



**NEMAHA VALLEY
COMMUNITY HOSPITAL**

People You Know... Care You Trust!



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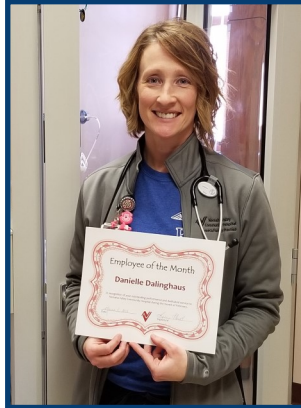
People You Know... Care You Trust!



APRIL 2019

Employee of the Month

Congratulations to Danielle Dalinghaus for being selected as our February Employee of the Month. Danielle displays an excellent work ethic and it shows in her work every day. She has volunteered to take on additional responsibilities within her department. Because of her willingness to go above and Beyond, the sleep study dictations have fewer errors and have a much quicker turnaround time.



Danielle also arrives to work early every day, so she has time to thoroughly review patient charts and prepare for the work day. She sincerely cares for each of her patients and is there for them from start to finish. Thank you Danielle for all that you do for NVCH, we are so lucky to have you on our team!

*Don't just meet expectations,
EXCEED them!*

You're Invited!

Saturday, April 6th

NVCH/SFP Health Fair
8:00am-11:00am

at Nemaha County Community Building
Contact Courtney Schmelzle at 785-336-0426

Wednesday, April 10th

**Alzheimer's Association Remote
Learning Session**

12:30pm-1:30pm at NVCH
Contact Courtney Schmelzle at 785-336-0426

Thursday, April 11th

Grief Support Group
7:00pm at NVCH

Contact Krista Stallbaumer or Sarah Kramer
at 785-336-6181

Tuesday, April 23rd

Diabetic Support Group
3:00pm-4:00pm at NVCH

Contact Karen Hynek at 785-336-6181

Message from the Administrator

Last year as I thought about recognizing all the work our volunteer Board of Trustees and Foundation Board members do on Nemaha Valley Community Hospital's behalf I used the following quote, "It's easy to make a buck. It's a lot tougher to make a difference. ~Tom Brokaw" I think this is still true today.

Too often our lives focus around our jobs. While most of us need to work to live, there is more to life than work. Our volunteer Boards give their time and talent to advise staff, develop strategic initiatives to ensure we are meeting the needs of the communities we serve, and roll up their sleeves and help with special events. These individuals are engaged! They do so much more than show up at

a monthly meeting. They have embraced the mission of Nemaha Valley Community Hospital and are active participants in our work.

We can never take for granted the time these individuals are willing to give. We are blessed with two Boards that include individuals who have made a pledge to ensure the success of the employees, medical staff, and organization as a whole.

Please join me in thanking these individuals for their dedication to Nemaha Valley Community Hospital and Seneca Family Practice.

Kiley Floyd, CEO

BE HEALTHY • BE HAPPY

2019 Health Fair

Saturday April 6th
Community Building • 8 a.m. - 11 a.m.

Sponsored by:
Nemaha Valley Community Hospital &
Seneca Family Practice
1600 Community Drive • Seneca, Kansas • 785-336-6181

BE YOU
(tiful)

**Lab work
available at the
2019 Health Fair
for \$20!**

*Men can add the PSA
test for \$10.*

Test panel includes

CBC
CMP
Lipid Panel
A1C
TSH

Save The Date

*June
21st
2019*

**23rd Annual Nemaha Valley
Health Care Foundation**

*3 Person
Scramble*

**Charity
Golf Classic**

Spring Creek Golf Course ~ Seneca, KS 66538
www.springcreek-seneca.com



Join us at our Health Fair and enjoy many health-related booths, discounted lab work, a bake sale, door prizes and much more!

It's never too early or too late to work toward being the healthiest you!

Celebrating 285 Years of Service

Nemaha Valley Community Hospital hosted their 3rd Annual Employee Recognition Celebration on Thursday, March 21st. Staff and community members were in attendance to acknowledge employee and coworker accomplishments throughout the year. The guest speaker was Paul Long. With his fun-loving attitude, infectious spirit and philosophy of "fundamism," Paul provided a memorable experiences for everyone who attended.

Several awards were also presented throughout the evening including Years of Service for employees with a milestone anniversary and five special recognition awards.

Years of Service Awards

285 combined years of service

***5 Years**—Rachel Dodd, Myra Haverkamp, Joshua Holthaus, Wenzel Pelone-Hula, Sharon McKinley & Courtney Strathman

***10 Years**—Julie Deters, Jennifer Matson, Laura O'Neil, Krista Stallbaumer, Melissa M. Stallbaumer & Dr. Angela Stueve

***15 Years**—Marceil Bergman, Brenna Enneking & Michael Stallbaumer

***20 Year**—Pamela Buessing, Mary Strathman & Carol Surdez

***30 Years**—Brenda Haug, Linda Kohake & Lori Risinger.

***35 Years**—Patricia Hermesch.

Special Recognition Awards

Rookie of the Year—Mary Sack

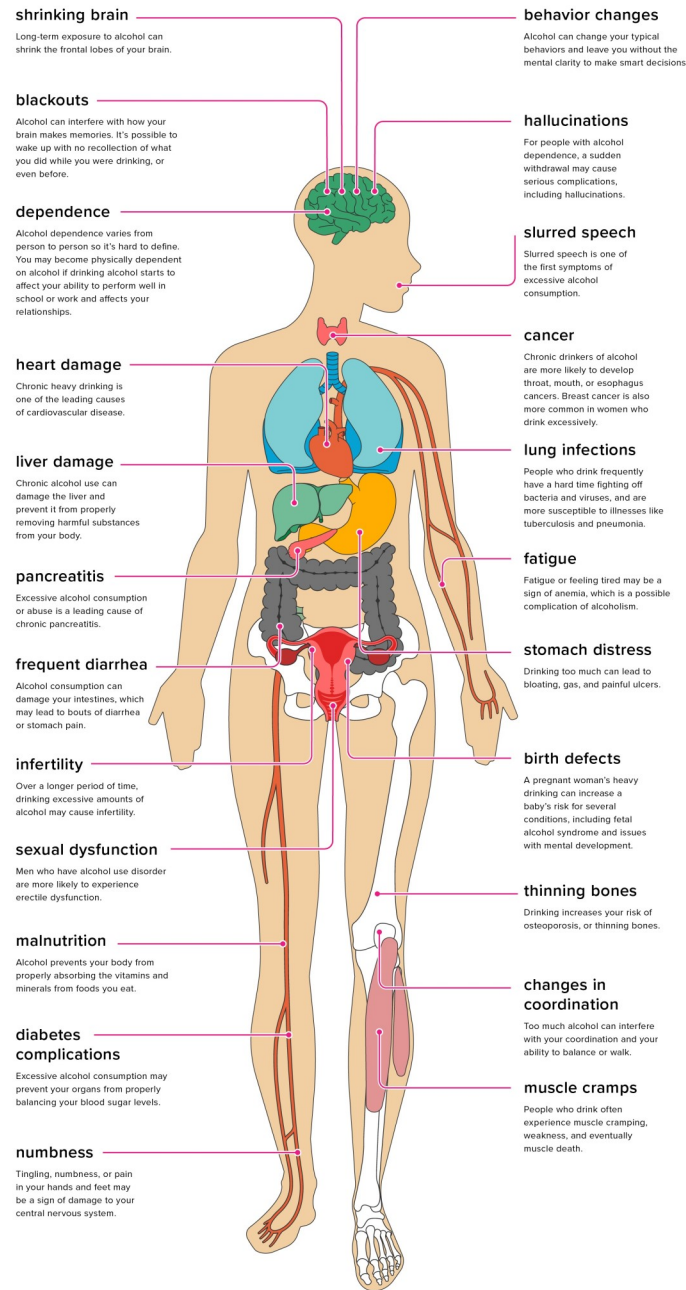
Compassionate Caregiver—Jacey Burdick

Outstanding Leadership—Courtney Strathman

Above and Beyond—Keith Henry

Volunteer of the Year—Bob Bartkoski

The Effects of Alcohol on Your Body



For the 2019 National Donate Life Month theme, Donate Life America was inspired by bicycles and the phrase "Life is a beautiful ride." Like the donation and transplantation journey, a bicycle serves as a symbol of progress, renewal and the moving circle of life.

Bicycles come in all styles, shapes and sizes, but each is comprised of the same components, essential to supporting the rider and converting their energy into motion. Similarly, organ, eye and tissue donation offers many ways to give hope, support and strength to patients waiting, recipients and donor families.

We each carry the potential to help make LIFE a beautiful ride for ourselves, and then for others, by registering as a donor, considering living donation, being a caregiver and championing the cause. In 2018, more than 36,500 transplants brought renewed life to patients and their families and communities.

More than 110,000 men, women and children currently await lifesaving organ transplants, another person is added to the nation's organ transplant waiting list every 10 minutes. Fortunately, one donor can save or heal the lives of more than 50 people. *In Nemaha County 75% of the individuals with a driver's license or an ID card are registered donors, one of the highest in the state!*

Registering at www.RegisterMe.org as a donor is a gift to your family, giving them certainty of your decision to help others in need. It is also a symbol of hope to those awaiting a lifesaving or healing transplant.

Nemaha County Ranked Among Top Healthiest Counties in Kansas

Nemaha County is the 2nd healthiest county in Kansas according to the 2019 County Health Rankings & Roadmaps, released in late March by the Robert Wood Johnson Foundation (RWJF) and the University of Wisconsin Population Health Institute (UWPHI).

The rankings are based on quality of life factors such as longevity and overall health status, including physical and mental health. It's a snapshot that compares counties within each state, illustrating that where you live influences how well and long you live.

The study placed Nemaha County in the top two of the Health Outcomes category, relating to length and quality of life, and fourth in Health Factors which include health behaviors, clinical care, social and economic factors and physical environment.

"Earning these high rankings recognizes both our efforts to enhance our healthcare services and the commitment made by residents, businesses and leaders to make health a priority. Building on a strong economy and an extensive support network, we can proactively overcome potential health risks and provide education on ways to further their quality of life." said Kiley Floyd, CEO for Nemaha Valley Community Hospital.

"Even with our continued high ranking, there are areas as healthcare providers we can work to improve the health of our communities," Floyd said. "Nemaha Valley Community Hospital has our 2018 Community Health Needs initiatives in place to address these issues."

Some of those initiatives include:

- Focusing on improving our overall mental health by offering Psychiatry and medication management services for children, adolescent and adult via telehealth. We are also collaborating with area mental health organizations to expand access to resources.
- Expanding our Diabetes Education by offering a Living Healthy with Diabetes Education Program and providing access to a Certified Diabetes Educator.
- Offering an extensive Cancer Care Resource Notebook for diagnosed cancer patients. Several of our staff are also trained in the iSurvived Cancer Survivorship Program.

Nemaha Valley Community Hospital remains committed to the health of our communities and values the information provided by the 2019 County Health Rankings & Roadmaps. We all have a role to play. Working together, we can make Nemaha County a healthier place for everyone to live, learn, work and play.



Gina Robertson, APRN-PMHNP



Psychiatry—Children & Adolescents Age 3-24 Specialty Clinic

Nemaha Valley Community Hospital would like to welcome Gina Robertson, APRN-PMHNP to our Out Patient Clinic via Tele-Health! Gina is with Stormont Vail Behavioral Health Center.



For appointments please contact Stormont Vail Behavioral Health Center Scheduling at 785-270-4630. Referral is required.

NVCH Outpatient Clinics

We have 34 specialty providers from across the region that provide you with exceptional care so you don't have to travel long distances to get the care you deserve.

To learn more about our Outpatient Clinic and the specialty physicians please visit the Outpatient Clinic section of our website at www.nemvch.com or call Stephanie Wurtz at 785-336-6181.

Thank You Volunteers!

In honor of National Healthcare Volunteer Week (April 7-13) we would like to express our most sincere gratitude toward our Volunteer Services Program, Board of Trustees, Foundation Board and PFAC Committee.

Nemaha Valley Community Hospital and Seneca Family Practice are very grateful for the time and dedication that our volunteer boards have put into our organization.

