

MEN'S HEALTH



MESSAGE FROM THE ADMINISTRATOR

Kiley Floyd, CEO



Nemaha Valley Community Hospital and staff are committed to investing in the services, technology, equipment, and facilities needed to support high-quality care close to home. As the needs of our patients and community continue to grow, we remain focused on making thoughtful improvements that strengthen the care we provide today while preparing us for the future.

These investments can be seen throughout our organization. The current remodel project in our lab is an opportunity for us to expand in-house testing, reducing the time it takes to get test results, and ultimately providing more efficient care.

Investing in local health care is about more than buildings and equipment. It is about making sure

patients and families have access to the care they need without unnecessary travel, supporting our staff with the tools and space they need to do their jobs well, and strengthening the long-term health of the communities we serve. Every improvement, large or small, helps us continue providing safe, efficient, and personalized care.

We are grateful for the continued support of our community, staff, providers, Foundation donors, and partners who help make these improvements possible. Together, we are building a stronger future for local health care and continuing our mission of partnering with our patients on their wellness journey.

Thank you for your continued support. Great things are happening and we are proud to be able to serve our communities.

Kiley Floyd, CEO

A REMINDER FOR MEN: YOUR HEALTH MATTERS

June is Men's Health Month, a time to encourage men and boys to take an active role in their health and well-being. Too often, men put off routine checkups or wait until something feels wrong before seeing a provider. Preventive care is one of the best ways to catch health concerns early, manage risk factors, and support long-term wellness.

Regular visits with a primary care provider can help monitor important health numbers such as blood pressure, cholesterol, blood sugar, and weight. These visits are also a good time to talk about recommended screenings, including colorectal cancer screening beginning at age 45, prostate cancer screening based on personal risk and provider guidance, and lung cancer screening for those who meet certain smoking history criteria. Men should also feel comfortable discussing concerns such as fatigue, sleep issues, stress, mental health, changes in activity level, or family history of disease.

Taking care of your health does not have to be complicated. Small steps such as staying active, eating a balanced diet, getting enough sleep, limiting tobacco and alcohol use, managing stress, and keeping up with

routine appointments can make a meaningful difference. Men's Health Month is a great reminder that making your health a priority is not only important for you, but also for the people who depend on you.

If it has been a while since your last checkup, consider scheduling an appointment with your SFP primary care provider. Preventive care and early detection can help identify concerns before they become more serious and can help you stay on track for a healthier future. Call 785-336-6107 to schedule your appointment today!



SAFE SUMMER ADVENTURES: KNOWING WHERE TO GO FOR CARE

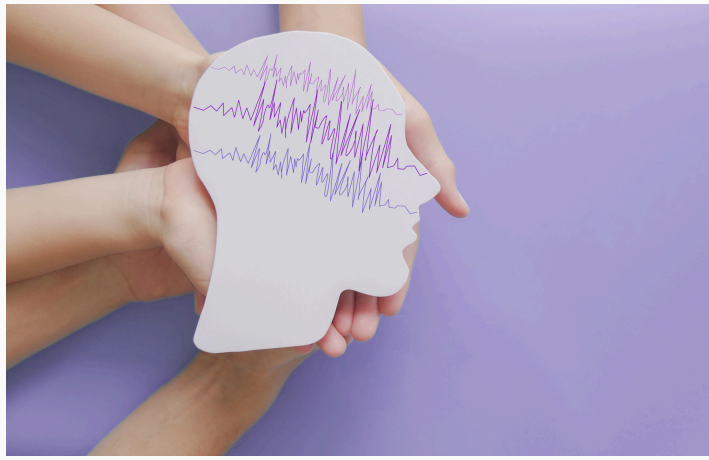
Summer is a great time to enjoy the outdoors, travel, sports, yard work, and time with family and friends. With all of that activity, summer can also bring unexpected illnesses and injuries, such as dehydration, sunburns, sprains, insect bites, minor cuts, allergic reactions, and heat-related concerns.

For non-emergency summer health concerns, Seneca Family Practice is often the best place to start. Common issues such as heat exhaustion, dehydration, swimmer's ear, insect or tick bites, poison ivy, rashes, allergies, minor cuts, sprains, and sports-related injuries can often be evaluated and treated in the clinic setting. Your provider can also help with follow-up care, medication questions, and prevention tips to keep you and your family healthy all summer long.

Emergency care should be used for serious or potentially life-threatening concerns. Go to the Emergency Department or call 911 for symptoms such as chest pain, difficulty breathing, signs of stroke, severe allergic reactions, major injuries, deep wounds with heavy bleeding, head injuries, severe dehydration, confusion, fainting, or signs of heat stroke.

When in doubt, it is always better to seek medical guidance. Whether you need routine care, same-day guidance, or emergency treatment, NVCH and Seneca Family Practice are here to help keep your summer safe and healthy.





June is Alzheimer’s & Brain Awareness Month, a time to raise awareness about Alzheimer’s disease and other forms of dementia, support families and caregivers, and encourage healthy habits that promote brain health. Alzheimer’s is more than occasional forgetfulness; it is a progressive disease that affects memory, thinking, behavior, and the ability to complete everyday tasks.

Recognizing the warning signs early is important. While some memory changes can be a normal part of aging, concerns such as frequent confusion, difficulty completing familiar tasks, trouble following conversations, getting lost in familiar places, changes in mood or personality, or increased difficulty managing finances or medications should be discussed with a health care provider. Early conversations can help patients and families better understand what may be happening, access available resources, and plan for the future.

Brain health matters at every age. Regular physical activity, quality sleep, social connection, managing blood pressure and diabetes, avoiding tobacco, eating a balanced diet, protecting your head from injury, and continuing to challenge your mind can all support overall brain health. Even small lifestyle changes can make a difference over time.

This June, take time to check in on your own brain health and the health of those you love. If you or a loved one are experiencing memory concerns or changes in thinking, talk with your Seneca Family Practice primary care provider at 785-336-6107.

Support, education, and early guidance can make a meaningful difference for individuals and families facing Alzheimer’s disease or dementia.

For more information and resources, visit www.alz.org.

RADIATE CONFIDENCE THIS SUMMER

NEMAHA VALLEY
Community Hospital & Seneca Family Practice

REFRESH.
RENEW.
Radiate.



Botox treatments to help you look and feel your best this season.

\$10 PER UNIT
while supplies last

The average treatment per area is:

- ✓ Between the brow – 16-25 units
- ✓ Forehead – 10-20 units
- ✓ Crow's feet – 14-20 units



SCHEDULE YOUR APPOINTMENT TODAY!

Call our Outpatient Clinic

785-336-0462

GOLF BALL

DROP

\$5 Per Ball

600 Golf Balls will be sold

Call 785-336-0426 or contact any Golf Committee Member to purchase your golf balls today!

Committee members include Travis Stallbaumer, TJ Haverkamp, Kris Enneking, Bill Koelzer, Lois Crosier, Jeff Kidd and Courtney Schmelzle

NEMAHA VALLEY
Community Hospital & Seneca Family Practice

HYDRATION MATTERS: SIMPLE WAYS TO PREVENT DEHYDRATION

As temperatures rise and summer activities pick up, staying hydrated becomes even more important. Whether you are working outside, playing sports, gardening, traveling, or spending time at the lake, your body needs enough fluids to function properly and stay healthy.

Dehydration can happen when your body loses more fluids than it takes in. Common signs may include thirst, dry mouth, headache, dizziness, fatigue, dark-colored urine, or muscle cramps. Older adults, young children, athletes, and those working outdoors may be at a higher risk, especially during hot and humid weather.

The best way to prevent dehydration is to drink water throughout the day, not just when you feel thirsty. It can also help to take breaks in the shade, wear lightweight clothing, limit time outdoors during the hottest part of the day, and replace fluids after sweating. If you are exercising or working outside for long periods, you may also need to replace electrolytes.

This summer, make hydration part of your daily routine. Keep a water bottle nearby, encourage family members to drink water regularly, and pay attention to how your body feels. If you or someone you know experiences confusion, fainting, severe weakness, or signs of heat illness, seek medical care right away.



ADVANCED CARE, LOCAL ACCESS

At Nemaha Valley Community Hospital, we take pride in providing accessible, high-quality care close to home. Through our Outpatient Specialty Clinic, patients can receive expert consultation, diagnosis, treatment, and follow-up care without having to travel far from their community.

Our Outpatient Specialty Clinic connects patients with a dedicated team of visiting specialists across a wide range of medical disciplines. By offering specialty care locally, patients benefit from convenient access, coordinated referrals, and a collaborative approach between their primary care provider and specialist.

From managing chronic conditions and completing follow-up evaluations to providing advanced diagnostics and specialized treatment plans, our clinic is designed to support patients throughout their health care journey with efficiency, compassion, and personalized care.

We are proud of the work being done every day in our Outpatient Specialty Clinic and the positive impact it has on the lives of those we serve. To learn more about available specialty services, please contact Stephanie Wurtz at 785-336-0462 or visit www.nemvch.com.

Specialty services include:

- Allergy, Asthma & Immunology
- Audiology
- Cardiology
- Dermatology
- Diabetes & Endocrinology
- Ear, Nose & Throat
- Foot Care
- General Surgery
- Nephrology
- Neurology
- OB/GYN
- Oncology & Hematology
- Ophthalmology, Cataracts & YAGs
- Orthopedics
- Pain Management
- Podiatry
- Psychiatry
- Urology
- Wound Care