



MESSAGE FROM THE ADMINISTRATOR

Kiley Floyd, CEO



Each September, Nemaha Valley Community Hospital and Seneca Family Practice recognize Suicide Prevention Awareness Month. This observance gives us an important opportunity to raise awareness, encourage meaningful conversations, and remind one another that mental health support matters every day of the year.

In recent years, this message has become even more meaningful. Heartbreaking losses in our communities remind us that mental health challenges and suicide can affect individuals, families, schools, and neighborhoods. These experiences underscore the importance of speaking about mental health openly, compassionately, and without stigma.

Education is a vital part of prevention. We may not always know what someone beside us is carrying, but we can learn to recognize warning signs, become familiar with available resources, and make conversations about mental health a normal part of how we care for one another. Asking for support is not a weakness; it is a sign of strength, and every person deserves to know that help is available.

Suicide prevention extends far beyond one month. By continuing to increase awareness, reduce stigma, and make mental health resources easier to discuss and access, we can help build a stronger and more supportive community. If you or someone you care about is struggling, please reach out to a trusted person, health care provider, local support resource, or the 988 Suicide & Crisis Lifeline. You do not have to navigate it alone; support and care are available.

Kiley Floyd, CEO

YOU MATTER. YOUR STORY MATTERS.

Suicide prevention is always important, but recent losses in our area communities have brought this message closer to home.

Over the past several months, our area has experienced heartbreaking losses of young lives to suicide. These losses ripple through our schools, workplaces, churches, teams and entire communities, reminding us that we may not always know what someone is carrying.

Sometimes the person who is struggling is the one who is smiling, going to school, showing up for practice and appearing to be “okay.” That is why checking in with one another matters.

Ask the extra question. Sit with someone a little longer. Listen without immediately trying to fix the problem.

For our young people especially, we want you to know this: Whatever you are facing today does not have to define your tomorrow. A difficult season, a mistake, a breakup, problems with friends, pressure at school or feelings that seem overwhelming right now can change. You are important, you are valued, and there are people who want to help you through it.

And to parents, grandparents, teachers, coaches and other trusted adults—keep having the conversations, even when they are uncomfortable. Pay attention to changes in behavior or mood and make sure the young people in your life know they have a safe place to turn.

Suicide prevention isn't something that belongs only to mental health professionals. It belongs to all of us. We can create a community where asking for help is viewed as a sign of strength and no one feels they have to face their darkest moments alone.

This Suicide Prevention Month, let's make an extra effort to check on our people—even the ones who seem to be doing just fine.

A conversation may feel small. To someone who needs it, it may mean everything.

THIS MONTH, WE CHALLENGE YOU...

Check in with the young people in your life.



Know the teenager who always seems happy?
CHECK IN.



The athlete who seems to have it all together?
CHECK IN.



The quiet kid who keeps to themselves?
CHECK IN.



Your child's friend who is always at your house?
CHECK IN.



The student, neighbor, coworker or family member you haven't heard from lately?
CHECK IN.

You never know what someone may be going through.

A SIMPLE CHECK-IN CAN MAKE A BIG DIFFERENCE.

5 ACTION STEPS THAT CAN SAVE A LIFE



ASK.
Ask if they are thinking about suicide. Asking doesn't cause harm. It shows you care.



BE THERE.
Listen without judgment. Let them know they are not alone.



HELP KEEP THEM SAFE.
Remove access to lethal means and reduce immediate risks.



HELP THEM CONNECT.
Encourage them to reach out to a trusted adult or mental health professional.



FOLLOW UP.
Check in again. Keep the door open and show your care.

Ask. Listen. Be present. Follow up.

You don't have to be a mental health professional to make a difference.

YOU JUST HAVE TO CARE.

**TOGETHER,
WE CAN CREATE
HOPE AND SAVE LIVES.**



If you or someone you know is struggling or in crisis, help is available.

**CALL OR TEXT
988**

**SUICIDE & CRISIS
LIFELINE**
24/7 • FREE • CONFIDENTIAL

AWARENESS ♥ COMPASSION ♥ CONNECTION ♥ HOPE

MENTAL HEALTH SUPPORT, CLOSE TO HOME

You don't have to face mental health challenges alone. Nemaha Valley Community Hospital and Seneca Family Practice offer behavioral health therapy and medication management services to help individuals get the support they need, close to home.

Behavioral health therapy is available with Ben Piper, LCPC, NCC, RPT-S, who specializes in depression, anxiety, behavioral disorders and trauma, as well as Danielle Reeves, LCMFT, who provides a whole-person approach to mental and emotional health. Shelly Dudley, APRN, also provides a monthly telehealth Behavioral Health and Medication Management Clinic through Stormont Vail Health.

Whether you're struggling yourself or concerned about someone you love, reaching out can be an important first step. You don't have to wait until things feel overwhelming to seek support. Taking care of your mental health is an important part of taking care of your overall health and well-being. Asking for help is a sign of strength—and support is closer than you may think.

KNOW YOUR NUMBERS: CHOLESTEROL AWARENESS

Cholesterol is something many of us have heard about, but do you know your numbers? High cholesterol often has no signs or symptoms, which means you may not know there is a problem without having your cholesterol checked.

Cholesterol is a waxy substance your body needs to function, but too much of certain types can cause plaque to build up in your arteries. Over time, this can increase your risk for heart disease and stroke. Your cholesterol screening typically includes LDL ("bad" cholesterol), HDL ("good" cholesterol), triglycerides and total cholesterol.

The good news is that there are steps you can take to improve your cholesterol and protect your heart. Eating a heart-healthy diet, staying physically active, maintaining a healthy weight, avoiding tobacco and taking medications as prescribed can all make a difference.

One easy way to stay on top of your numbers is by getting your annual lab work done at Nemaha Valley Community Hospital. Routine lab work can provide valuable information about your cholesterol and other important areas of your health. Contact your Seneca Family Practice primary care provider to schedule your annual checkup and make sure your recommended screenings and lab work are up to date.

Knowing your numbers is an important part of taking care of yourself. Talk with your healthcare provider about your cholesterol levels, personal risk factors and how often you should be screened. Small changes today can make a big difference for your heart tomorrow.



PODIATRY SERVICES

**David Waters,
DPM, FACFAS**

Nationally recognized foot and ankle surgeon Dr. David Waters, DPM, FACFAS, brings experience in treating a wide range of foot and ankle conditions, from common concerns to complex reconstruction and total ankle replacement.

His goal is to help patients reduce pain, restore mobility and return to the activities they love.

Call Outpatient Clinic at 785-336-0462 to schedule your appointment today.



NEMAHA VALLEY
Community Hospital & Seneca Family Practice

FLU SHOT CLINICS



DRIVE THRU CLINICS

No appointment needed

OCTOBER 7TH
8AM - 6PM

OCTOBER 14TH
8AM - 6PM

Community Building Parking Lot
1500 Community Drive
Seneca, KS

*Please wear a short sleeve shirt
if possible.*

SATURDAY CLINICS

*At Seneca Family Practice: Walk-ins welcome
but appointment preferred*

OCTOBER 10TH
9AM - NOON

OCTOBER 17TH
9AM - NOON

- Flu consent forms available the day of or visit www.nemvch.com to print off and fill out ahead of time.
- Questions or to schedule an appointment call SFP at 785-336-6107.

NEMAHA VALLEY
Community Hospital & Seneca Family Practice

FUELING A SUCCESSFUL SCHOOL YEAR

As kids head back to school, good nutrition can play an important role in helping them feel their best and be ready to learn. Busy mornings, after-school activities and evening practices can make healthy eating challenging, but a little planning can go a long way.

Start with breakfast. After a night of sleep, kids need fuel to get their day started. Aim for a combination of protein, whole grains and fruit. Eggs and whole-grain toast, yogurt with fruit and granola, or even a peanut butter sandwich are quick options for busy mornings.

Pack smart snacks. Growing kids often need a boost between meals, especially if they participate in sports or activities after school. Try pairing a carbohydrate with a source of protein, such as an apple with peanut butter, cheese and whole-grain crackers, yogurt and fruit, or a simple trail mix.

Don't forget hydration. Encourage kids to carry a refillable water bottle and drink throughout the day. Water is the best choice for everyday hydration, while sugary drinks and energy drinks should be limited.

Think balance, not perfection. Healthy eating doesn't mean every meal or snack has to be perfect. Focus on regularly offering fruits, vegetables, whole grains, lean proteins and dairy or other calcium-rich foods while still allowing room for favorite treats.

Most importantly, remember that food is fuel. A well-nourished child is better prepared to learn, concentrate, stay active and take on the school day. Establishing healthy habits now can benefit kids well beyond the classroom.



PREVENT FALLS, PROTECT YOUR INDEPENDENCE

Falls can happen to anyone, but they become more common, and more serious, as we age. The good news is that many falls can be prevented. Simple steps such as keeping walkways free of clutter, using adequate lighting, wearing supportive shoes, installing grab bars and handrails, and staying active to maintain strength and balance can make a big difference. Taking a few precautions now can help you feel more confident and secure in your everyday activities.

It's also important to have your vision checked regularly and talk with your healthcare provider about medications or health conditions that may affect your balance. If you've fallen recently, feel unsteady when walking, or are worried about falling, don't ignore it.

Join us for our upcoming Fall Prevention Program to learn practical ways to reduce your risk of falls, improve your safety, and stay active and independent.

JOIN OUR FALL PREVENTION PROGRAM

TAKE YOUR FIRST STEP TO PREVENTING FALLS

Classes are:

- For caregivers and individuals with an increased fall risk
- Held Thursdays in October (1, 8, 22, 29)
- 11:00am - Noon
- Classes held in the NVCH Conference Room
- Focused on fall prevention education and exercise
- No cost



To register call the NVCH Therapy Department at 785-336-0428.

NEMAHA VALLEY
Community Hospital & Seneca Family Practice