



**NEMAHA VALLEY
COMMUNITY HOSPITAL**

People You Know... Care You Trust!



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COMMUNITY HOSPITAL**

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Join Us

*For our
Employee Recognition
Celebration*

**Thursday, March 21, 2019
5:30 to 8pm**

Knights of Columbus Hall in Seneca

*\$25 per person or \$175 for a table of 8
OPEN TO THE PUBLIC*

*Full meal, beer & wine provided
RSVP to: Mary Sack 785-336-6181*

*NVCH & Seneca Family Practice would like to recognize
employees who help make our hospital and community better.
Take a moment to suggest an employee for the
Compassionate Caregiver Award.*

*This award recognizes any employee who is involved in patient care
and demonstrates extraordinary compassion toward
patients and their families. Contact Mary Sack
785-336-6181 or stop by the hospital for a nomination form.*



Guest Speaker Paul Long
"Engage in Transformation
Connecting Life Through F.U.N."



**Submit Your
Nomination Today!**

Has one of our employees recently gone above and beyond and demonstrated extraordinary compassion toward you or your family during patient care? If so, we want to hear about it!

Our Employee Recognition Celebration is a time for us to recognize our employees who strive to make our hospital and community a better place.

At our celebration we will be honoring an employee with the **Compassionate Caregiver Award**. In order to do this we would like nominations from our community. You know first hand what employees go above and beyond in patient care for you and your family.

For questions or to receive a nomination form please contact Mary Sack at 785-336-0436 or mary.sack@nemvch.org.

**All nominations are due by
Friday, March 1st.**

You're Invited!

Wednesday, February 13th

**Alzheimer's Association Remote Learning Session
12:30pm-1:30pm at NVCH**

Thursday, February 14th

**Grief Support Group
7:00pm at NVCH**

Tuesday, February 26th

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

Saturday, April 6th

**NVCH/SFP Health Fair
8:00am-11:00am
at Nemaha County Community Building**

*For additional information regarding the listed events
please contact Courtney Schmelzle at 785-336-0426.*

Save The Date *June 21st 2019*

**23rd Annual Nemaha Valley
Health Care Foundation
Charity
Golf Classic**

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

NEMAHA VALLEY
Community Hospital & Seneca Family Practice

1600 Community Drive | Seneca, Kansas 66538
Hospital 785-336-6181 Clinic 785-336-6107
www.nemvch.com

Message from the Administrator

FEBRUARY 2019

The impact our local health care industry has on our local economy cannot be understated. News of the financial struggles of our peers, throughout the state, reinforces our need to be diligent in the management of our local health resources. This month I am sharing some information from a report on the economic impact health care services have on our local economy. If you would like a complete copy of this report, please let Courtney Schmelzle or myself know.

Like so many other local services we come to expect, access to local health services cannot be taken for granted. Nemaha Valley Community Hospital and Seneca Family Practice staff members know how important these services are to you. We have made a commitment to serve you and will do all we can to fulfill our mission "To provide personalized, compassionate healthcare while promoting wellness in the communities we serve."

From the Kansas Hospital Association: Hospitals and health care systems are a powerful economic force in Kansas. The state's health care sector generated \$16.6 billion in income and \$28.5 billion in sales last year, ranking it fifth among all economic sectors in the state. Hospitals were the biggest contributor in the health sector, generating \$7.9 billion in income and \$14.8 billion in sales. Kansas hospitals employ more than 93,000 of the 238,000 health service employees in the state.

These are just a few of the findings in the January 2019 report, *The Importance of the Health Care Sector to the Kansas Economy*, which details estimates of the "gross" impact of the health care sector on economic activity in the State of Kansas. In the report, K-State researchers identify three primary ways health care influences local economic development: health care attracts and retains business; attracts and retains retirees; and creates local jobs.

Health services employees 10.7% of all job holders in Nemaha County.

Jobs are an essential part of the economic impact; however, funds also flow to businesses and throughout the economy as hospitals purchase goods and services. Hospitals generate nearly \$3.7 billion in local retail sales in Kansas each year.

"Hospitals and health services truly are an economic anchor in our state," said Tom Bell, president and CEO

of the Kansas Hospital Association. "This report documents the importance of the health care sector to the Kansas economy. While the estimates of economic impact are substantial, they are only a partial accounting of the benefits health care in general, and community hospitals in particular, provide to the state. Kansas community hospitals help stabilize the population base, invigorate their communities and contribute significantly to quality of life."

According to the 2019 economic report, Kansas hospitals employ 4.7 percent of all job holders in the state. The report calculated economic multipliers, or "ripple effects," and estimated hospitals account for 84,413 additional jobs throughout all other businesses and industries in the state. In other words, for each new job in the hospital sector, another 0.91 jobs were created in other businesses and industries in Kansas. The hospital sector employment had a total impact on state employment of approximately 177,500 jobs.

Furthermore, the entire health sector in Kansas employs about 238,300 people, or 12 percent of all job holders in the state. This puts Kansas ahead of the national average, which is 10 percent of job holders in the United States working in health care services. The total employment impact of the health services sector in Kansas is nearly 400,000 jobs, making it the fourth largest aggregate employer in the state. This report confirms health care is directly or closely related to nearly 20 percent of all Kansas employment.

The study also found Kansas hospitals generate more than \$6.7 billion in direct labor income to the Kansas economy each year. For every dollar of income generated in the hospital sector, another \$0.59 was generated in other business and industry.

The full statewide report and links to county reports can be found on the KHA website.

The Kansas Hospital Association is a voluntary, non-profit organization existing to be the leading advocate and resource for members. KHA membership includes 225 member facilities, of which 123 are full-service, community hospitals. Founded in 1910, KHA's vision is: "Optimal Health for Kansas."

-Kiley Floyd, CEO

What Are Advanced Directives?

Advance Directives are legal documents that can be done to help guide your medical care. There are several different documents that make up the advance directive. These documents help your family and physician know what you would or would not want done when you are unable to guide your own care. Keep in mind that if you complete these documents you must give a copy to your primary care physician and local hospital to ensure that your wishes are carried out.

One of the documents that can be done is called a Durable Power of Attorney for Health Care (DPOA- HC). This document gives you the power to name a healthcare “agent” to make healthcare decisions for you only when you cannot make decisions for yourself. You can name anyone that is of legal age who is willing to make decisions for you. It is important that you discuss with your DPOA-HC how you feel about quality-of-life choices, hospitalization, hospice or life sustaining treatments. Your agent must follow your wishes and your caregivers must respect the choices your healthcare agent makes for you.

The other document that makes up the Advance Directive is a Living Will. The Kansas Natural Death Act recognizes a qualified patient’s right to authorize the withholding or withdrawal of life-sustaining procedures in instances of a terminal condition and to permit the natural process of dying. By signing a Living Will, you are agreeing that you would not want measures to prolong your life if you have a terminal condition. The document can be as detailed as you want it to be, in that you can list certain procedures that you would or would not want done if you were terminal.

NVCH provides free assistance in completing these documents!

If you would like more information on them or to get help completing them contact Krista Stallbaumer, LBSW at 785-336-6181.

Employee of the Month

Congratulations to Stephanie Wurtz, RN for being selected, by her peers, as the December Employee of the Month.



Stephanie is the Outpatient Clinic Supervisor. Her positive attitude and caring personality have made such a positive impact on our patients and the specialty providers that utilize our clinic. NVCH has received numerous comments from specialty providers and their nurses on how organized and efficient our clinic operates.

It’s safe to say that Stephanie is one of many reasons why our Outpatient Clinic is so successful and continuing to expand! Thank you Stephanie, for all your hard work and dedication you offer NVCH every day.



Welcome Erica Winkler, APRN-C



I am Erica Winkler, APRN-C. I joined Nemaha Valley Community Hospital January 2018, and am excited to become part of Seneca Family Practice as a Nurse Practitioner. I’m eager to continue my dedication of providing care to patients in our Urgent Care Clinic and the Emergency Room.

I grew up in South Central Kansas and later attended Pittsburg State University where I obtained my Bachelor of Science in Nursing. While at school I met my husband, Shawn

Winkler, we have been married for six years and have two ornery boys; Owen & Brody. We also have a black labrador named Goose. My husband, Shawn, grew up in Seneca which has allowed us to move our family back to this wonderful small town.

After nearly seven years of working as a level one trauma nurse, where I was fortunate to follow several other nurse practitioners, I got my motivation to go back to school at Maryville University and earn my Master of Science in Nursing. I enjoy all aspects of the medical field and love learning.

Aside from my medical background, I enjoy going to the lake, ski trips, traveling and spending time with family and friends. I am excited to be part of this amazing healthcare team and providing you and your family with the best care possible.

FOLLOW US ON OUR SOCIAL NETWORK



@ Nemaha Valley Community Hospital & Seneca Family Practice



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Website
www.nemvch.com

NVCH Volunteer Services Program



Volunteer Services Board of Directors

On May 29, 2018, an organizational meeting was held for the NVCH Volunteer Services and a board was formed. The current officers are: President - Joyce Holthaus, Vice President - Bob Bartkoski, Secretary - Kristi Frye, Treasurer/Coordinator - Mary Sack. Also on the board are hospital employees, Courtney Schmelzle, Krista Stallbaumer and Linda Edelman.

It was decided by the board to concentrate on a few areas in which they felt volunteer services were most needed. Those being patient support, staff appreciation, information desk and quilting, sewing and knitting items needed for various departments within the hospital. In addition to these, the volunteers have also helped the hospital with various other projects such as putting together cancer packets, helping with United 4

Youth mailings and adopted families for Christmas. They also helped with decorating the hospital for Christmas and taking the decorations down after the holidays.

A membership drive was held in September and was successful gaining additional new members. The current membership has a total of 15 adults and 4 high school students.

Also in September, two members of the board attended the Kansas State Convention of Hospital Auxiliaries/Volunteers (K.A.H.) to learn more about what other hospital volunteer groups are doing across the state.

From July to December, the volunteers have given over 430 hours of service to the hospital. This is just the beginning of what they anticipate contributing to the hospital in the future.

To learn more about the NVCH Volunteer Services or becoming a member, contact Mary Sack at 785-336-0436.

American Heart Month—Know Your Facts About Fat

FATS

THE GOOD
THE BAD
& THE UGLY

✓ GOOD	✗ BAD	✗ UGLY
<p>Monounsaturated & Polyunsaturated Fats</p> <ul style="list-style-type: none"> Can lower bad cholesterol levels Can lower risk of heart disease & stroke Can provide essential fats that your body needs but can't produce itself <p>SOURCE Plant-based liquid oils, nuts, seeds and fatty fish</p> <p>EXAMPLES</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> Oils (such as canola, olive, peanut, safflower and sesame) </div> <div style="text-align: center;"> Avocados </div> <div style="text-align: center;"> Fatty Fish (such as tuna, herring, lake trout, mackerel, salmon and sardines) </div> <div style="text-align: center;"> Nuts & Seeds (such as flaxseed, sunflower seeds and walnuts) </div> </div>	<p>Saturated Fats</p> <ul style="list-style-type: none"> Can raise bad cholesterol levels Can lower good cholesterol levels Can increase risk of heart disease & stroke <p>SOURCE Most saturated fats come from animal sources, including meat and dairy, and from tropical oils</p> <p>EXAMPLES</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> Beef, Pork & Chicken Fat </div> <div style="text-align: center;"> Butter </div> <div style="text-align: center;"> Cheese (such as whole milk cheeses) </div> <div style="text-align: center;"> Tropical Oils (such as coconut, palm kernel and palm oils) </div> </div>	<p>Hydrogenated Oils & Trans Fats</p> <ul style="list-style-type: none"> Can raise bad cholesterol levels Can lower good cholesterol levels Can increase risk of heart disease & stroke Can increase risk of type 2 diabetes <p>SOURCE Processed foods made with partially hydrogenated oils</p> <p>EXAMPLES</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> Partially Hydrogenated Oils </div> <div style="text-align: center;"> Some Baked Goods </div> <div style="text-align: center;"> Fried Foods </div> <div style="text-align: center;"> Stick of Margarine </div> </div>

American Heart Association Recommendation Eat a healthy dietary pattern that:

Includes good fats | **Limits saturated fats** | **Keeps trans fats as LOW as possible**

For more information, go to heart.org/fats

A healthy diet and lifestyle are your best weapons to fight cardiovascular disease. It’s not as hard as you may think!

The right number of calories to eat each day is based on your age and physical activity level and whether you're trying to gain, lose or maintain your weight. You could use your daily allotment of calories on a few high-calorie foods and beverages, but you probably wouldn't get the nutrients your body needs to be healthy.

Limit foods and beverages high in calories but low in nutrients. Also limit the amount of saturated fat, trans fat and sodium you eat. Read Nutrition Facts labels carefully — They tell you the amount of healthy and unhealthy nutrients in a food or beverage.