



**NEMAHA VALLEY
COMMUNITY HOSPITAL**

People You Know... Care You Trust!



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MARCH 2019

WELCOME

You're Invited!



Taylor Williams, CNA

Taylor has been hired to assist as a CNA for Seneca Family Practice.

She is excited to work at the clinic and learn more about the nursing profession and continue to build on her nursing career.

Employee of the Month

Congratulations to Ashley Hunninghake, RN for being selected as our Employee of the Month for January.

Ashley has a very positive and upbeat attitude that resonates with both staff and patients. Her patients are her number one priority at Nemaha Valley Community Hospital. She goes the extra mile to make sure they have whatever they need to make their stay with us comfortable.

Ashley always shows a high level of compassion and kindness and is always willing to help wherever she is needed.

Ashley is also involved in several extracurricular activities inside and outside of NVCH. She is a true representative of NVCH!

"The best way to find yourself is to lose yourself in the service of others." —Mahatma Gandhi



Wednesday, March 13th
Alzheimer's Association Remote Learning Session
12:30pm-1:30pm at NVCH

Thursday, March 14th
Grief Support Group
7:00pm at NVCH

Thursday, March 21st
Employee Recognition Celebration
5:30pm at the Knights of Columbus

Tuesday, March 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

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

With the Kansas legislative session in full swing we are being inundated with new initiatives and old worries on every level. There is a wide variety of legislation being proposed and it is a day-to-day effort to keep up on all the changes. Fortunately, Nemaha Valley Community Hospital participates in state and national organizations that help us stay on top of the changes. We are also able to provide input into those matters of greatest importance to the continued success of our organization. Your NVCH staff members have taken on active roles to ensure we are proactive and not just reactive when it comes to changes in our health care systems.

Recently the House Rural Revitalization Committee, chaired by Representative Don Hineman (R-Dighton), met for its second day of hearings on rural health care. Conferees included Brock Slabach, National Rural Health Association; Carrie Saia, CEO, Holton Community Hospital, Holton; Dennis Franks, CEO, Neosho Memorial Regional Medical Center, Chanute; and Tom Bell, President and CEO, Kansas Hospital Association, Topeka. NRHA's testimony gave the committee a national perspective on rural health care challenges and the role of Medicaid expansion in reducing rural hospital closures in expansion states. Carrie Saia's and Dennis Frank's testimonies provided their perspectives on the challenges for rural health care, including issues with mental health services, increased deductibles, staffing issues and lack of KanCare expansion. Tom Bell's testimony rounded out the picture of rural health care challenges. He also shared while the majority of KanCare expansion dollars would go to hospitals in urban areas,

the impact of the dollars in reducing uncompensated care in rural and frontier areas of the state is greater. The committee's questions focused mainly on KanCare expansion issues, but also included mental health and workforce questions. The committee will continue to meet to discuss these issues.

Rural health providers and the patients we care for cannot be quiet when it comes to advocating for health care in our rural communities. I know of at least 5 rural facilities today that are operating on a shoe string budget. These communities are at risk of losing a primary economic driver as well as access to local health care. We cannot sit idle and let this happen to us.

Nemaha Valley Community Hospital has enjoyed a stable financial position for a number of years. We do not take this for granted. Staff is constantly reevaluating processes to make sure we are maximizing our financial potential and position.

You can help us by letting our state representatives know that ensuring the financial viability of our local health care systems is a priority for you. State issues include supporting KanCare expansion, denying the corporation practice of medicine, and funding expansion of mental health services. Nationally we need to eliminate the sequestration of 2% of our Medicare reimbursement. Healthcare is not the only area subject to sequestration (previously the military was subject to the deduction as well). If you would like additional information on the issues mentioned above or need contact information for our representatives, please contact Courtney Schmelzle or myself. We will be happy to share the information with you.

Kiley Floyd, CEO

National Doctor's Day—March 30th



We would like to acknowledge our fantastic Medical Staff in honor of Doctor's Day on March 30th.

A HUGE thank you goes to Dr. Tony Bartkoski, Dr. Angie Stueve, Dr. Jarod Snyder, Dr. Heather Cooper, Lori Lueger, APRN, Erica Winkler, APRN-C, Sheri Wessel, PA and Harry Stewart, CRNA for their hard work, dedication and loyalty to their patients and the entire Seneca community!

March
COLON CANCER
 AWARENESS MONTH



Colorectal cancer (cancer that starts in the colon or rectum) is the third most commonly diagnosed cancer and the second leading cause of cancer death in men and women combined in the United States.

When discovered early, it is highly treatable. Even if it spreads into nearby lymph nodes, surgical treatment followed by chemotherapy is highly effective.

On average, the lifetime risk of developing colon cancer is about one in 23 for men and women, however, this varies widely according to individual risk factors.

Risk Factors:

- Are age 50 or older
- Smoke or use tobacco
- Are overweight or obese
- Are not physically active
- Drink alcohol in excess
- Eat a lot of red meat
- Have a personal or family history of colorectal cancer or benign (not cancerous) colorectal polyps
- Have a personal or family history of inflammatory bowel disease

Prevention:

- Be physically active for at least 30 minutes at least five days a week
- Maintain a healthy weight and waist size
- Don't smoke
- Limit alcohol to no more than one drink per day
- Eat more fruits, vegetables and whole grains which are good sources of fiber
- Eat less red meat and cut out processed meat
- Get screened according to guidelines

Early detection is vital so contact your primary care physician today to discuss your screening test options.

BE HEALTHY • BE HAPPY

2019 Health Fair
 Saturday April 6th
 Community Building • 8 a.m. - 11 a.m.

BE YOU
(tiful)

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

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

Men can add the PSA test for \$10.

Test panel includes: CBC, CMP, Lipid Panel, A1C, TSH

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."

Don't forget to RSVP and submit your nomination for the Compassionate Caregiver Award.

**WE BELIEVE IN
 MAKING A DIFFERENCE**

At Nemaha Valley Community Hospital we are dedicated to our mission of providing personalized, compassionate healthcare while promoting wellness in the communities we serve. From health care programs and education, to fundraisers and volunteer opportunities, we are here to enhance access to quality healthcare for everyone!

As a non-profit critical access hospital we invest in the communities we serve. We do this by reinvesting in our facility, improving technology, providing education and health care services and reaching out to support our friends, family and our partners in the continuum of care.

MAKE IT MONTHLY!

Join the Hospital Heartbeat
 Monthly Giving Program



The Hospital Heartbeat program was established by the **Nemaha Valley Healthcare Foundation** to encourage tax deductible investments in Nemaha Valley Community Hospital. The Hospital Heartbeat program is a convenient opportunity for you to give monthly and make a lasting impact on your friends, family and your community.

This program is important not just to the hospital, but to everyone we serve, every day. Just as past gifts have helped make today's care possible, your support will touch the lives of patients and their families—now and in the future. Your gift, no matter what size demonstrates your commitment to Nemaha Valley Community Hospital and the communities we serve.

Joining is simple, just visit **www.nemvch.com** and select the **Donate Online** button on the homepage.

For questions about the monthly giving program please contact Courtney Schmelzle at 785-336-0426.

Do You Know About the DASH Eating Plan?

About 1 in 3 U.S. adults have high blood pressure, a major risk factor for heart disease, stroke, congestive heart failure and kidney disease.

According to the Centers for Disease Control and Prevention, normal blood pressure is defined as a systolic (top) number of less than 120 mmHg and a diastolic (bottom) number of less than 80 mmHg. People with systolic readings of 120 to 139 mmHg and diastolic readings of 80 to 89 mmHg would be at risk for high blood pressure or could be told they have prehypertension. A diagnosis of high blood pressure is usually confirmed by a doctor after a patient has had more than one elevated reading, which for most people would be 140 mmHg or higher over 90 mmHg or higher.

People with high blood pressure should consult a physician and follow a heart healthy diet, such as the Dietary Approaches to Stop Hypertension (DASH) eating plan. A balanced DASH eating plan based on 1,600 to 2,600 calories per day would include:

- 7 to 12 servings of fruits and vegetables
- 6 to 11 servings of grains — such as whole-wheat bread, pasta or pitas; oatmeal; brown rice
- 2 to 3 servings of fat-free or low-fat dairy products
- 6 or fewer servings per day of lean meat, poultry and fish
- 2 to 3 servings per day of fats and oils — avoiding trans fat and lowering saturated fat intake
- 3 to 5 servings per week of nuts, seeds and legumes
- Limited amounts of sweets and added sugars — 5 or fewer servings per week.

Sodium intake should be reduced to 2,300 milligrams per day for individuals 14 years of age and older. Lowering sodium intake can be especially beneficial in combination with the DASH eating plan. And, according to the 2015-2020 Dietary Guidelines for Americans, research has shown a direct relationship between sodium intake and blood pressure, and "every incremental decrease in sodium intake that moves toward recommended limits is encouraged."

To get an assortment of nutrients, eat a variety of colors and be adventurous in the produce section by choosing a colorful fruit or vegetable you have never tried before. You can also encourage your family to pick a new fruit or vegetable each time you shop, as well as including fruits and vegetables high in potassium such as tomatoes, beans and oranges.

Consider planning at least two meatless or vegetarian dinners per week with beans as the main source of protein. Experiment with fresh herbs and dried spices instead of salt, choose whole-grain products and add nuts to salads, soups and cereal. Make sure to include lean meat, poultry and fish into your eating plan, which can add great sources of protein, iron, zinc and the B vitamins. Finally, add variety by snacking on fresh vegetables with bean dip or eat salsa in place of other condiments with your scrambled eggs, on a baked potato or with vegetables.

The bottom line in lowering blood pressure is to follow a heart healthy eating plan, maintain a healthy weight and increase physical activity. **To learn more about how you can get started with the DASH diet please call Leah Heinen, RD at 785-336-6181 today!**