



MESSAGE FROM THE ADMINISTRATOR

Kiley Floyd, CEO



Now that the remodel work is complete, we are settling back into routine building maintenance. We want our spaces to feel clean, comfortable, and welcoming for everyone who walks through our doors. From time to time, that means updating carpeting or flooring in older areas, and sometimes a fresh coat of paint is all it takes to brighten a room.

We will also be making a few updates to improve privacy during registration at Seneca Family Practice. Space is limited, but even small changes can make a meaningful difference in helping protect your personal information and making the registration process feel more comfortable.

On the hospital side, there are three private offices available in addition to the front desk for patient registration. Some days, this may mean you have to wait just a little longer, and we appreciate your patience when that happens. These offices were designed with patient privacy in mind, and our staff will be glad to assist you as soon as they are available.

We know it can be frustrating to be asked for information you believe we already have in our system. Please know there is a reason we ask. Insurance coverage can change, personal situations can change, and system updates can sometimes affect the information we have on file. Our goal is always to make registration as smooth and easy as possible while making sure we have accurate information to support your care. Thank you for your patience and understanding.

In the near future, due to regulatory requirements and system updates, patients will need to verify insurance information each time they register. We understand this will be an adjustment and may feel like one more step in an already busy process. We will do our best to keep you informed as this change moves forward and to explain what it will mean for you.

Healthcare is not getting easier for anyone, and we understand that our patients are feeling those challenges too. We are grateful for your patience, your feedback, and the trust you place in us. Thank you for allowing us to care for you and for working with us as we continue to improve.

Kiley Floyd, CEO

BACK-TO-SCHOOL SUCCESS STARTS WITH HEALTHY SLEEP

As the new school year begins, one of the most important ways to help your child succeed is by establishing a healthy sleep routine.

Getting enough quality sleep helps children stay focused, improves memory and learning, supports emotional well-being, and keeps their immune system strong.

How Much Sleep Do Children Need?

The American Academy of Sleep Medicine recommends:

- Preschoolers (3–5 years): 10–13 hours
- School-age children (6–12 years): 9–12 hours
- Teenagers (13–18 years): 8–10 hours

Tips for Healthy Sleep

- Start early. Begin adjusting bedtime and wake-up times a week or two before school starts.
- Be consistent. Keep the same sleep schedule on weekdays and weekends.
- Limit screen time. Turn off electronics at least an hour before bedtime.
- Create a relaxing bedtime routine and keep the bedroom cool, dark, and quiet.

Healthy sleep habits help students learn, grow, and thrive throughout the school year. By making sleep a priority, parents can help set their children up for success both in the classroom and beyond. Here's to a healthy and successful school year from all of us at Nemaha Valley Community Hospital and Seneca Family Practice!



SUPPORTING MOMS AND BABIES FROM THE VERY BEGINNING

Each year, World Breastfeeding Week (August 1–7) celebrates the many benefits of breastfeeding and recognizes the importance of supporting mothers as they begin their breastfeeding journey. Breastfeeding provides ideal nutrition for babies, strengthens their immune system, and promotes healthy growth and development. It also offers health benefits for mothers, including promoting recovery after childbirth and reducing the risk of certain diseases.

At Nemaha Valley Community Hospital, we are committed to providing exceptional care for growing families before, during, and after delivery. Our experienced obstetrics team offers personalized care in our newly renovated OB Suites, designed to provide a comfortable, welcoming environment for mothers and their families. Each private suite combines modern amenities with the personalized, compassionate care you expect from your hometown hospital.

Our team includes International Board Certified Lactation Consultant (IBCLC) Dana Deters, RN, BSN, who provides breastfeeding education and support to help families feel confident both in the hospital and after returning home. Whether you're a first-time parent or welcoming another addition to your family, we're here to answer questions, offer encouragement, and help you achieve your feeding goals.

This World Breastfeeding Week, we celebrate every family's journey and remain dedicated to helping mothers and babies get the healthiest possible start. To learn more about our obstetrics services or to schedule a tour of our newly renovated OB Suites, call Nemaha Valley Community Hospital at 785-336-6181.



UROLOGY SERVICES

Laki Evangelidis, M.D.

- Adult and child urology
- Cystoscopy
- Vasectomy
- Prostate ultrasound/biopsy
- Incontinence evaluation/treatment
- Robotic and laparoscopic (minimally invasive) surgery

Jeff Parker, PA-C

Jeff serves as Dr. Evangelidis' PA and his clinic is held the first Wednesday of each month.

Call NVCH at 785-336-0462 to schedule your appointment today. Referral required.

NEMAHA VALLEY
Community Hospital & Seneca Family Practice

EXPERT UROLOGY CARE YOU CAN TRUST

Urologic conditions can affect people of all ages and have a significant impact on quality of life. That's why Nemaha Valley Community Hospital is proud to offer convenient access to expert urology care right here in our Outpatient Clinic.

Board-certified urologist Laki Evangelidis, M.D., provides comprehensive evaluation and treatment for a wide range of urologic conditions in both adults and children. Services include cystoscopy, vasectomy, prostate ultrasound and biopsy, incontinence evaluation and treatment, and robotic and laparoscopic (minimally invasive) surgical procedures.

Dr. Evangelidis is joined by Jeff Parker, PA-C, who assists with patient care during the monthly clinic. Your local clinic provides access to specialized care without the need to travel long distances.

Whether you're experiencing urinary concerns, have been referred for a procedure, or are seeking treatment for a chronic urologic condition, our experienced team is here to provide compassionate, personalized care close to home.

The Urology Clinic is held on the first Wednesday of each month. A referral is required. To schedule an appointment, call the Nemaha Valley Community Hospital Outpatient Clinic at 785-336-0462.



RECOVER CLOSE TO HOME WITH OUR SWING BED PROGRAM

When a hospital stay is over, some patients still need additional time, therapy, or skilled nursing care before they're ready to return home. That's where the Swing Bed Program at Nemaha Valley Community Hospital can help.

Our Swing Bed Program provides a smooth transition from acute hospital care to home or the next level of care by offering skilled nursing, rehabilitation services, and personalized care—all in the comfort of your local hospital.

Patients receive around-the-clock nursing care, access to physical, occupational, and speech therapy, wound care, nutritional counseling from a registered dietitian, social work services, discharge planning, and a variety of outpatient specialty services—all designed to help patients regain strength and independence. Our dedicated team of physicians, nurses, therapists, and support staff work together to develop an individualized care plan focused on each patient's recovery goals.

One of the greatest advantages of receiving Swing Bed care at NVCH is the opportunity to recover close to family, friends, and the community you call home. With personalized attention, compassionate caregivers, and convenient access to comprehensive services, we're committed to helping every patient make a safe and successful transition back home.

If you or a loved one may benefit from our Swing Bed Program, talk with your healthcare provider or contact Nemaha Valley Community Hospital at 785-336-6181 to learn more.

ADVANCE DIRECTIVES: MAKE YOUR WISHES KNOWN

While it's not always easy to think about future healthcare decisions, having an Advance Directive in place ensures your wishes are known if you're ever unable to speak for yourself. An Advance Directive is a legal document that guides your family, caregivers, and healthcare team regarding the medical care you want during a serious illness or medical emergency.

Advance Directives aren't just for older adults. An unexpected illness or injury can happen at any age, making it important for every adult to have a plan. By completing these documents ahead of time, you can help ensure your healthcare preferences are honored, reduce stress for your loved ones, and prevent uncertainty during difficult times.

Durable Power of Attorney for Healthcare

A Durable Power of Attorney for Healthcare (DPOA-HC) allows you to appoint someone you trust to make healthcare decisions on your behalf if you are unable to do so. It's important to discuss your values and preferences with your chosen healthcare agent so they understand your wishes regarding hospitalization, life-sustaining treatment, hospice care, and other important decisions.

Living Will

A Living Will outlines the types of medical treatment you would or would not want if you have a terminal condition and are unable to communicate your wishes. Under the Kansas Natural Death Act, a Living Will allows you to specify whether you want life-sustaining treatments withheld or withdrawn so that the natural dying process may occur.

We're Here to Help

Nemaha Valley Community Hospital provides free assistance to anyone who would like help completing Advance Directive documents.

For more information or to schedule an appointment, contact Karla Hermes, LMSW, at 785-336-0421. Planning ahead today can provide peace of mind for you and your loved ones tomorrow.

LEAVE A LEGACY OF CARING THROUGH PLANNED GIVING

The impact you make on your community doesn't have to end with your lifetime. By including the Nemaha Valley Health Care Foundation in your will or trust, you can help ensure exceptional healthcare remains available for generations to come.

A planned gift is one of the simplest ways to make a lasting difference. It costs nothing today, yet it creates a legacy that supports the future of Nemaha Valley Community Hospital. Your generosity can help fund advanced medical technology, enhance patient care, support healthcare education, and provide resources that benefit our community for years to come.

No matter the size of your gift, your legacy will reflect your commitment to the health and well-being of your family, friends, and neighbors. It's an opportunity to leave more than a gift—it's a chance to leave a lasting impact.

If you have already included the Nemaha Valley Health Care Foundation in your estate plans, we would love the opportunity to thank you. If you're considering a planned gift and would like to learn more, we're here to help. Leave a legacy of health, hope, and healing.

For more information about planned giving, contact Courtney Schmelzle at 785-336-0426.

