



NEMAHA VALLEY  
COMMUNITY HOSPITAL

People You Know... Care You Trust!



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MAY 2019

## Summer is in the Air!

### Get Ready to Grill Safely

#### Separate

When shopping, pick up meat, poultry, and seafood last and separate them from other food in your shopping cart and grocery bags.



#### Chill

Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep below 40°F in an insulated cooler.



#### Clean

Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surfaces, utensils, and the grill before and after cooking.



#### Cook

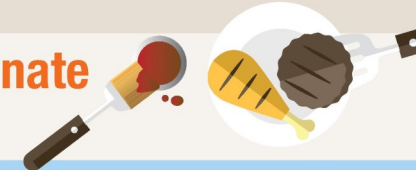
Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperature inside the smoker at 225°F to 300°F to keep meat at a safe temperature while it cooks.

145°F	beef, pork, lamb, veal (then let rest 3 minutes before serving)
145°F	fish
160°F	hamburgers and other ground meat
165°F	poultry



#### Don't cross-contaminate

Throw out marinades and sauces that have touched raw meat juices. Put cooked meat on a clean plate.



#### Refrigerate

Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within two hours of cooking (one hour if above 90°F outside).



[www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)

Accessible version: <https://www.cdc.gov/foodsafety/communication/bbq-1q.html>

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## You're Invited!

Wednesday, May 8th

Alzheimer's Association Remote Learning Session

12:30pm-1:30pm at NVCH

Contact Courtney Schmelzle at 785-336-0426

Thursday, May 9th

Grief Support Group

7:00pm at NVCH

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

Tuesday, May 28th

Diabetes Support Group

3:00pm-4:00pm at NVCH

Contact Karen Hynek at 785-336-6181

Monday, May 27th

Offices closed in honor of Memorial Day



*"As we express our gratitude, we must never forget that the highest appreciation is not to utter the words, but to live by them."*

John F. Kennedy



### Message from the Administrator

Health care is changing rapidly. The rise of consumerism, the digital economy, precision medicine, predictive analytics, artificial intelligence, new high-tech entrants to the health care sector and affordability pressures all serve as incentives for change. While all this chaos is ongoing one thing never changes, and that is our commitment to our patients, their families and our communities that we are honored to serve.

New challenges will force us to reconsider how and where we provide care, but the location isn't as important as the people providing the care. Nemaha

Valley Community Hospital is blessed with a staff that is committed to serve. This is more than just a job, it's a passion.

National Hospital Week, May 12th—18th, is an opportunity to thank those that work crazy shifts, give up weekends and holidays, and make sure we have the resources we need to care for our patients. Please join me in thanking the staff at Nemaha Valley Community Hospital and Seneca Family Practice for the role they each play in our health care system.

-Kiley Floyd, CEO

### Mark Your Calendar for the 23rd Annual Charity Golf Classic

The 23rd Annual Nemaha Valley Health Care Foundation Charity Golf Classic will be held on Friday, June 21st at Spring Creek Golf Course in Seneca.

The tournament will be an 18-hole, three person shotgun scramble. Individual and team registrations are invited. Single entries will be placed on teams the day of the tournament.

The tournament raises funds for the Nemaha Valley Health Care Foundation. The Foundation contributes to enhancing technology, supporting the Hospital's core medical programs, and most importantly, improving patient centered services.

Please contact Courtney Schmelzle at 785-336-0426 or visit us at [www.nemvch.com](http://www.nemvch.com) for additional information about the Charity Golf Classic including registration and sponsorship opportunities.

### Nemaha Valley Health Care Foundation Charity Golf Classic

Friday, June 21st

GOLF BALL DROP

\$5 Per Ball

600 Golf Balls will be sold

Golf balls will be dropped from an extended bucket truck and the ball landing closest to the Pin wins 50% of the total golf ball sales.

Call 785-336-0426 or contact any of the Golf Committee Members to purchase your golf balls today!

#### GOLF COMMITTEE MEMBERS

Travis Stallbaumer, TJ Haverkamp, Kris Enneking, Sandy Koelzer, Lee Copeland, Lois Crosier, Jeff Kidd, Eric Osterhaus and Courtney Schmelzle

## NVCH Receives KAHCC Emerald Award!



The Kansas Association of Health Care Communicators (KAHCC), an allied organization of the Kansas Hospital Association, annually invites Kansas hospitals and health care providers to enter their communication projects for a chance to win Emerald Awards in seven different categories.

Nemaha Valley Community Hospital (NVCH) is honored to be awarded the Video Emerald Award for their 2018 media project featuring Dr. Jarod Snyder and the family of AJ and Nina Heinen. Courtney Schmelzle, NVCH's Community Outreach Coordinator and Foundation Director worked with Harvest Video in Atchison, Kansas to develop the project that created a lot of excitement and nearly 16,000 views on the Nemaha Valley Community Hospital's Facebook page. NVCH also received a Certificate a Merit on their 2018 Community Benefit Report External Communication piece.

Out-of-state judges scored the entries. Awards were given on a tiered scoring system. Entries that scored within the top tier received Emerald Awards, and those that still scored well but not in the top tier received a Certificates of Merit. The awards were presented during the KAHCC Spring Conference in Hutchinson on April 12th.

The KAHCC is a group of health care communications professionals dedicated to improving communication with our communities, health care employees, physicians, media and more.

## NATIONAL HOSPITAL WEEK IS MAY 12-18, 2019



CELEBRATING HOPE AND HEALING

National Hospital Week 2019 celebrates hope and healing, and the hospitals, health systems, and the women and men who support the health and well-being of their communities through dedication and care from the heart.

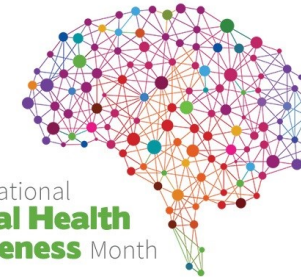
Nemaha Valley Community Hospital and Seneca Family Practice are invested in the care of our patients and the communities we serve.

Join us in thanking our amazing and dedicated staff who give their all to all of us. They help our families, friends and our neighbors! They are a vital part of our hospital, clinic and our community.

## Understanding Mental Health Awareness

Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. So much of what we do physically impacts us mentally – it's important to pay attention to both your physical health and your mental health, which can help you achieve overall wellness and set you on a path to recovery.

May is National Mental Health Awareness Month



A healthy lifestyle can help to prevent the onset or worsening of mental health conditions, as well as chronic conditions like heart disease, diabetes and obesity. It can also help people recover from these conditions. When dealing with dueling diagnoses, focusing on both physical and mental health concerns can be daunting – but critically important in achieving overall wellness.

There are things you can do that may help. Finding a reason to laugh, going for a walk with a friend, meditating, playing with a pet, or working from home once a week can go a long way in making you both physically

and mentally healthy. And whether you go to church, meditate daily, or simply find time to enjoy that cup of tea each morning while checking in with yourself – it can be important to connect with your spiritual side in order to find that mind-body connection.

Mental illnesses are real, and recovery is always the goal. Living a healthy lifestyle may not be easy but can be achieved by gradually making small changes and building on those successes. Finding the balance between work and play, the ups and downs of life, physical health and mental health, can help you on the path towards focusing both #4Mind4Body.

Nemaha Valley Community Hospital's Outpatient Clinic is excited to announce their most recent addition to their Tele-Health services include a partnership with Gina Robertson, APRN-PMHNP with Stormont Vail Behavioral Health Center for Children and Adolescent Psychiatry.

If you're struggling with your mental health and want help finding the tools and resources to help you feel better please call Seneca Family Practice at 785-336-6107 and schedule an appointment with your primary care physician today.

## May is American Stroke Month

You can do plenty to make your heart and blood vessels healthy, even if you've had a stroke. A healthy lifestyle plays a big part in decreasing your risk for disability and death from stroke and heart attack.

According to the American Stroke Association, below are steps to be healthier and reduce your risk of stroke:

- Don't smoke and avoid second-hand smoke.
- Improve your eating habits. Eat foods low in saturated fat, trans fat, sodium and added sugars.
- Be physically active.
- Take your medicine as directed.
- Get your blood pressure checked regularly and work with your healthcare provider to manage it if it's high.
- Reach and maintain a healthy weight.
- Decrease your stress level.
- Seek emotional support when it's needed.
- Have regular medical checkups.

Call Seneca Family Practice at 785-336-6107 and schedule an appointment with your primary care physician today to start working toward a healthier you!

**F**ace drooping.

**A**rm weakness.

**S**peech difficulty.

**T**ime to call 911.

Spot a stroke **F.A.S.T.**

StrokeAssociation.org

American Heart Association | American Stroke Association  
Together to End Stroke™

## Join us for a Babysitting Clinic

Nemaha Valley Community Hospital is a proud sponsor of the K-State Research and Extension's babysitting clinic that will be held on Friday, May 24<sup>th</sup> from 9:30am-12pm at the Nemaha County Community Building.

This clinic is for youth 9-14 years old and will provide the knowledge and skills to promote safe and responsible care for infants and children. Topics to be covered include basic safety, CPR and first aid tips, emergency procedures, diaper changing, nutrition and interactive, age appropriate activities.



For additional questions and to RSVP please contact Deb Henry, K-State Research and Extension, at 785-336-2184.

Please RSVP by Friday, May 17th

## Employee of the Month

Congratulations to Rachel Dodd for being selected as our March Employee of the Month! Rachel is a representative in our Business Office. She is that familiar and comforting face that greets you with a big, welcoming smile when you enter our facility.



Rachel demonstrates a calm composure in any given situation and always puts the comfort of the patient above all. She is incredibly efficient with her job duties, very reliable and willing to cover the later shift at a moment's notice.

Rachel takes pride in her work and honors the values of NVCH every day. Thank you, Rachel for being such an asset to the NVCH team!