



MESSAGE FROM THE ADMINISTRATOR

Kiley Floyd, CEO



As we recognize National Hospital Week, we pause to celebrate and sincerely thank the extraordinary staff of Nemaha Valley Community Hospital for their unwavering dedication, compassion, and service to our communities.

Healthcare is a calling and nowhere is that more evident than in a rural hospital setting. Every day, our providers, nurses, allied health professionals, support staff, and administrative teams rise to meet challenges that often exceed those seen in larger, urban systems. The responsibility feels even greater when our patients are our families, friends, and neighbors. Yet our staff meets these demands with professionalism, resilience, and an unmistakable commitment to the people they serve.

At Nemaha Valley Community Hospital, healthcare is personal. We know our patients—not just as names on a chart, but as individuals and members of our community. This connection is both a privilege and a responsibility, one our staff carries with extraordinary care and empathy.

Over the years, and especially during times of unprecedented strain, our healthcare professionals have faced challenges that require strength far beyond clinical expertise alone.

From emergency response and acute care to long-term recovery and end-of-life support, the physical and emotional investment required of our team is profound. Time and again, they rise to the occasion—supporting not only patients, but families and one another.

Healthcare is never the work of one individual. It requires collaboration, trust, and a shared mission. Our success is built on strong partnerships with community organizations, regional providers, and local leaders who share our commitment to keeping Nemaha County among the healthiest communities in the state. Together, we form a circle of care that strengthens all whom we serve.

During National Hospital Week, May 10–16, we take special time to express our gratitude—not only for what our staff does, but for who they are. Their kindness, resilience, and professionalism define Nemaha Valley Community Hospital and set the standard for rural healthcare excellence.

To every member of our hospital family: thank you. Thank you for your dedication, your compassion, and your tireless service. Your work matters, your commitment makes a difference, and your impact is felt far beyond our hospital walls.

To our patients and families: thank you for trusting us. We are deeply grateful and proud to stand alongside you.

We are Nemaha Valley Community Hospital.

Kiley Floyd, CEO

MAY IS MELANOMA AND SKIN CANCER AWARENESS MONTH

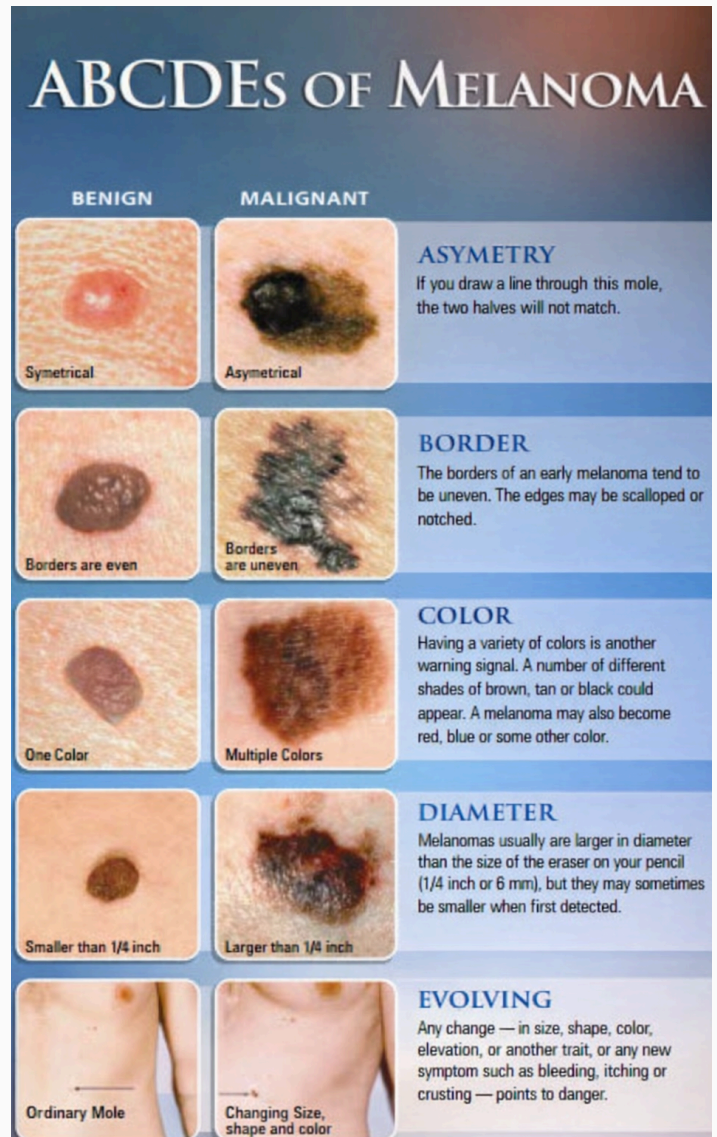
As we head into warmer weather, it's the perfect time to think about protecting your skin. Skin cancer is one of the most common cancers, but it's also highly preventable and treatable when caught early.

Melanoma, the most serious type of skin cancer, can develop quickly—but early detection saves lives. Be sure to watch for changes in your skin, including new or changing moles, uneven borders, multiple colors, or spots that grow or evolve over time.

Simple steps can make a big difference: wear sunscreen with SPF 30 or higher, seek shade during peak sun hours, and avoid tanning beds. Just as important—don't skip your annual skin check.

Make Your Appointment Today! It's easy to put off, but a quick and painless check could save your life. Schedule your annual dermatology skin check with Tiffany Engelken, APRN today by calling our Outpatient Clinic at 785-336-0462.

Taking a few extra steps today can help protect your health for years to come. Stay safe, stay protected, and enjoy the sunshine responsibly.



DERMATOLOGY SERVICES

Tiffany Engelken, APRN

- Skin exams
- Acne & other skin issues
- Mole checks & removal
- Skin cancer treatment
- Cosmetic Botox & Fillers
- and much more

Call 785-336-0462 to schedule your appointment today.

ACCEPTING NEW PATIENTS

NEMAHA VALLEY
Community Hospital & Seneca Family Practice

Nemaha Valley Community Hospital is proud to offer dermatology services right here in our community with Tiffany Engelken, APRN. Tiffany provides a wide range of care, including skin exams, acne treatment, mole checks and removal, skin cancer treatment, and cosmetic services such as Botox and fillers. Having access to these services locally means less travel and more convenience while receiving high-quality, personalized care.

Skin health is an important part of your overall well-being, and regular skin checks can help detect concerns early. Tiffany is currently accepting new patients and is here to help you feel confident in your skin. To schedule your appointment, call our Outpatient Clinic at 785-336-0462.

A quick visit today could make a lasting difference for your health.



Did you know that 1 in 5 adults in the U.S. experiences mental illness each year? Mental health is just as important as physical health, yet it is often overlooked or stigmatized.

Mental health impacts how we think, feel, and act. It affects how we handle stress, relate to others, and make everyday decisions. Whether you're facing anxiety, depression, or another mental health

challenge, it's important to know you're not alone—these conditions are common and treatable.

One of the biggest barriers to getting help is stigma. Too often, people hesitate to speak up because they fear judgment or misunderstanding. By having open conversations about mental health, we can break down those barriers and create a more supportive environment for everyone.

There are simple ways we can support mental well-being—both for ourselves and others. Take time to check in with friends, family, or coworkers. Practice self-care and make space for rest and activities you enjoy. Learn to recognize warning signs like persistent sadness, excessive worry, or noticeable changes in behavior. And most importantly, don't hesitate to seek professional help when needed—support is available, and it can make a meaningful difference.

Let's continue the conversation. By speaking openly, encouraging one another, and prioritizing our well-being, we can build a stronger, healthier community.

If you're struggling with your mental health and would like help finding the right tools and resources, please call Seneca Family Practice at 785-336-6107 to schedule an appointment with your primary care provider. Remember, asking for help is a sign of strength—and your mental health matters.

BEHAVIORAL HEALTH THERAPY

Danielle Reeves, LCMFT

Danielle provides a safe, non-judgmental space for individuals and families to speak their truth and be fully themselves. She works with clients experiencing anxiety, depression, and life transitions, recognizing that life's challenges can leave people feeling off balance.

Danielle takes a systemic approach to therapy, seeing each person as a whole—with strengths, passions, and experiences that shape their mental and emotional health. She is honored to support clients as they take the courageous step toward healing and growth.

Call SFP at 785-336-6107 to schedule a tele-health appointment. Referral required.

NEMAHA VALLEY
Community Hospital & Seneca Family Practice

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

KNOW YOUR NUMBERS

May is High Blood Pressure Awareness Month—a time to focus on one of the most common and often unnoticed health conditions. High blood pressure, also known as hypertension, is often called the “silent killer” because it typically has no symptoms but can lead to serious health problems like heart disease and stroke if left untreated. The only way to know if you have high blood pressure is to have it checked regularly.

Several factors can contribute to high blood pressure, including family history, age, poor diet, lack of physical activity, stress, and tobacco use. The good news is that small lifestyle changes can make a big impact. Eating a balanced diet low in sodium, staying active, maintaining a healthy weight, and managing stress can all help keep your blood pressure in a healthy range.

At Nemaha Valley Community Hospital and Seneca Family Practice, we encourage our community to take a proactive approach to their health. Regular check-ups and blood pressure screenings are simple but important steps in preventing long-term complications. Take time this month to know your numbers and protect your heart.

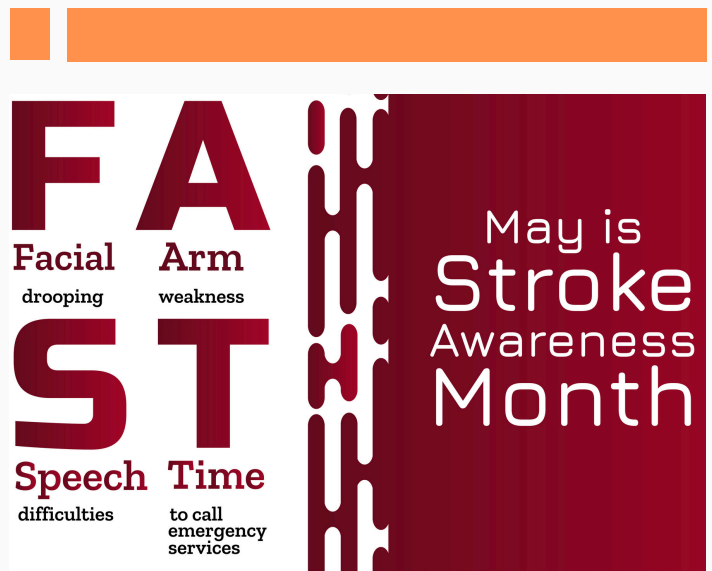


**LEARN TO RIDE
BIKE CAMP**

JUNE 1ST & 2ND | 8AM-10AM
Nemaha County Community Building Parking Lot

- ★ Open to ages 4 years and older who want to learn how to ride without training wheels
- ★ \$10 per child
- ★ To register call the NVCH Therapy Department at 785-336-0428. Register by May 22nd
- ★ Bike is required, helmet will be provided to each participant

NEMAHA VALLEY
Community Hospital & Seneca Family Practice



F A
Facial drooping Arm weakness

S T
Speech difficulties Time to call emergency services

May is
**Stroke
Awareness
Month**

A stroke occurs when blood flow to part of the brain is interrupted, preventing it from receiving the oxygen and nutrients it needs. Because the brain controls so many vital functions, a stroke can affect movement, speech, memory, and more—depending on where it occurs and how much of the brain is impacted. Without oxygen, brain cells begin to die within minutes, which is why immediate medical attention is so important. The faster treatment begins, the better the chances of reducing long-term damage.

Since each side of the brain controls the opposite side of the body, the effects of a stroke often appear on one side. A stroke on the left side of the brain may cause weakness or paralysis on the right side, along with speech or language difficulties. A stroke on the right side of the brain may impact the left side of the body and can lead to vision problems or changes in awareness and behavior. While symptoms may vary, recognizing them quickly is critical.

When it comes to stroke, every second matters. Prompt medical treatment can significantly reduce long-term damage and improve recovery outcomes. If you or someone around you shows signs of a stroke, don't wait—call 911 right away.

At Nemaha Valley Community Hospital, our Emergency Department is available 24/7 to respond quickly when every second counts.

Take a moment today to learn the signs of stroke and share them with your family and friends. Being prepared could help save a life—maybe even your own.