quarter: Lean Protein**

Select lean protein options such as fish, skinless poultry, beans, lentils, nuts, and seeds. Fatty fishlike salmon are especially beneficial because they contain heart-healthy omega-3 fatty acids.

### **💧 Smart Beverage Choices**

Water is best. Limiting sugary drinks and choosing lower-fat dairy options can further support heart health.

### **Why It Matters**

Heart disease remains the leading cause of death in the United States. The encouraging news is that many risk factors including high blood pressure, high cholesterol, and obesity are influenced by daily lifestyle choices.

It's not about perfection — it's about consistently making healthier choices over time.

### **Practical Tips for Everyday Success**

- Plan meals ahead of time to avoid last-minute unhealthy choices
- Add an extra vegetable to dinner each night
- Swap refined grains for whole grains when possible
- Include fish in your meals twice per week
- Watch sodium intake by reading food labels

Small shifts can make a big difference in long-term heart health.

### **Take the First Step**

Building a heart-healthy plate doesn't require special foods — just thoughtful choices. This month, challenge yourself to look at your plate before you eat and ask: Is it balanced?

At Nemaha Valley Community Hospital, our registered dietitian, Lean Heinen, is available to help patients turn heart-healthy recommendations into realistic, personalized plans. Whether you're managing high blood pressure, high cholesterol, diabetes, or simply looking to improve your overall nutrition, Leah provides one-on-one guidance tailored to your health goals and lifestyle.

Nutrition can feel overwhelming, but you don't have to navigate it alone. Leah works closely with patients and providers to create practical strategies that fit into everyday life — focusing on balance, sustainability, and long-term success.

To learn more about meeting with Leah or to schedule an appointment, contact your primary care provider or call our clinic at 785-336-6181.

# 2026 Health Fair

✔ Discounted Lab Work  
\$35 CBC, CMP, LIPID PANEL, A1C & TSH  
Men can add PSA for \$20

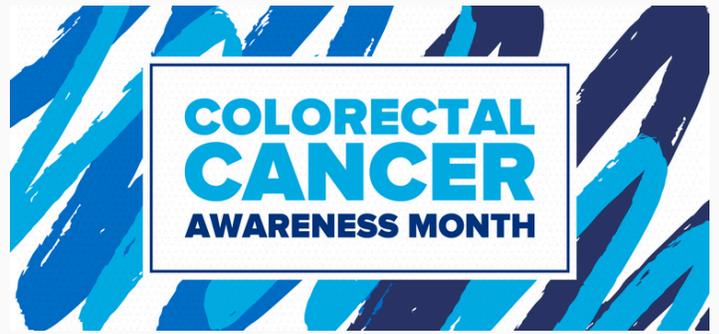
✔ Health Related Booths  
with prizes and giveaways

📅 Saturday - April 18, 2026

🕒 8:00 am - 10:00 am

📍 Seneca Knights of Columbus  
211 Knights of Columbus Dr.

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



March is Colorectal Cancer Awareness Month, a time dedicated to raising awareness about one of the most preventable yet still one of the most common cancers affecting both men and women.

## Why It Matters

Colorectal cancer often develops without noticeable symptoms in its early stages. That's why screening is so important. When detected early, the five-year survival rate is about 90%. Unfortunately, many cases are found later simply because screening was delayed. The good news is that screening saves lives.

## Who Should Be Screened?

The American Cancer Society recommends regular screening beginning at age 45 for individuals at average risk. You may need to begin earlier if you have:

- A family history of colorectal cancer
- A personal history of inflammatory bowel disease
- Certain genetic conditions

If you're unsure when to start, talk with your primary care provider. A simple conversation can make a life-saving difference.

## Know the Signs & Symptoms

While early stages may not cause symptoms, be mindful of:

- Changes in bowel habits
- Blood in or on the stool
- Persistent abdominal discomfort
- Unexplained weight loss
- Ongoing fatigue

## Screening Options

Screening methods may include:

- Colonoscopy
- Stool-based testing
- Other imaging studies

Contact your SFP primary care provider at 785-336-6107 today to discuss your screening test options.

## PROTECTING ACCESS TO CARE: WHAT 340B MEANS FOR OUR COMMUNITY

You may have heard discussion recently about the 340B program and its importance to rural hospitals like Nemaha Valley Community Hospital. The 340B Drug Pricing Program allows eligible hospitals to purchase certain medications at discounted prices. These savings are not profits — they are reinvested directly back into patient care and essential services that support our community.

For rural hospitals, 340B plays a critical role in sustaining access to care close to home. The savings help offset the high costs of providing services in a small community where patient volumes are lower but the need remains constant. Programs such as maternity care, behavioral health services, oncology, and long-term care are supported in part by these resources. Without them, maintaining certain services in rural areas becomes significantly more challenging.

As conversations continue at the state and federal levels, our focus remains clear: protecting access to affordable medications and essential health services for the people we serve. Programs like 340B help ensure that individuals and families in Nemaha County can receive high-quality care without traveling far from home. Rural health care matters, and we remain committed to strengthening services right here in our community.

## NEPHROLOGY

### Lakshmi Duvvur, M.D.

Dr. Duvvur has over 26 years of experience in the medical field and specializes in treating conditions related to Kidney Disease and Hypertension.



### Haley Wingerson, APRN

Haley's approach to medicine is working with the patient and other providers to present the best options and allow the patient to make the choice of what is best for their health.



Appointments are made through Cotton O'Neil Clinics at 785-270-8670.

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

## SUPPORTING LOCAL HEALTH CARE & STRENGTHENING OUR COMMUNITY

The Nemaha Valley Health Care Foundation exists for one simple reason: to ensure exceptional health care remains strong, accessible, and close to home for the families of Nemaha County and the surrounding communities. Through generous donor support, the Foundation helps fund critical equipment, facility improvements, patient programs, and workforce development initiatives that directly impact the care provided at Nemaha Valley Community Hospital and Seneca Family Practice.

Over the years, community contributions have supported projects ranging from advanced medical equipment and technology upgrades to facility renovations and patient-centered enhancements. These investments allow NVCH to continue expanding services, modernizing care environments, and attracting and retaining high-quality providers and staff — ensuring our hospital remains a cornerstone of rural health care in our region. This cycle of giving and growth keeps health care strong not just today, but for years to come.

Every gift, no matter the size, makes a meaningful difference. When you support the Nemaha Valley Health Care Foundation, you are investing in neighbors, families, and the long-term vitality of our community. Together, we are building a healthier future — close to home.

Nemaha Valley Community Hospital is proud to offer access to specialized nephrology services for patients in our community. Kidney health plays a critical role in overall wellness, particularly for individuals managing chronic conditions such as hypertension and diabetes. Through our partnership with Cotton O'Neil Clinics, patients can receive expert care without traveling far from home.

Lakshmi Duvvur, M.D., brings more than 26 years of medical experience and specializes in treating kidney disease and hypertension. Her extensive background allows patients to receive comprehensive evaluation and management of complex kidney-related conditions, with a focus on long-term health and stability.

Haley Wingerson, APRN, works collaboratively with patients and other providers to present the best treatment options and empower patients to make informed decisions about their care.

This team-based, patient-centered approach ensures individuals feel supported and confident in their healthcare journey.

Appointments for nephrology services are scheduled through Cotton O'Neil Clinics at 785-270-8670. If you or a loved one are experiencing concerns related to kidney health or blood pressure management, talk with your provider about whether a referral to nephrology is right for you.



Save the Date

**Charity Golf Classic**

06.19.26

30th Annual Nemaha Valley Health Care Foundation

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